

# EAT



@PRIMALHFX

PRIMALHFX.CA

## Garden

- SOUP** 8  
SQUASH, GINGER, CARDAMOM, TOASTED PUMPKIN SEEDS
- KALE** 10  
GOODLEAF FARMS YOUNG KALE, BLISTERED TOMATOES, MALTED BARLEY, DRIED FRUIT, TOASTED NUTS, SWEET PEPPERS, BURNT APPLE VINAIGRETTE
- CAESAR** 12  
GRILLED ARTISINAL ROMAINE, SIX MINUTE EGG, CROUTONS, MOLASSES BACON LARDONS, PARMESAN, OLD SCHOOL DRESSING

## Raw

- OYSTERS** EACH 3  
LOCALLY GROWN, SERVED ON THE ROCKS, HOUSE MIGNONETTE, LIME
- SALMON** 12  
HOUSE SMOKED SALMON, GRILLED FOCACCIA, PRIMAL SALSA, AVOCADO, CARAMELIZED RED ONION, LIME SOUR CREAM
- TUNA** 13  
SASHIMI, WASABI CARAMEL POPCORN, PICKLED GINGER, SOY SESAME SAUCE

## Marine

- COD** 10  
SMOKED COD PÂTE, RED ONION, KETTLE CAJUN CHIPS, CROSTINI
- SQUID** 12  
FLASH FRIED CALAMARI, RED PEPPER TOMATO SAUCE, HOUSE TOASTED CURRY AIOLI
- MUSSELS** 12  
ONE POUND ATLANTIC BLACK MUSSELS, BACON LARDONS, CONFIT GARLIC, TOMATO SAUCE, WHITE WINE, CROUTONS

## Pasture

- MARROW** 10  
ROASTED BEEF BONE MARROW, CROSTINI, CIDER MUSTARD, ONION MARMALADE
- SPRINGROLLS** 12  
BROME LAKE DUCK LEG CONFIT SPRINGROLLS, ASIAN SLAW, CHUTNEY
- POUTINE** 13  
BRAISED BEEF SHORTRIB, QUEBEC CHEESE CURDS, HAND CUT FRIES, BEER-NAISE

## Charcuterie 30c

EACH 8 / BOARD OF THREE 21  
HOUSE CROSTINI & KETTLE FRIED POTATO CHIPS, KITCHEN PICKLES, OLD SCHOOL MUSTARD

### FEATURE

PLEASE ASK YOUR SERVER

### BEEF

STRIPLOIN: DAD'S BILTONG RECIPE, TOASTED CORIANDER CRUSTED  
30 DAY DRY CURED

### BISON

ROUND: BRESAOLA, BLACK PEPPER, JUNIPER BERRIES, IRONWORKS CRANBERRY LIQUEUR  
25 DAY DRY CURED

### BOAR

LOIN: LONZINO, WHITE TRUFFLE, DEHYDRATED MUSHROOMS  
20 DAY DRY CURED

### LAMB

LEG: PASTRAMI, TOGARASHI SPICED  
72 HOUR BRINE, 6 HOUR SMOKED

### DUCK

BREAST: PROSCIUTTO, CITRUS FRUIT  
12 DAY DRY CURED

ADDITIONAL KETTLE CHIPS AND/OR CROSTINI 1

## Cheese 30c

EACH 8 / BOARD OF THREE 21  
HOUSE CROSTINI & KETTLE POTATO CHIPS, KITCHEN PICKLES, OLD SCHOOL MUSTARD

### BLUE

URBAN BLUE, BLUE HARBOUR CHEESE, HALIFAX, NOVA SCOTIA

### CHEDDAR

PRIMAL KITCHEN, ONE HOUR COLD SMOKED, HALIFAX, NOVA SCOTIA

### TALEGGIO

ROMA CHEESE, AGED 3 MONTHS, BROOKLYN, NOVA SCOTIA

### BRIE

ALEXIS DE PORTNEUF, QUEBEC

ADDITIONAL KETTLE CHIPS AND/OR CROSTINI 1

## Livestock

**CHICKEN UDON BOWL** 14  
TOGARASHI SPICED MISO CHICKEN, UDON NOODLES, PORK BONE DASHI, SHIITAKE MUSHROOMS, ASIAN GREENS, 62° EGG, ROASTED SEAWEED

