



OUR STORY

On September 29, 2003, Hurricane Juan struck with a force that changed the landscape of Nova Scotia. It also changed the direction of my life, and that of Christine Bower's. Although Christine didn't know it yet, she would soon become my longtime business partner and VP of this Monkey business. As I sat in my dark living room, waiting for the electricity to return (a shocking 9 days later), I asked myself some tough questions which had surprising answers:

Would there be enough food if we were cut off from the rest of the world? *No - we have only 3 days of food supply left in a crisis.*

How much do we depend on the world for our food supply? *Close to 90% of our food is imported.*

How healthy is this food? *Most foods are grown with millions of tons of pesticides, herbicides, and chemical fertilizers.*

How does climate change and extreme weather affect food security? *Tons of carbon! Industrial agriculture uses immense amounts of precious water and fossil fuels which exacerbates climate change.*

How many farmers do we have in Nova Scotia? *In 1950 - 23,515 and in 2025 - under 3,000*

After this epiphany, I knew that I had to be part of a paradigm shift in Nova Scotia. An environmentally conscious restaurant that supports a food system one that is rooted in local, healthy and sustainable food production, the rest is history.

- Lil MacPherson, *President & Co-Owner*

SOUP & SALAD

soup of the day

served with house-made focaccia *or* organic corn chips | **9.50**

sweet apple salad GF | VO | DFO | N

organic greens, apple, carrot, daikon, green onions, goat cheese, walnuts, & maple mustard dressing | **side 10.25 | full 16.25**

kale caesar GFO | D | S

kale, house-made caesar dressing, all-natural *Osprey's Roost* bacon, house-made croutons, parmesan, & fresh lemon | **side 10.25 | full 16.25**

chickpea salad GF | V | N

roasted chickpeas, organic basmati rice, peppers, almonds, raisins, seeds, daikon, dulse, green onion, tahini umeboshi dressing & served with organic corn chips | **16.75**

beet salad GF | VO | DFO | N

bed of beet puree topped with organic greens, pickled beets, walnuts, goat cheese, & balsamic reduction | **side 10.25 | full 16.25**

3 oz pulled *MacDougall Meadows* chicken | **6.75**
 Add on: 4oz *Acadiana* soy tofu | **4.75**
 4oz *Digby* scallops | **market**
 5 *Unomundo* shrimp | **6.75**

MENU GUIDE

GF		Gluten-friendly
GFO		Gluten-friendly option available
V		Vegan
VO		Vegan option available
D		Contains dairy
DF		Dairy free
DFO		Dairy free option available
N		Contains nuts
S		Contains Soy

STARTERS



bruschetta GFO | VO | DFO

three pieces of focaccia topped with tomato, onion, garlic, basil, olive oil, balsamic reduction, parmesan & feta | **14** | **extra pieces 4.25**
Gf bruschetta 4 pcs 19.75 | **sub Daiya vegan cheese 2.5**

baked brussels sprouts GF | DFO

Brussels sprouts, *Osprey Roost* pork lardon, crispy kale, spicy mayo drizzle & balsamic reduction | **17**

house-made dips GFO

served with corn chips, naan, carrots & celery :

- creamy red pepper feta dip
- sweet caramelized onion dip
- feature dip

single 9.50 | **double 15.75** | **trio 21**

nachos VO | GF | DFO

organic corn chips, onions, tomatoes, bell peppers, jalapenos, olives, mozza, cheddar, sour cream & salsa | **22.5**
beef 4.75 | **goat cheese 2.5** | **sub Daiya vegan cheese 2.5**

seafood chowder GFO

creamy chowder with shrimp, mussels, haddock, mirepoix, potatoes & grilled focaccia
cup 13 | **bowl 20**

steamed mussels GFO | DFO

steamed east coast mussels in a sauce created by our Chef's. Served with focaccia | **17**

bacon scallops GF | DF

five large Digby scallops, wrapped in all-natural *Osprey's Roost* bacon, seared & served with a *Propeller* root beer reduction | **market price**
extra scallop 5\$

korean tacos VO | GFO | S | DFO

organic wheat tortilla, ginger & chili marinated *Osprey's Roost* pork loin OR marinated tofu, apple compote, sesame crema, organic kimchi
two 16 | **four 29.75**

fish tacos GFO | DF

organic wheat tortilla, lightly breaded haddock with house-made tartar sauce, cider slaw, & greens
two 16 | **four 29.75**

GOURMET PIZZA

We proudly use *Big Life Whole Foods* pizza crusts (DF | V) *our pizza sauce contains soy*
 Upgrade to our **gluten free rice crust (GF | DF | V)** 9" - 2 | 12" - 2.5

	9"	12"
garlic fingers - vegan garlic sauce, regular or vegan mozzarella, coconut donair sauce	18.50	22.5
three cheese - mozzarella, white cheddar, & parmesan	18	22
veggie - spinach, onion, mushrooms, tomato, olives, mozzarella, & goat cheese	20	23.5
hot honey - bacon, chicken, hot honey sauce, tomato, goat cheese & garlic herb cream base	21.5	26.75
bbq chicken - chicken, peppers, onion, chipotle bbq sauce, mozzarella, & goat cheese	21.5	26.75
meat lovers - bacon, ground beef, chorizo, mushrooms, mozzarella, & parmesan	21.75	26.75
<i>Add on:</i> veggies 2.00 beef/bacon 3.00/4.75 chicken 6.75 seitan donair 8 sub Daiya vegan cheese 2/3		

