

FRIED

ARTICHOKE NUGGETS 9 GF VE
spiced crispy artichoke, black pepper agave, red pepper aioli

FRIED OYSTERS 9 GF VE
lightly battered bc oyster mushrooms, creamy dill sauce

BROCCOLI POPCORN 9 GF VE
crispy fried broccoli, tamarind glaze, red onion, cilantro

ONION RINGS 9 GF VE
cornmeal crusted spanish onion, rob's ketchup

POUTINE 9 GF
hand-cut and fermented kennebec potatoes, mushroom gravy, quebec cheese curds

+ side garlic aioli 2 GF VE
+ side mushroom gravy 2 GF VE

FLATBREAD PIZZA

MARGHERITA 13
tomato sauce, fior di latte, kootenay nostrala cheese, basil

POTATO BABA 14 N VE
baba ganoush, smoked grape tomatoes, shaved new potatoes, roasted garlic, crispy capers, mint cashew sauce, chili oil

FUNGHI 15
wild + cultivated mushrooms, balsamic red onion, spinach, herbed goat cheese

+ sub gluten-free crust 3 GF
+ sub house nut cheese *no charge* N VE

GF GLUTEN-FREE N CONTAINS NUTS VE VEGAN

3941 Main Street www.thearborrestaurant.ca
604 620 3256 eat@thearborrestaurant.ca

Mealshare will provide one meal to a youth in need

Eat In - Take Out

THE ARBOR

FAMILIAR

ARBURGER 11 N
house-made 1/4lb patty, special sauce, cheddar cheese, lettuce, pickle, rob's ketchup, house bavarian mustard, brioche bun
+ make it vegan with bun and house nut cheese 1.5 VE
+ eggplant bacon 2
+ sub gluten-free bun 2.5 GF
+ side fermented fries 3.5

SOUTHERN FRIED ARTICHOKE SANDWICH 13
battered + fried artichoke, eggplant bacon, avocado mousse, spicy mayo, cheddar cheese, jalapeno pepper, ciabatta bun
+ make it vegan with house nut cheese 1.5 VE
+ sub gluten-free ciabatta bun 2.5 GF
+ side fermented fries 3.5

CASSOULET 16 VE
smoked great northern beans, root vegetables, house-made maple sausage, cremini mushrooms, green apple gremolata
+ sub house gluten-free sausage *no charge* GF

MAC N' CHEESE 14
orecchiette, broccoli, cheddar cheese
+ make it deluxe 2
+ sub gluten-free pasta *no charge* GF
+ sub cashew cheese sauce + almond parmesan 2 N VE

FRESH

PULLED JACKFRUIT STEAMED BUNS (3 pcs) 11 VE
BBQ jackfruit, cilantro sauce, shiitake mushroom
+ add another bun 3.5

TACOS DE CAULI MOLIDA (3 pcs) 11 GF VE N
ground cauliflower and walnut, charred tomato salsa, lettuce, guacamole, cashew cheese, cilantro
+ add another taco 3.5

WINTER SALAD 15 GF VE N
roasted squash, beets, fennel + brussels sprouts, warm millet with herbed citrus vinaigrette, smoked onion cashew fraiche, candied walnuts

ARBOR CAESAR 12
romaine, shaved broccoli, fried capers, house garlic croutons, kootenay nostrala cheese, caesar dressing
+ MAKE IT A WRAP!
add spiced crispy artichokes in a flour tortilla 2
+ sub house macadamia cheese 1.5 VE
+ add avocado 2

FINISH

CHOCOLATE MOUSSE PARFAIT 9 GF VE
chocolate coconut mousse, praline crumble, lemon curd

DESSERT SPECIAL
please ask your server

Our kitchen relies heavily on the use of nuts. Cross contamination may occur. Please inform us of any allergies.

An 18% gratuity will automatically be added to parties of 6 or more.

This menu is available from 11AM - 10PM
Late night menu from 10PM - 12AM
Join us for happy hour! 3PM - 6PM and 10PM - 12AM

Menu items and prices are subject to change

Our menu is made almost entirely in-house (including our condiments) using real, fresh ingredients.

Our fryer is celiac safe