

FRESH^{AND} COZY

All full size salads are served with grilled garlic flatbread

Freehouse Caesar

Crisp romaine tossed with house dressing and house made croutons with grilled garlic flatbread. 5.00/9.00

Pickled Beet & Fennel

Pickled beets with shaved fennel, mesclun greens and mandarin orange with house made lemon chive vinaigrette. 5.00/9.00

Cranberry & Almond

Baby spinach with carrot, roast almonds and cranberries and finished with brie and pineapple mango vinaigrette. 5.00/9.00

Daily Soup

A bit of a misnomer, this soup changes along with our mood. 4.50/7.00^(with naan bread)

Spinach & Roast Roma Salad

Baby spinach leaves, roasted roma tomatoes, pecans and parmesan cheese with balsamic vinaigrette. 5.00/9.00

Greek Salad

Peppers, tomato & cucumber, olives and feta on a bed of crisp romaine with our signature Mediterranean dressing. 6.00/10.00

Petite Greens

Mesclun greens with carrot, cucumber, garden radish and raspberry vinaigrette. 4.00/7.00

Seasonal Soup

See our seasonal menu or ask your server
4.50/7.00^(with naan bread)

Soup and Salad Duet

Choose daily or seasonal soup
With a salad and toasted ciabatta loaf 10.00

Get Creative

Jerk Chicken Skewer 4.00	Chicken Skewer 4.00
Sautéed Shrimp 4.00	Candied Salmon 5.50
Grilled or Blackened Chicken Breast 5.00	

FROM ^{THE} TOP

Empanada (4)

A traditional South American savoury pastry served with Chimmichurri sauce. Choose from pork or mushroom 9.50

Freehouse Tacos

Build 3 crisp tacos with your choice of wild mushrooms, pulled pork or chili shrimp, with lettuce, tomato and salsa 10.00 Add guacamole for 2.50

Korean Spring Rolls (5)

Julienne vegetables and kimchi rolled and crisp fried with sweet chili sauce 8.50

Jerk Chicken Skewers

Jerk marinated chicken, oven roasted and served over mesclun greens with mango salsa 11.00

Crab Croquettes

Dungeness crab coated in crispy panko crumbs with sweetened wasabi aioli 12.00

Appetizer Smatter 25.00 (choose three)

Sweet fries, Ginger Lime Riblets, Empanada, Tandoori Chicken Tenders, Korean Spring Rolls, Crab Croquettes.

Ginger Lime Riblets

Crispy riblets in our house dressing or choose from: Spicy BBQ, Thai or chipotle glaze 10.00

Tandoori Chicken Tenders

Crisp fried marinated chicken served with mango raita 10.00 with fries or salad add 2.50

Antipasto Plate

Toasted ciabatta loaf with roast garlic artichoke spread or tequila hummus and olive oil, balsamic vinegar and select olives. 10.00

Sweet Potato Quesadilla

Sweet potato, fennel and mint quesadilla with three cheese blend and jalapenos 8.50 with fries or salad add 2.50

Sweet Potato Fries

A Freehouse staple, house cut sweet potato fries with tangy mustard mayonnaise. 6.50

SANDWICHES

All sandwiches served with soup, salad or fries. Add \$1.50 for sweet potato fries

Candied Salmon Wrap

Candied salmon, cream cheese, red pepper, spanish onion, avocado, mesclun greens rolled into a flour tortilla. 12.50

Steak Sandwich

6 ribeye on toasted ciabatta loaf with crisp fried onions and your choice of soup, salad or fries. 12.00

Chicken Burrito

Thai marinated chicken, beans, brown rice, diced vegetables and three cheese blend rolled into chili flour tortillas. 11.00

Southwest Veggie Burger

House made spicy black bean, brown rice and cornmeal patty with chili and tequila lime bbq sauce with lettuce tomato and fresh avocado. 11.00

Mushroom Sandwich

Wild mushrooms on a ciabatta loaf with baby spinach, apple, brie cheese and garden radish. 10.00

Grilled Chicken & Cappicola

Chicken breast and spicy cappicola ham on ciabatta loaf with lettuce, tomato, onion and basil pesto mayo. 13.00