**KOREAN PORK BOWL** 16  
PORK BELLY & PORK RIB, STICKY RICE, RICE CRACKER, HOUSE MADE KIMCHI, 62° EGG, ASIAN GREENS, SCALLIONS, GOCHUBANG SAUCE

**BEEF BURGER** 18  
HOUSE GROUND BEEF STRIPLOIN & BEEF CHUCK, BACON, ONION JAM, CRISPY ONIONS, ONE-HOUR PRIMAL SMOKED CHEDDAR, CHIMICHURRI, FRIES & BEER-NAISE

**HOG** HALF RACK 19 FULL RACK 29  
BBQ SPICED HOG BACK RIBS, BAKED BEANS, CHIPOTLE COLESLAW

**HEN** 22  
1/2 CORNISH HEN PERI PERI GRILLED, SMOKED MAPLE ROOT VEGETABLES, CRISPY ONIONS

**LAMB** 26  
GNOCCHI, HOUSE SMOKED NORTHUMBERLAND LAMB, CONFIT GARLIC, BLISTERED TOMATO, GREEN BEANS, PARMESAN CREAM SAUCE

**SHORTRIB** 30  
BRAISED ATLANTIC BEEF SHORTRIB, DOUBLE CREAMED GARLIC MASHED POTATOES, ASIAN GREENS

**GOOSE** 36  
GOOSE BREAST (MEDIUM RARE), FOIE GRAS TORCHON, BUTTERED GREEN BEANS, STONE FRUIT CHUTNEY, SQUASH PUREE

SUBSTITUTIONS ADDITIONAL 1

## Steak

HORSERADISH BONE MARROW BUTTER, WHOLE ROASTED GARLIC, BURNT LIME, OLD SCHOOL CIDER MUSTARD

**STRIPLOIN** 29  
10oz GRASS-FED, ATLANTIC BEEF, HOUSE SPICE RUB, CHIMICHURRI

**VEAL** 36  
14oz BONE-IN VEAL CHOP, PRIMAL SALSA, AGED BALSAMIC

**PRIME RIB (FOR TWO)** 79  
35oz BONE-IN GRASS FED & DRY AGED, BEAST JUS (MEDIUM RARE, ALLOW 35MIN)

**SIDES** EACH 6  
YOUNG KALE SALAD, CAESAR SALAD, DOUBLE CREAMED MASH, TRUFFLE PARM FRIES, BUTTERED GREEN BEANS, SMOKED MAPLE ORGANIC ROOT VEGETABLES

## Sugar

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<b>BRÛLÉE</b> MADAGASCAR VANILLA INFUSED	8
<b>MALVA</b> MOM'S RECIPE, SOUTH AFRICAN APRICOT STICKY TOFFEE PUDDING	9
<b>CHOCOLATE</b> DARK CHOCOLATE BROWNIE, BOURBON CARAMEL SAUCE, ESPRESSO ICE CREAM	10

## Beershakes 400ML

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<b>CANDY RIM &amp; WHIPPED CREAM</b> CHOOSE YOUR CRAFT ON TAP CHOOSE YOUR ICE CREAM	10
<b>ADDITIONAL TOPPINGS</b> SWEET: MARSHMALLOWS, CARAMEL CORN, WAFFLE CONE, OREOS SAVOURY: BACON, PRETZELS, CAJUN CHIPS, BARLEY GRANOLA	EACH 1

## Shop

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<b>BBQ SPICE</b> (250G)	8
<b>BBQ SAUCE</b> (250G)	8
<b>BANG BANG SAUCE</b> (250G)	8
<b>OLD SCHOOL MUSTARD</b> (250G)	8
<b>BEER GLASS</b>	10
<b>TOQUE</b>	19
<b>BASEBALL CAP</b>	25
<b>T SHIRT</b>	25
<b>LONG SLEEVE SHIRT</b>	32

