



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.

GOURMET 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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