Cobb Salad Wrap

Smoked bacon, chicken breast, avocado, lettuce, tomato, Spanish onion and blue cheese dressing all rolled into a flour tortilla. 12.00

Mango Chicken Sandwich

Grilled chicken breast topped with mango salsa on a Kaiser bun with lettuce, tomato and Spanish onion. 10.00

Beef Burger

A juicy, 6 oz burger with lettuce, tomato and onion on a Kaiser bun. 10.00
add bacon for 2.50 / add cheddar for 1.50

BBQ Pulled Pork

Pulled pork sautéed with adobo bbq sauce, served on a toasted kaiser with cheddar, spinach and roast roma tomatoes. 11.00

Lunch a la carte

Not so hungry? Order any of our sandwiches on its own and save \$2.50

WOOD^{FIRED} PIZZA

9" \$14.00 12" \$17.50

Our pizzas are hand stretched so they may vary slightly in diameter

Tandoori Chicken

Tandoori sauce, chicken breast, red pepper, mozzarella cheese finished with mango coulis and fresh cilantro

Spicy BBQ Chicken

Spicy bbq sauce with chicken, Spanish onion and mandarin orange (it's the new pineapple)

5 Cheese

Sun-dried tomato pesto, mozzarella, brie, cheddar, Monterey jack and provolone.

Pulled Pork & Apple

Pulled pork and shaved apple on house bbq sauce and three cheese blend

Need a little extra?

Add protein: 3.50, Add vegetable: 2.00, Add cheese: 2.50

Cappicola and Tomato

Basil tomato sauce, spicy cappicola ham, slow roasted tomatoes and provolone cheese.

Greek

Spinach, roast tomato, feta, kalamata olives, and mozzarella on basil pesto

BBQ Seafood & Pepper

Spicy bbq sauce, salmon, shrimp and scallops, sweet red peppers, spanish onion and mozzarella cheese.

Rustic Italian

Garlic infused extra virgin olive oil, asiago cheese, fresh tomato, and fresh basil leaves.

Creative? Give us some ideas, we love new stuff!!

THE MIDDLE ROAD

Miso Noodle Bowl

Egg noodles and select vegetables in a vibrant shiitake miso broth. 10.75

With chicken, shrimp or tofu add 4.00

Penne Pomodoro

Penne pasta tossed into our house made tomato sauce with fresh herbs and wild mushrooms. 12.50

Add chicken, shrimp or tofu 4.00

Kashmiri Chicken

A rich, authentic curry of chicken, cardamom, cinnamon, ginger, onion and yogurt with jasmine rice and cilantro. 13.50

Mediterranean Linguine Cream

Linguine tossed with marinated olives, tomato and onion in garlic cream sauce with garlic flatbread.

12.50 Add chicken, shrimp or tofu 4.00

THE MAIN COURSE

Curried Chick Peas

Traditional style Indian curry with basmati rice, seasonal vegetable and grilled naan bread. 14.00

Wood Fired Chicken

Choose from our house blackened supreme breast or the seasonal preparation. Served with roasted new potatoes and seasonal vegetables. 18.00 7.00

Fire Roasted Halibut

Wood fired halibut fillet served with jasmine rice, broccolini and a rich lemon caper butter sauce. 21.00

Tofu Fried Rice

Select vegetables & jasmine rice sauteed in sesame oil tossed in our Thai sauce. 14.00

Add chicken shrimp or tofu 4.00

Rosemary Scented Flat Iron Steak

A flavorful marinated flat iron steak served with red wine reduction over Yukon gold and sweet potato duet with seasonal vegetables. 24.00

Miso Glazed Salmon

Miso and sake glazed pacific salmon served with broccolini and jasmine rice. 23.00

SWEETS

Hazelnut Chocolate Mousse

Rich callebaut chocolate and hazelnut liqueur made in house into a light mousse. 7.00

Chocolate Lava Cake

Baked to order. sweet, rich melty goodness with Frozen yogurt. 8.00

Seasonal Crème Brule

Seasonal preparation. 6.00

House Baked Cheesecake

Seasonal preparation. 7.00