ENTREES



lamb ravioli

D

house-made ravioli with lamb, mushroom & onion, demi cream sauce, topped with parmesan & served with grilled focaccia | **30**

jerk chicken risotto

GF | DFO

MacDougall Meadows slow cooked pasture raised chicken in a spicy jerk sauce, with risotto and apple compote | **30**

nova Scotia salmon

GF | DFO

land raised Nova Scotia salmon, seared & served with a maple bacon glaze, daily vegetables, & *your choice* of mashed potato, basmati rice, roasties, or roasted sweet potato | **29.25**

rice bowl

V | GF | S | N

organic basmati rice, sautéed vegetables, cider vinegar slaw, pickled ginger, almonds, cashews, sesame seeds, sesame oil, & tamari | **22.50**
add chicken 6.75 | tofu 4.75 | scallops market price | shrimp 6.75

cajun haddock

GF | DFO

crispy seared blackened haddock, topped with homemade salsa, served with daily vegetables & cilantro lime rice | **27**

braised beef

GF | DFO | S

Pasture hill grass-fed, grass-finished beef with a NS red wine reduction, mushrooms, onions, daily vegetables & *your choice* of mashed potato, basmati rice, roasties, or roasted sweet potato | **30**

scallop pasta

GFO | D | N

pan seared Digby scallops, sun-dried tomatoes, mushrooms, onions, basil pesto cream sauce, parmesan, tossed in fettuccine & served with grilled focaccia | **market price**

Vietnamese coconut caramel rice

GF | DF | VO | S

your choice of sustainable *Unomundo* shrimp or *Acadiana soy tofu* in a coconut caramel sauce served with cilantro lime rice, kimchi and pickled ginger | **28.75**

LAND-RAISED ATLANTIC SALMON VS. OPEN-PEN FARMING IT MATTERS!



We proudly serve sustainably raised Atlantic salmon—grown on land without antibiotics, hormones, pesticides, or parasites. We're fortunate to have two innovative, ocean-conscious companies right here in Nova Scotia: Sustainable Blue and Cape d'Or Salmon. Their commitment to responsible aquaculture made it an easy choice for us to support their efforts.

By choosing our salmon, you're helping to protect our oceans, reduce pollution, and give wild salmon their waters back. Good for you, good for the planet! We hope you'll join us in supporting fishing practices that make a difference.



LIGHT FARE

monkey burrito *DFO*

your choice of chicken, pork or tofu in a traditional flour tortilla with refried beans, cilantro lime rice, mozza, pickled onions and pico de gallo, served with a mexican adobo sauce | **20** | **add cheddar cheese 2.5**

roast chicken & pesto sandwich *GFO | DF | N*

MacDougall Meadows pasture raised pulled chicken, spinach walnut pesto, raisin garlic aioli, fresh cut apple, cucumber, & organic greens served cold on an organic 5-grain pita | **19.5**

monkey style club *GFO | DFO*

MacDougall Meadows pasture raised pulled chicken, *Osprey's Roost* bacon, greens, tomato, dill pickle, smoked cheddar cheese, & mayo served on a house-made kaiser | **19.5**

lentil burger *VO | GFO | S*

lentil patty made with oats, miso, carrot, & daikon, topped with house-made honey dressing, cheddar cheese, tomato, & greens, served on an organic pita | **18.50** | **vegan cheese 1.50** | **goat cheese 2.50**

lamb burger *GFO | DFO*

5 oz. lamb patty, seasoned with garlic, oat & rosemary, topped with minted goat cheese, greens, tomato, & mayo, served on a kaiser | **23**

bacon cheese burger *GFO | DFO*

5 oz. *Pasture Hill* grass-fed, grass-finished beef burger, smoked cheddar cheese, caramelized onions, *Osprey's Roost* bacon, greens, tomato, dill pickle, & spicy mayo on a kaiser | **23**
add sautéed mushrooms | **2.5**

vegan seitan donair *V | S*

Big Life seitan, diced onion, tomato, & sweet coconut donair sauce on a traditional donair pita | **21.75**

breaded haddock burger *GFO | D*

baked haddock breaded with *Schoolhouse* gluten free breadcrumbs, served on a house-made bun with sandwich pickle, greens, tomato, house-made tartar sauce & cider slaw | **20**
looking for our fish and roasties? they're still available on request

fish cakes *GF | D*

three potato-based fish cakes made with salted haddock, served with house-made tartar & cider slaw | **17.5**

SIDES & EXTRAS

All light fare is served with ROASTIES
Roasties are wedge cut potatoes, seasoned and oven-roasted GF/V

UPGRADE YOUR SIDE

apple salad | **4.25** roasted sweet potato | **4.25**
kale caesar salad | **4.25** soup of the day | **4.25**
chickpea salad | **4.5** sauteed veg | **4.25**
beet salad | **4.25** basmati rice | **3.25**
1/2 Roasties & 1/2 salad | **5**
garlic parm taters | **3**

BUN SUBSTITUTIONS

Our house-made kaisers contain gluten, dairy, and eggs.
Schoolhouse GF bun | **2.5** *GF | D | S*
Big Life GF rice bun | **2.5** *GF | V*
Organic 5 Grain pita | **2.5** *V*

EXTRAS

Side mayo | **1.50** (*regular, spicy, or raisin garlic*)
Focaccia | **3**
Grilled garlic butter focaccia | **4**
Organic corn chips | **2**

all plate alterations subject to additional charges