

# LUNCH

## TO START

EM CALAMARI | 12  
chickpea coating, tzatziki. (g/f)

CHICKEN WINGS | 14  
a pound of wings with a choice of EM hot sauce, honey garlic, BBQ sauce or salt & pepper.

LOADED WAFFLE FRIES | 14  
bacon, cheddar, mozzarella & green onions

FISH CAKES | 9  
two haddock cakes topped with charred tomato chutney

## SOUPS & SALADS

HONEY ROASTED BEET SALAD | SMALL 9 | LARGE 14  
mixed greens tossed with roasted garlic dill dressing, topped with a medley of beets,  
goat's cheese. (v) (g/f)

EDIBLE SPINACH | SMALL 6 | LARGE 12.5  
Fresh spinach, apple, cranberries, walnuts and crispy onion strings, with a choice of dressing. (g/f)

GRILLED CAESAR SALAD | SMALL 8 | LARGE 12  
grilled romaine, sage brown butter croutons, homemade Caesar dressing,  
shaved Grana Padana Parmesan. (v)

SOUP & GRILLED CHEESE | 15.5  
EM cheese blend melted into garlic herb focaccia, served with your choice of  
EM's soup of the day.

SOUP | SMALL 7 | LARGE 13  
a broth soup and a cream soup fresh every day.

# LUNCH

## MAINS

sandwiches and burgers are served with EM's bread & butter pickles  
and home made kettle chips.

### SMOKED SALMON LOVEWICH | 15

Nova Scotia smoked salmon, sweet onion & fennel pickled, dill cream cheese, topped with micro-greens  
and fried capers served open face on whole wheat bread.

### TOMATO PESTO BOCCONCINI | 15

tomatoes with basil pesto & bocconcini on country bread. (v)

### STEAK SANDWICH | 16

strips of sirloin sauteed with mushrooms, served open face on sourdough bread topped with crispy  
onions & horseradish sour cream.

### CHICKEN & BRIE | 15.5

grilled chicken breast, mixed greens, double cream brie, house made apple cranberry chutney on  
country bread.

### CAJUN SPICED CHICKEN | 15.5

cajun spiced chicken breast finished with garlic butter, white cheddar, lemon garlic aioli, lettuce,  
tomato on grilled country loaf.

### BEYOND BURGER | 17

lettuce, tomato, avocado dressing on a poppy seed bun.

### BACON CHEESEBURGER | 16

lettuce, tomato, Cavicchi's bacon, EM Caesar dressing, white cheddar on a poppy seed bun.

### ALL DAY BREAKFAST | 14

2 eggs fried or scrambled, Cavicchi's bacon, maple bacon baked beans and an EM biscuit

### FISH CAKES & BEANS | 15

two haddock cakes with maple bacon baked beans & charred tomato chutney  
half size one fish cake 9.5

## SIDES

kettle chips & pickles with Caesar dip | 5 (v)  
crudités (fresh vegetables & dip) | 5 (v)  
potato wedges & Caesar dressing | 5 (v)

maple bacon baked beans | 6  
mac & cheese | 6