

# FRESH<sup>AND</sup>COZY

All large salads are served with our house made bread

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## Freehouse Caesar Salad

Crisp romaine tossed with our house made dressing and croutons, finished with parmesan cheese. sm 7.00 lg 10.00

## Tossed Salad

Mesclun greens with matchstick carrots, fresh tomatoes, and sliced cucumber. Served with balsamic vinaigrette. sm 7.00 lg 10.00



## Cranberry & Almond Salad

Fresh spinach leaves, matchstick carrots, toasted almond slices, dried cranberries and brie cheese. Served with pineapple-mango vinaigrette. sm 7.50 lg 11.00



## Freehouse Greek Salad

Cucumber, tomatoes, bell peppers, and diced onions, with Kalamata olives, feta cheese and our creamy Mediterranean dressing. sm 7.50 lg 11.00



## Goat Cheese and Apple Salad

Granny smith apple slices, cucumber, diced red onions and spiced pecans with creamy bits of goat cheese. Served on mesclun greens with honey-dijon dressing. sm 8.00 lg 12.00

## Soup

Choose from our seasonal preparation or our soup of the moment.

Cup 4.50 Bowl (with house-made garlic bread) 8.00

## Soup and Salad Duet

Choose from our daily or seasonal soup and one of the above salads on the side.

Served with our house made bread of the day. 12.50

## Get Creative

Jerk Chicken or Shrimp Skewer 5.50

6oz New York Steak 9.00

Grilled or Blackened Chicken Breast 6.00

Tofu 1.50



- Contains Nuts



- Vegetarian



- Vegan



- Gluten Free

Some products may be subject to availability due to the increasing amount of locally sourced ingredients in our recipes

# FROM THE TOP



## Baked Chevre

Goat cheese coated in crushed hazelnuts, baked until creamy and drizzled with honey. Served with a smokey tomato coulis and house-made toasted baguette slices. 12.50



## Sweet Potato Fries

A Freehouse classic; house-cut yams fried and served with mustard-mayo sauce for dipping. sm 5.00 lg 7.00



## Freehouse Trio

House-made bruschetta, vegan hummus and hot roasted garlic artichoke dip. Served with tri-coloured tortilla chips and baked naan bread. 12.50

## Tandoori Chicken Tenders

Crisp fried Tandoori marinated chicken served with sweet chilli aioli. 11.00  
-add a side 3.50-

## Ginger Lime Riblets

Pork rib tips, fried until crispy and tossed in our house-made ginger-lime sauce. Try them with buffalo sauce or sea salt and cracked pepper. 11.00 -add a side 3.50-

## Parmesan Dusted Calamari

Calamari dusted with parmesan, Italian parsley, chili peppers and a splash of lemon. Served with Tzatziki. 11.00



## Jerk Skewers

Juicy skewers of your choice: chicken or shrimp, slowly wood fired and topped with our mild citrus jerk sauce. 14.00  
Add rice and chef's vegetable 5.00



## Freehouse Nachos

Corn tortilla chips, tomatoes, scallions and jalapeno peppers, topped with a three cheese blend. Served with sour cream and salsa. 14.00  
-add pulled chicken or beef- 3.00  
-add Guacamole 1.00-



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# SANDWICHES

All sandwiches served with soup, salad, fries or sweet fries.

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## Freehouse Quesadilla

Black beans, red peppers, & portabella mushrooms roasted in a balsamic glaze. Finished with our 3-cheese blend in a whole wheat tortilla. Served with house salsa and sour cream. 11.50 -add pulled chicken - 3.00

## Steak Sandwich

Hand-cut 6oz AAA strip loin steak, grilled to your specifications, and served on house made garlic bread 14.50  
Top it up with sautéed mushrooms or caramelized onions - 1.00

## Freehouse Burger

Choose between our beef prime rib patty, or chicken breast: grilled or blackened. Served on a toasted whole wheat Kaiser, with mayo, mustard, lettuce, tomato and red onion. 13.00

## Dubliner Buffalo Burger

In-house made bison patty, topped with Dubliner cheddar, lettuce, tomato and caramelized onion. Served on a whole wheat Kaiser with mustard and mayo. 14.50

## Cappicola Bacon Wrap

Spicy Italian ham, bacon, cheddar, onion and mustard mayo all wrapped up and grilled to perfection. 12.00



## Fungi Filone

Portabella and button mushrooms, sautéed with tofu then topped with granny smith apple slices and brie cheese. 11.50

