

# MENU

## Starters.

- Tres Amigos Dip** *GF • V+*  
Fresh avocado, mayan pumpkin seed dip, salsa fresca. Served with taro root chips. **14**
- Mushroom Toasts**  
Mushrooms sautéed with thyme & lemon, atop our house hummus trio, served on a crostini & finished with arugula. **11**
- Hummus Flight** *GF • V+*  
A trio of traditional beet, black bean & roasted red pepper hummus, served with house-cut taro root chips & naan bread. **11**

**Large Pull-Apart Smothered Cauliflower** *GF • V+*  
Fresh cauliflower baked to perfection, smothered with mixed cheese, bacon, coriander pesto & garlic tahini sauce. **17**

**Vegan option:** *vegan cheese, salsa, coriander pesto, beet bacon & garlic tahini sauce.*

**Truffle Brussels Sprouts** *GF • V+*  
Crispy brussels sprouts bacon & truffle aioli. **15**  
**Vegan option:** *Beet bacon*

- Buffalo Cauliflower Bites** *GF • V+*  
Tempura battered cauliflower, lightly drizzled with our house-made hot sauce. **15**

**Avocado Eggrolls**  
Avocado, sun dried tomato, red onion and cilantro lightly fried in a crisp wrapper. Served with a house tamarind-cashew dipping sauce. **19 ¾**

## Sides. \$7 each

**Side Salad** *GF • V+*  
Arugula & crunchy kale blend with heirloom tomato, cucumber, carrots & pea tendrils.

**Potato Trio** *GF • V+*  
Yukon gold, purple & sweet potatoes. Fried & seasoned.

**French Fries** *GF • V+*  
Fresh cut Ontario grown potatoes.

**Seasonal Vegetables** *GF • V+*  
Please ask your server.

## Salad & Bowls.

**Chicken Karaage Salad** *GF*  
Ginger & soy marinated chicken deep-fried in potato starch, served on shredded crunchy kale tossed with thai dressing & drizzled with goma dressing. **17**

- Avocado & Beet Salad** *GF*  
Roasted beets tossed on a bed of lemon arugula with avocado, pomegranate seeds, slivered almonds & parmesan cheese. Splashed with a honey lime vinaigrette. **17 ½**

**Bowl Of Zen** *GF*  
Sustainably sourced seared salmon tossed in sesame oil on brown rice. Topped with avocado, cucumber, fresh Thai chilies, carrots, radish & green onion. Splashed with goma dressing, white & black sesame seeds & nori flakes. **18 ¾**

- Spinach & Couscous Salad** *V+*  
Spinach and red cabbage with red onions, tabouleh couscous tossed in tamari vinaigrette with crispy chickpeas. **16**

**Add Steak 11 | Add Chicken 7 | Add avocado 4**  
**Add TOFU 5**

# District

## Sandwiches.

**District Wagyu Burger**  
*(GF BUN AVAILABLE)*  
Two 100% wagyu patties, grass fed, topped with age old white cheddar, lettuce, tomato and campfire mayo. **22**

**Steak & Mushroom** *(GF BUN AVAILABLE)*  
Grilled Canadian AAA sirloin, topped with fried oyster mushrooms, horseradish aioli, campfire mayo & crisp apple slaw on a naan bread. **19 ½**

**Chicken Club Sandwich**  
*(GF BUN AVAILABLE)*  
Sliced roasted chicken with applewood smoked bacon, Havarti cheese, lettuce tomato with campfire mayo, on freshly toasted sourdough. **16 ¾**

- Vegan Cheeseburger** *GF • V+*  
Plant based "burger", topped with beet bacon, pickled onions, tomatoes, vegan sriracha mayo & vegan cheese. Served on a gluten free vegan bun or lettuce bun. **15 ½**

**Pastrami Sandwich** *GF*  
Sourdough pastrami sandwich, white cheddar and a house made dill Dijon Mustard Sauce. **15 ½**



## Mains.

**Honey Dijon Chicken**  
Chicken breast roasted in-house, served with sweet potato, brussel sprouts, broccoli. **24**

- Blue Nachos**  
Blue organic tortilla, top with shredded cheese, fresh jalapenos, house-made: salsa fresca, guacamole, and Cilantro lime crema. **16 ¾**  
**Vegan option available**

**Add Steak 11 | Add Chicken 7 | Add avocado 4**  
**Add TOFU 5**

**Bourbon Chicken** *GF*  
Fresh, local chicken marinated in bourbon & gluten free tamari. Served with brown rice, bell peppers, green onions and sesame seeds. **21**

**AAA Centre Cut Steak** *GF*  
10oz grilled Canadian striploin, accompanied by chimichurri & horseradish aioli. **30**

**District Power Plate** *GF*  
Power up with AAA Canadian striploin and purple potatoes. Packed with antioxidants and phytonutrients that reduces inflammation. Served with red pepper, garlic hummus & seasonal vegetables. **35**

**Superfood Fish & Chips**  
Lightly pan-fried sesame, almond & coconut crusted haddock. Served with taro root chips, apple slaw & mango tartare. **21**

- Szechuan Stirfry** *GF • V+*  
An asian inspired, vegan stir-fry with crispy tofu, seasonal vegetables & soba noodles in a spicy szechuan sauce. **19**

