


Lunch


Snacks

BEEF JERKY  5 CHEESY POOFS 4 SMOKED ALMONDS  4 MARINATED OLIVES  4


Starters

ARANCINI 16
Creamy risotto with wild & cultivated mushrooms and mozzarella breaded then fried golden, served with a burnt scallion aioli

BEET SALAD  15
Roasted & pickled beets, kale, citrus vinaigrette, crumbled chevre & hazelnuts

BRUSSEL SPROUTS  16
Crispy fried Brussel sprouts tossed in a rosemary gastrique topped with smoked almonds & pickled onions

WEDGE SALAD 12 | 16
Baby romaine spear, herbed panko, smoked almonds, herb dressing & goats cheese crumble

CHICKEN 65  15
Fried marinated chicken, tangy sichuan sauce, sesame seeds & herbed aioli

Sandwiches

All our sandwiches are served with your choice of our fresh greens or daily soup.

Upgrade to the Wedge or Beet salad for +2. Gluten free bun +2

CROQUE MONSIEUR 17
Homemade potato bread, swiss cheese & house cured ham topped with cheese & a white sauce then baked

CHICKEN SANDWICH 17
Marinated chicken thigh breaded and fried, served on our house bun with tomato, mayo & lettuce
Choice of regular or spicy

GRILLED CHEESE 17
Brie, honey-truffle smear & apples, fried to golden perfection on our potato bread

BLT 17
A slow roasted slab of house cured bacon, fresh tomatoes, arugula & pickled shallots with a herb aioli on our house bun

F & P SMASH BURGER 17
House ground Alberta beef, served on our burger bun with tomato, pickles, F&P sauce & lettuce
Add cheese or bacon +2

On the run

Grab any of our sandwiches with a house salad and a bag of warm cookies to go 18