

# PRIMAL

# EAT

## STARTERS

### Garden

**SOUP** **V** **G** **8**

ROASTED SQUASH & VALLEY APPLE WITH SMOKED MAPLE CREAM

**HARVEST BOWL** **V** **VG** **G** **HALF 12 / FULL 16**

HAND-TORN ARTISANAL LETTUCE, CRUNCHY BROCCOLINI & ORGANIC VEGETABLES, DRIED CRANBERRIES, TOASTED FLAX SEEDS, APPLE VINAIGRETTE

**SUPERFOOD BOWL** **V** **VG** **G** **HALF 14 / FULL 18**

GARLIC ROASTED RAPINI, GREENS, MANGO, TOASTED COCONUT, EDAMAME, DAIKON, MARINATED TOFU, ROASTED NORI, SOUTHEAST ASIAN SHOPHOUSE DRESSING

**ADD CHICKEN OR JUMBO SHRIMP** **4**

### Marine

**OYSTERS** **G** **EACH 3**

LOCALLY GROWN COCKTAIL OYSTERS ON BLACK ROCKS, HOUSE MIGNONETTE, LIME

**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, CROUTONS

ADD ANY 16oz CRAFT BEER ON TAP: \$6

### Pasture

**TACOS** **G** **TWO 9 / THREE 13**

CHIPOTLE CHICKEN BARBACOA, MANGO, PICO DE GALLO, PICKLED VEGETABLES, CHIMILANTRO

**MARROW** **12**

CANOE CUT, ROASTED BEEF BONE MARROW, CROSTINI, KETTLE CHIPS, MUSTARD, ONION MARMALADE

TRY OUR BONE MARROW SHOT. ADD 1oz OF VODKA, GIN, RUM OR WHISKEY: \$6

**POUTINE** **14**

BRAISED BEEF SHORTRIB, QUEBEC CHEESE CURDS, HAND CUT FRIES, ONION RING, PRIMAL JUS, BEER-NAISE

**SUBSTITUTIONS** **1**

## CHARCUTERIE 30¢

**EACH 9 / BOARD OF THREE 24**  
**BUTCHERED, DRY CURED AND SMOKED IN HOUSE**

CROSTINI, KETTLE FRIED POTATO CHIPS, KITCHEN PICKLES, OLD SCHOOL MUSTARD

### FEATURE

PLEASE ASK YOUR SERVER

### BEEF BILTONG

TOASTED CORIANDER CRUSTED, 30 DAY DRY CURED

### BISON BRESAOLA

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

### BOAR LONZINO

WHITE TRUFFLE, DEHYDRATED MUSHROOMS, 20 DAY DRY CURED

### LAMB PASTRAMI

TOGARASHI SPICED, 72 HOUR BRINE, 6 HOUR SMOKED

### CHICKEN LIVER PÂTÉ

PRIMAL CLASSIC PÂTÉ, DUCK FAT PRESERVED

### TALEGGIO CHEESE

PASTEURIZED, AGED 3 MONTHS, ROMA CHEESE, BROOKLYN, NS

### BLUE CHEESE

PASTEURIZED, AGED 2 MONTHS, BLUE HARBOUR CHEESE, HALIFAX, NS

## STEAKS

**CANADIAN BEEF, PASTURE-RAISED AND FINISHED ON BARLEY**  
**DRY AGED AND BUTCHERED IN HOUSE**

COMPLIMENTARY BONE MARROW HORSERADISH BUTTER,  
OLD SCHOOL MUSTARD, CONFIT GARLIC AND LIME

**ADD SAUCES:** PRIMAL JUS, CHIMILANTRO **2**

**ADD CHEESE:** 30g TALEGGIO, 30g BLUE **4**

**ADD JUMBO SHRIMP** **6**

**RIBEYE** **37**

12oz, CERTIFIED BLACK ANGUS (CAB®)

**TENDERLOIN** **39**

10oz, CERTIFIED BLACK ANGUS (CAB®)