**Sanka's Jerk Chicken Wings** *GF*  
Fresh wings, fried and finished on the grill. Served with scotch bonnet and lime aioli. **16 ½**

**Zucchini Pasta** *GF*  
Lentil noodles, roasted red peppers, semi-dried tomato, spinach and zucchini.

**Vegan option:**  
*Garlic, oil & white wine sauce. 17 ½*

**Chicken Pesto option:**  
*Roasted chicken & pesto sauce. 19 ¼*





# let's drink!

## Cocktails.

### Dark Detox 13

A dark rum cocktail with activated charcoal & bright citrus flavours. (Activated charcoal infused rum, fresh pineapple, lime juice, agave syrup, mango, mint)

### The Serrano Six 13 ½

A spicy kick to your margarita. Watermelon & agave with just enough Serrano chili to wake up your taste buds, finished with Hawaiian black lava salt. (Altos Tequila, Orange Liqueur, Watermelon, Chili, Lime & Salt)

### Gin Fizz 13 ½

A refreshing drink that gets better with every sip, sweet & sour with a herbal undertones. (Gin, lemon and egg whites)

### Turmeric Punch 13 ½

A fresh mix of fruit & vegetable juices loaded with the health benefits of turmeric & ginger, spiked with rum. (White rum, Turmeric, Fresh Orange & carrot juice, ginger beer)

### The Mule 10

Our Mule made to the original recipe, sublimely uncomplicated. (Vodka, Ginger beer & Lime)



### Gingerbread Sour 13 ½

Gingerbread & bourbon work together to create a smooth & balanced cocktail with winter fall flavours. (Gingerbread liqueur, bulleit bourbon, lemon, sugar, bitters, egg white)

### Beet Glory 13 ½

Fresh beet & cranberry, spike with beet. A healthy twist on a cocktail. No added sugar. (Vodka, juiced beets, cranberry & lime juice.)

### Cashew White Russian 14 ½

Twist on the classic white russian. (Vodka, Kahlúa, cashew milk)

### Passionstar Martini 15 ½

The hottest new drink in London, England! (Vanilla vodka, passionfruit juice & fresh vanilla, lime, garnished with passionfruit, served with a side of prosecco)

### King St. Sling 13 ½

Strawberry & cucumber fused together to add a fruity vibe to this cocktail. A picture perfect cocktail. (Vodka, Strawberry, Cucumber, Mint, Lemon & Pineapple Juice)

### The Big Smoke Old Fashioned 14 ½

Canadian rye & maple join forces for a smooth complex cocktail that is balanced with smoky undertones. (NFCD Maple whiskey, Smoke Rinse, Bitters)



## Power Mocktails.

*Healthy & refreshing non-alcoholic mocktails, made in house with cold-pressed juices. 6 ½ each*

### Cold Blaster

Cold pressed carrot, orange, ginger, turmeric & lemon

### Daily Detox

Cold pressed beet with cranberry, apple, lime & ginger beer

### Lavender Soda

Refreshing blend of lavender, lemonade and soda garnished with mint. Not too sweet.

## Ultraviolet Kombucha.



### Non-alcoholic Fermented Healthy Tea 5

A lightly-effervescent fermented tea made by combining sweet tea with kombucha culture. A natural source of energy & full of vitamins, antioxidants, healthy enzymes & amino acids.

### Spike it

Add a *shot* to your Soda or Kombucha

## Bottles & Cans.

### Daura Damm

Lager • 330 ml btl. 4.5% ABV. 8

### Molson Canadian

Lager • 341 ml btl. 4% ABV. 6 ½

### Coors Light

Lager • 341 ml btl. 4% ABV. 6 ½

### Sol

Lager • 330 ml btl. 4.5% ABV. 7 ½

### Heineken

Lager • 330 ml btl. 5% ABV. 7 ½

### Heinken Zero

Non-alcoholic Lager 330 ml btl. • 0% ABV. 5 ½

### Smirnoff Ice

Vodka Cooler • 330 ml btl. 5% ABV. 8

### Stock and Row

100% ON Cider 473 ml can • 5% ABV. 8 ½

### No Boats on Sunday

Pear Cider 8 ½

### Hop City Misfit

Mango Passionfruit IPA 473ml can • 6.4% ABV. 8 ½



## Craft City®

### Tequila Soda 7.50

355 ml can • 4.5% ABV

## Craft Draft. 16 oz

### Moosehead lager 8

Light-bodied & refreshing. 5% ABV.

### Old Style pilsner 8

A well-balanced, clean, crisp. 5.0% ABV.

### English Bay pale ale 8

Dry amber ale, medium bodied. 5% ABV.

### Hop Valley bubble stash IPA 8

New age IPA, brewed exclusively with late addition Mosaic Cryo Hops®. 6.2% ABV.

### Molson Ultra light beer (80 calories) 8

Light & Sessionable. 3% ABV.

### Murphy's irish stout 8

Dark roasted barley malt, with no added preservatives. 4.1% ABV.

### Blue Moon Wheat beer 8

Belgian style wheat beer. 4.1% ABV.

### Rotating Tap 8

Ask your server for our current selection.

# CLEAN EATING & DIRTY DRINKING.