EAT PRIMAL

START

MUSSELS
one pound atlantic mussels,
molasses bacon lardons, confit garlic,
croutons, spiced tomato sauce 10

SALMON
house gravlax, risotto croquette,
caper lime brown butter 10

OYSTERS
local cocktail oysters on black rocks,
house mignonette 3 each

CALAMARI
flash fried, spicy tomato sauce,
southeast asian shophouse aioli 13

SPRINGROLLS
hand formed duck confit springrolls,
chutney 12

ARUGULA SALAD
baby artisanal arugula, cucumber,
seeds, red peppers, roasted squash,
maple & roasted pear vinaigrette 10
add salmon / chicken / tuna 6 each

MARROW
canoe cut, roasted bone marrow,
crostini, kettle chips, mustard,
red onion marmalade 13
add shot 1oz: gin, rum, whiskey 6 each

POUTINE
braised beef shortrib, cheese curds,
hand cut fries, jus, beer-naise 14

HANDHELD
our burgers are 6oz, ground in-house
from AAA canadian beef,
served on toasted brioche

BEEF BURGER
bacon, smoked cheddar, crispy onions,
hand cut fries or arugula salad 18
upgrade fries to shortrib poutine add 6

TUNA TACOS
seared sustainable, ocean wise tuna,
avocado chipotle, crunchy slaw,
pico de gallo
two 14 / three 18

CHICKEN TACOS
jerk spiced barbacoa, tomato salsa,
chimilantro pickled vegetables
two 12 / three 16

CHARCUTERIE TO SHARE
house crostini, chutney, kitchen mustard pickles
choice of three 24, add one 8 each

MEAT
beef biltong
hog smoked terrine
goose prosciutto
weekly feature
salmon gravlax
pork soppressata

CHEESE
blue, aged 2 months
taleggio, aged 3 months
cheddar, one hour cold smoked

BOARDS TO SHARE
24" custom signature live-edge boards

BUTCHER'S CLUB
spicy pork ribs, beef shortrib poutine,
duck confit springroll, jerk chicken taco 36
additional taco 6

FISHMONGER
flash fried calamari, yellow fin tuna taco,
4 cocktail oysters, mussel tomato pot 28
additional taco 6

BOWLS

SEOUL BOWL
gochubang korean ribs, sticky rice,
kimchi, carrot, cucumber, crispy chicken skin,
sesame soy egg 18

RABBIT PASTA
slow braised, smoked & pulled local rabbit,
hand rolled pasta, forrest mushroom sauce,
truffle, parm 25

STEAKS
35 day dry aged with your choice of one side:
garlic mash, truffle parm fries, arugula salad, broccolini
additional side 6, add cheese 4

BEEF TENDERLOIN
10oz canadian AAA grass fed 39

WEEKLY FEATURE
please see our wall and/or ask your server market price

SAUCES
PRIMAL sauces are all made in-house 2 each
gochubang, beer-naise, chimilantro, jerk mayo,
chipotle aioli, shophouse, pear vinaigrette,
beast jus, spicy tomato, chasseur

FAVOURITES

DUCK CONFIT
duck leg confit, jus potatoes, fried egg, molasses bacon,
blistered tomatoes, caramelized red onion, jus 27

HOG RIBS
PRIMAL bbq hog back ribs, warm mustard potato salad,
chipotle coleslaw 21 half / 29 full

BEEF SHORTRIB
boneless braised beef shortrib, fried greens,
double creamed garlic mash potato 29

LAMB LEG
grilled northumberland lamb leg chop, arugula salad,
pear risotto croquette, caper lime beurre noisette 25

VENISON SAUSAGES
cedar plank grilled sausages, creamy potato puree,
chasseur sauce, old school mustard 26