

# TERRA NOVA

Nordic Spa

## MENU

### APPETIZERS

#### **GRAZING PLATTER • \$26**

Golden chicken croquettes, crispy corn ribs and flaky beef sausage rolls, served with creamy ranch, chipotle sauce, tangy dijon & fresh veggies

#### **OXFORD COUNTY CHEESE PLATE • \$26**

Light and Nourishing, featuring a trio of local cheeses, seasonal fruit, nuts and crackers, paired with a rotating selection of dips & spreads (serves 2-3)

#### **ARTISAN PRETZEL TWIST • \$12**

A rustic soft pretzel, fresh from the oven paired with honey mustard for dipping (+ add cheese \$3.50)

#### **BAGUETTE WITH OIL & VINEGAR • \$12**

Freshly baked baguette, served warm with extra virgin olive oil and balsamic for dipping, with a savoury garnish - perfect for sharing

#### **PROSCIUTTO FLATBREAD • \$15**

Stone baked flatbread topped with shredded cheese, arugula & finished with a drizzle of balsamic glaze and honey for a perfect balance of savoury and sweet

#### **SUNDRIED TOMATO FLATBREAD • \$12**

Warm flatbread topped with basil pesto, melted cheese, and sundried tomatoes, finished with a balsamic drizzle.

### SOUP & SALAD

#### **FRESH GARDEN SALAD • \$6**

#### **SOUP OF THE DAY**

Side • \$6 | Entree \$9 (includes bread & butter)

### ADD A BOOST TO YOUR SALAD BOWL:

#### **NORDIC SEED & NUT MEDLEY • \$4 (4.5g protein)**

(Almonds, walnuts, sunflower seeds, pumpkin seeds, sesame seeds & chia seeds, lightly roasted with maple syrup and a pinch of cinnamon)

#### **HARD BOILED EGGS • \$4 (14g protein)**

#### **GRILLED CHICKEN STRIPS • \$5 (28g protein)**

#### **LIGHTER FARE:**

#### **BAGEL • \$4 | CREAM CHEESE • \$1**

#### **CROISSANT • \$2.50 | BUTTER • \$0.50**

### CLASSIC SANDWICHES \$15\*

\*(includes a side house garden salad & potato chips)

Substitute soup for salad for an additional \$2

#### **FARMSTEAD BREAKFAST CROISSANT**

Our signature croissant, baked in-house, with farm-fresh eggs, bacon and locally crafted Bright Cheese House cheddar.

#### **SMOKY HAM & CHEESE CROISSANT MELT**

Flaky house baked croissant filled with smoky blackforest ham & locally crafted cheese from Bright Cheese House.

#### **GORUMET GRILLED CHEESE**

Cheddar cheese, cream cheese & dijon on sourdough bread, grilled til melted & gooey - the ultimate comfort food!

#### **JALAPENO GRILLED CHEESE**

Cheddar cheese & pickled jalapenos on sourdough bread - a spicy twist to a classic sandwich.

#### **EGG SALAD**

Chopped eggs with creamy mayonnaise, diced celery & red onion served on a warmed kaiser bun.

#### **AVOCADO OPEN FACE**

Avocado, cucumber & cherry tomato seasoned with black pepper & himalayan salt on a toasted slice of sourdough.

Gluten free bread available • \$1.50

### SPECIALTY SANDWICHES \$17\*

\*(includes a side house garden salad & potato chips)

Substitute soup for salad for an additional \$2

#### **MONTREAL SMOKED MEAT**

Served on a warmed ciabatta bun with dijon & a dill pickle garnish.

#### **SMOKED SALMON**

Tender slices of smoked steelhead salmon, cream cheese, and a light sprinkle of dill, salt & pepper, served on a toasted bagel.

#### **SUPERNOVA CHICKEN**

Fresh shredded chicken breast, mixed with mayonnaise, dijon, finely diced celery & red onion, topped with a layer of crisp lettuce & served on a lightly sweetened maple waffle ~ try it with a drizzle of maple syrup or hot honey.

#### **BRIE, PEAR AND BACON**

Creamy Brie, crisp bacon and sweet pear slices drizzled with maple syrup on sourdough bread, grilled to golden perfection.

#### **APPLE CHEDDAR & PECAN**

Cheddar cheese, fresh apple slices & toasted pecans, sprinkled with cinnamon & drizzled with maple syrup, layered on hearty sourdough bread & grilled until perfectly melted - sweet, nutty and savoury in every bite.

Gluten free bread available • \$1.50

Complement your visit with a refined assortment of beverages, featuring specialty hot and cold drinks, elevated non alcoholic choices, and a handpicked collection of wines, beers, and cocktails.

TERRA NOVA NORDIC SPA & CAFÉ

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