## Grilled Chicken & Cappicola

Sliced grilled chicken breast, spicy cappicola ham, and cheddar with basil mayo, lettuce, tomato and red onions. Served on fresh filone. 14.50

## Ancho Chicken Burrito

Grilled chicken seasoned with our dry ancho pepper rub, wrapped in a whole wheat tortilla with Mexican rice, refried beans, 3-cheese blend and sour cream, then baked until crispy with a side of salsa. 14.50



## Yves Garden Burger

Grilled Yves veggie patty topped with tomato & onion, served on a whole wheat Kaiser with curry mayo and lettuce. 12.00

## Beef Short Rib Wrap

Our slow braised Moroccan short ribs sliced thin and wrapped up with spinach shaved red onion, sage roasted romas and horseradish mayo. 14.00



## Roast Vegetable Wrap

Artichokes, spinach, portabella mushroom and roasted red peppers sautéed in a sundried tomato balsamic glaze and wrapped up with feta cheese. 12.50

## Customize your Meal:

Sautéed Mushrooms	1.00
Cappicola, Bacon or Tofu	1.50
Pulled Chicken	3.00
Gravy	0.50
Guacamole	1.00
Cheese	1.50

# WOOD FIRED PIZZA

All of our pizzas are 10" but they are hand stretched so may vary slightly in diameter

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## Tandoori Chicken

Tandoori sauce, pulled chicken, red pepper, red onion and mozzarella cheese. Finished with mango coulis and fresh cilantro. 18.00



## Margherita Pizza

A classic with mozzarella, fresh basil and a touch of house-made tomato sauce. 13.00

## BBQ Chicken Apple and Brie

Pulled applewood smoke chicken and shaved granny smith apples on house BBQ with mozzarella and brie cheese. 18.00

## Chorizo and Mushroom

For those who like it a little simple. Spicy chorizo sausage and sliced mushrooms, on tomato sauce with mozzarella. 15.00

## Cappicola and Tomato

Basil pesto, spicy cappicola ham, slow roasted roma tomatoes, shaved Spanish onion and provolone cheese. 15.00



## Greek

Fresh spinach, roasted romas, kalamata olives, shaved red onion with feta and mozzarella cheese on basil pesto. 18.00



## Roasted Vegetable

Artichokes, spinach, portabella mushroom & roasted red peppers. Served on sundried tomato balsamic glaze then topped with feta and mozzarella cheese. 17.00

## Chicken Club

Pulled applewood chicken and crisp bacon alongside spinach, shaved red onion and mozzarella on sundried tomato pesto. 18.00

Check our fresh sheet for our seasonal pizzas



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# ENTRÉES

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## Kashmiri Chicken

Chicken in a fragrant curry of cardamom, cinnamon, ginger, garlic and yogurt with jasmine rice, fresh cilantro and naan. 15.00

## Creamy Risotto

Creamy Arborio rice cooked with seasoned vegetable stock and parmesan cheese. Prepared to chefs specifications - ask your server for today's creation. -Market Price-

## Beef Stroganoff

Tender beef strips and mushrooms, simmered in a Dijon sour cream demi-glaze and topped with parmesan cheese. Served over your choice of potato gnocchi. 18.00



## Fire Roasted Chicken

Chicken supreme pan seared until crisp then finished in our wood burning oven with citrus and herb oil. Served with roast potatoes and seasonal vegetables. 17.00

## Seasonal Seafood Plate

Sourced from our friends down the street at Pacific Fresh Fish. Prepared to chefs specifications - ask your server for this seasons catch - Market Price-



## Curried Chickpeas

A vegan preparation of authentic chickpeas in garam masala and tomato curry with ginger and garlic. Served with jasmine rice, chef's vegetable and Naan. 14.00



## Penne Arrabbiata

House-made pomodoro sauce, chilli flakes and Italian parsley topped with ricotta cheese and house-made garlic bread. 13.00



## Linguine Crema

Linguine tossed in a house-made herbed béchamel sauce. Topped with parmesan cheese and house-made garlic bread. 13.00



## Moroccan Braised Short Ribs

Spice rubbed boneless beef short ribs, braised in demi-glaze until tender. Served in its own sauce with roast potatoes and seasonal vegetables. 22.00

## Customize your Meal:

Grilled or Blackened Chicken Breast	6.00
Jerk Chicken or Shrimp Skewer	5.50
6oz New York Steak	9.00
Button Mushrooms	2.00