## SIDES

**EACH 6**

DOUBLE CREAMED GARLIC MASHED POTATOES

TRUFFLED PARMESAN HAND CUT FRIES, SEA SALTED

ORGANIC VEGETABLES WITH BUTTERED BANG BANG SAUCE

HOUSE MIXED GREEN SALAD, APPLE VINAIGRETTE

## MAINS

### Ocean

**COD (FISH 'N CHIPS)** **G** **HALF 15 / FULL 22**

SOUTHEAST ASIAN STYLE MARINATED & RICE FLOUR BATTERED, SHOPHOUSE COLESLAW, SEA SALTED HAND CUT FRIES, GOCHUBANG SAUCE

**SHRIMP** **25**

ASIAN NOODLES, EDAMAME, GARLIC, GINGER, LEMONGRASS, CILANTRO, THAI CHILI OIL

### Livestock

### FEATURE

PLEASE ASK YOUR SERVER

**MARKET PRICE**

**BURGER** **18**

PRIMAL GROUND BEEF CHUCK, SMOKED BACON, 1-HOUR SMOKED OLD CHEDDAR, ONION JAM, ONION RING, SEA SALTED HAND CUT FRIES, CIMILANTRO, SIGNATURE BEER-NAISE. UPGRADE FRIES TO POUTINE ADD \$6

**RIBS** **G** **HALF 19 / FULL 29**

BBQ SPICED HOG BACK RIBS, WARM POTATO SALAD, CHIPOTLE COLESLAW

**CHICKEN** **G** **23**

ORGANIC FREE RANGE BREAST, PERI PERI SPICED & GRILLED, JUS CONFIT POTATOES, BUTTERED BANG BANG VEGETABLES

**DUCK** **G** **26**

BROME LAKE LEG CONFIT, POTATOES, FRIED EGG, BLISTERED TOMATOES, CONFIT GARLIC, CARAMELIZED RED ONIONS, MOLASSES BACON LARDONS, RED CURRANT JUS

**SHORTRIB** **29**

BONELESS BRAISED ATLANTIC AAA BEEF, DOUBLE CREAMED GARLIC MASH POTATOES, FRIED GREENS

**LAMB** **G** **36**

ROASTED CHOP, PRESSED SHANK TERRINE, FOIE GRAS, TRUFFLE POTATO CREAM, PARM CRISP, BEAST JUS REDUCTION

## TASTINGS

WE EMBRACE & CELEBRATE ALL FOUR SEASONS. OUR TASTING MENUS HELP US HIGHLIGHT AND SHOWCASE THE ABUNDANCE OF QUALITY NOVA SCOTIAN PRODUCE. PRICED PER PERSON, + 15% TAX + 18% GRAT

**24 HOUR NOTICE • TABLES OF 6 MAX • CHEF'S CHOICE**

**4 COURSE DINNER** **68**

**NS CRAFT ON TAP PAIRING (5oz)** **20**

**NS WINE PAIRING (3oz)** **30**

**V** **VEGETARIAN**

**VG** **VEGAN**

**G** **GLUTEN REDUCED**

## Sugar

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<b>SORBET</b> <b>V</b> <b>VG</b> <b>G</b>	<b>6</b>
HOUSE CHURNED, PLEASE ASK YOUR SERVER	
<b>BRÛLÉE</b> <b>V</b> <b>G</b>	<b>8</b>
MADAGASCAR VANILLA INFUSED	
<b>MALVA</b> <b>V</b>	<b>10</b>
MOM'S RECIPE, SOUTH AFRICAN APRICOT STICKY TOFFEE PUDDING	
<b>CHOCOLATE</b> <b>V</b>	<b>12</b>
MOLTEN LAVA CAKE, ALLOW 15 MIN COOKING TIME. CHOOSE YOUR ICE CREAM	

## Shop

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<b>T SHIRTS</b>	<b>25</b>
<b>HATS</b>	<b>19</b>



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**V** VEGETARIAN

**VG** VEGAN

**G** GLUTEN REDUCED

