

EAT

RAW

OYSTERS

local cocktail oysters on black rocks, lime, horseradish cocktail aioli
3 each | full dozen 36 | 1/2 dozen 18

YOUNG GREEN SALAD

arugula, romaine, cucumber, carrot, tomatoes, toasted seeds, warm maple cider dressing 14
add jumbo shrimp +8 | add crispy bacon +4

TUNA TATAKI

sushi-grade ahi tuna saku, ginger-soy-lemongrass, wasabi 16

BEEF TARTARE

classic hand chopped premium AAA beef, egg yolk, capers, mustard, crostini 18

BOARDS

burgers are house-smashed 6oz grass fed premium AAA canadian beef and served on toasted brioche

CHICKEN & RIBS

portuguese chicken, spicy hog ribs, kitchen pickles, onion jam 28
side green salad or sea salted fries

PRIMAL BURGER

house-smashed beef, bacon, lettuce, tomato, cheddar, chipotle, onion jam 18
side green salad or sea salted fries
add braised shortrib +4
upgrade fries to poutine +6

START

individuol small tasting plates

ITALIAN JOB

parmesan, bocconcini, roma tomato, basil pesto, olives, arugula, balsamic 15

CHICKEN CONGEE

chicken rice porridge, chili oil 9

CHORIZO & KIMCHI

spicy pork sausage, crackling, fermented napa cabbage 10

DUCK TORCHON

duck rilette & foie gras torchon, toasted brioche, fruit chutney 18

SHORTRIB POUTINE

beef shortrib, quebec cheese curds, beast jus, hand cut fries, spring onion, beer-naise 16
turn your shortrib into duck poutine +4

CHARCUTERIE (2 to 4 guests)

chorizo, prosciutto, beef brisket shrimp cocktail, seared tuna, cheddar board of four 26 | choice of two 15

BUTCHER BOARD (2 to 4 guests)

ultimate primal meat eater experiece spicy hog ribs, beef shortrib poutine, peri peri chicken, duck rilette 42

STEAKHOUSE

45+ day dry aged grass fed premium AAA canadian beef substitutions 1 each, additional sauces 2 each
add jumbo shrimp +8

STEAK FRITES

8oz AAA beef flank, chimichurri marinated, confit garlic, lime, truffle parm fries 27

SAVOY STEAK

8oz AAA beef tenderloin, grilled jumbo shrimp, garlic potato mash, brussels sprouts, beast jus 58

BOURBON STEAK

8oz AAA beef striploin, bourbon bordelaise jus, garlic potato, maple carrots, brussels sprouts 46

MUSHROOM STEAK

8oz AAA beef striploin, roasted mushrooms, onion jam, jus, balsamic arugula salad 42

BOWLS

FISHMONGER GNOCCHI

jumbo shrimp, yellowfin tuna, confit garlic, tomatoes, pesto, spinach, spicy tomato sauce 29

SEOUL BOWL

gochujang korean hog ribs, kimchi, tomatoes, cucumber, carrot, spring onions, rice, egg 26

BELGIAN MUSSELS

one pound craft beer steamed black mussels, confit garlic, onions, tomatoes, toasted bread 14
add jumbo shrimp +8 | add spicy chorizo +6

PORTUGUESE BOWL

peri peri chicken, rice, fire roasted corn, tomatoes, cucumber, carrot, spring onion 26

FAVOURITES

PRIMAL FEATURE

features are created from pasture or sea, please see your server, market price

TUNA LOIN

seared medium rare, confit potato, roasted pumpkin, black mussels, baby spinach, chorizo corn cream 32

BEEF SHORTRIB

fall-off-the-bone braised beef shortrib, maple mustard vegetables, potato mash, beast jus 36

SINGAPORE DUCK

duck leg confit, ancient grains, crispy eggroll, cucumber, pickled daikon, carrot, chai spice, sesame hoisin 35

SUGAR

MALVA PUDDING

mom's recipe, south african sticky toffee pudding, salted caramel, apricot brandy, whipped cream 10

CHOCOLATE ESPRESSO

dark callebaut chocolate mousse, kahlúa liqueur, chocolate espresso cake 15

CITRUS BRÛLÉE

citrus fruit infused, classic brûlée 12

MIXED BERRY SORBET

gluten & dairy free 8

PRIMAL
KITCHEN

