

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	13
ONE POUND ATLANTIC BLACK MUSSELS, BACON LARDONS, CONFIT GARLIC, TOMATO SAUCE, WHITE WINE, CROUTONS	

Pasture

MARROW	12
CANOE CUT, 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 9 / BOARD OF THREE 24
SMALL BATCH AND HOUSE MADE, SERVED WITH 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 9 / BOARD OF THREE 24
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 **16**
TOGARASHI SPICED MISO CHICKEN, UDON NOODLES, PORK BONE DASHI, SHIITAKE MUSHROOMS, ASIAN GREENS, 62° EGG, ROASTED SEAWEED

KOREAN PORK BOWL **18**
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 & SHREDDED 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 **31**
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

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

Beershakes 400ML

CANDY RIM & WHIPPED CREAM CHOOSE YOUR CRAFT ON TAP CHOOSE YOUR ICE CREAM	12
ADDITIONAL TOPPINGS SWEET: MARSHMALLOWS, CARAMEL CORN, WAFFLE CONE, OREOS SAVOURY: BACON, PRETZELS, CAJUN CHIPS, BARLEY GRANOLA	EACH 1

Shop

BBQ SPICE (250G)	8
BBQ SAUCE (250G)	8
BANG BANG SAUCE (250G)	8
OLD SCHOOL MUSTARD (250G)	8
BEER GLASS	10
BASEBALL CAP	25
T SHIRT	25

