



SIT DOWN MENU

2018 | MENU LIST

FIRST COURSE

*Includes Cheddar Garlic Herb Focaccia,
Spiced Ciabatta, Maple Butter*

THE VEGAN SALAD G V D

Arugula, Kale, Baby Gem Romaine, Herbs,
Quinoa, Beet Hummus, Cast Iron Grapes,
Cucumbers, Peppers, Citrus Dressing, Pickled
Shallots, Harissa Chick Peas

THE CHOPPED SALAD G

Kale, Cabbage, Quinoa, Cucumbers, Tomatoes,
Peppers, Grapes, Mint, Parsley, Red Wine
Vinaigrette, Jalapeño Feta Spread, Crumbled
Feta, Sumac, Harissa Chick Peas

ASIAN CHOPPED SALAD V D N

Carrot Ginger Spread, Crispy Rice, Puffed Farro,
Kale, Napa Cabbage, Cucumbers, Shallots,
Grilled Corn, Beet Pickled Jicama, Pickled Ginger,
Cilantro, Thai Basil, Smoked Peanuts, Miso
Tamarind Dressing

BABY GEM ROMAINE CAESAR SALAD G

Jalapeño Caesar Dressing, Grana Padano
Snow, Lemon, Maple Bacon, Candied Tomatoes,
Parmesan Crisps, Fresh Chives

- G *Gluten Free*
- V *Vegan*
- D *Dairy Free*
- N *Contains Nuts*

HALLOUMI TOMATO SALAD G

Seared Heirloom Tomatoes, Confit Tomatoes,
Baby Gem Romaine, Pimento Cheese, Fried
Halloumi, Pickled Shallots, Basil Purée

BEET & ARUGULA SALAD G N

Everything Goat Cheese, Compressed Squash,
Pickled Fennel, Horseradish Crema, Basil Purée,
Maple Walnuts, Balsamic Glaze

ROASTED SQUASH & COCONUT SOUP G

Lemongrass Ginger Broth, Crispy Pakora,
Cilantro Crema, Sour Apple, Chive Sticks,
Cilantro Sprouts

TRUFFLE SOURDOUGH SOUP

Charred Sourdough, Black Truffle, Smoked Yogurt,
Fried Halloumi Cheese, Pomegranate Seeds,
Basil Sprouts



MAIN COURSE

CHICKEN SUPREME G

Five Spice Glaze, Carrot Squash Purée, Kimchi Potatoes, Grilled Broccoli, Lemongrass Veloute, Coriander Crema, Herb Salad

SHORT RIB

Cauliflower Cheese Purée, GT Broccoli, Smoked Heirloom Carrots, Watermelon Radish Slaw, Natural Reduction, Frizzled Onions

CANADIAN PRIME STRIPLOIN

Celeriac Purée, Short Rib Agnolotti, Seasonal Succotash, Demi Glaze, Chimichurri, Pickled Heirloom Carrot Slaw

BEEF TENDERLOIN

Duck Schmaltz Mashed Potatoes, Mushrooms, Asparagus, Truffle Demi Glaze, Pickled Things, Pomme Frites

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BEET SALMON

Celeriac Purée, Leek Dill Potatoes, Asparagus, Fennel Beet Slaw, Horseradish Mustard Sauce, Frizzled Onions

STEELHEAD TROUT G

Cauliflower Cheese Purée, Polenta Cake, Seasonal Succotash, Grilled Corn Salsa, Chimichurri, Chili Herb Salad

BRANZINO

Charred Lemon Butter, Green Gnocchi, Smoked Heirloom Carrots, Asparagus, Tomato Chutney, Green Goddess, Fennel Beet Slaw

MISO BLACK COD D

Carrot Squash Purée, Grilled Broccoli, Mushrooms, Miso Yuzu Orange Sauce, Mango Apple Relish, Watermelon Radish Slaw

KENTUCKY FRIED EGGPLANT

Seasonal Succotash, Smoked Onion Gravy, Sriracha Silken Tofu, Pickled Heirloom Carrot Slaw

ROASTED EGGPLANT

Lemon, Confit Garlic, Olive Oil, Banana Pepper Relish, Grilled Vegetables, Sunflower Seeds, Smoked Yogurt, Watermelon Radish Slaw, Pomme Frites

GRILLED ZUCCHINI BOATS G

Black Bean & Pumpkin Seed Romesco, Spicy San Marzano, Chili Herb Salad, Tzatziki

TRUFFLE GNUDI N

Mushrooms, Walnut Pesto, Truffle Mushroom Sauce, Portobello Soil, Crispy Cheese, Pea Shoots

GNOCCHI PRIMAVERA

Green Gnocchi, Spicy San Marzano, Zucchini, Smoked Shiitakes, Green Peas, Chili Herb Salad, Peccorino



SWEET ENDING

STICKY TOFFEE PUDDING N

Toasted Pecans, Earl Grey Chantilly, Sea Salt

CHOCOLATE POT DE CRÈME G

Olive Oil Chantilly, Coconut Soil,
Dark Chocolate Sesame Bark

APPLE CAKE

Apple Butter, Toasted Meringue,
Salted Caramel Anglaise, Ginger Crumble

STRAWBERRY RHUBARB CRUMBLE N

Whipped Vanilla Pastry Cream,
Cardamom Meringue, Oat Streusel

LEMON BASIL CURD

Shortbread Crust, Strawberry Basil Coulis,
Torched Marshmallow, Sweet Beet Meringue

RICH CHOCOLATE CAKE

Passionfruit Curd, Milk Chocolate Passionfruit
Ganache, Popcorn Anglaise Snow, Coconut Soil

Gluten Free, Vegan, Nut Free Option

RICH CHOCOLATE CAKE GVD

Coconut Dark Chocolate Ganache,
Strawberry-Raspberry Jam, Salted Toffee



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FOOD DUDES' THINGS TO KNOW

- ✓ All of our menu items are made from scratch
- ✓ Gluten free is available for most options
- ✓ We can alter these items to accommodate guest allergies and restrictions
- ✓ We would be happy to include any specific items upon request
- ✓ All protein prices are subject to change
- ✓ Exotic wood platters \$ 10/each

CONTACT THE FOOD DUDES!

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 @fooddudes

