

## STARTERS

### CHEESE PLOUGHMAN 10

blue cheese & fruit terrine, onion marmalade & cinnamon toast

### ARUGULA AND BABY SPINACH SALAD 8

sun-dried cranberries & honey red wine dressing

### CAESAR SALAD 9

romaine, bacon, potato, creamy garlic dressing & shaved parmesan

### MEAT PLOUGHMAN 10

country pate with chewy pretzels, pickles & cranberry mustard

### CHIP BUTTIE 5

yukon gold fries, fred's bread baguette & dill pickle mayo

### BACON-WRAPPED GRILLED SHRIMP 12

sweet corn potato fritter & spicy maple glaze

### DAILY SOUP 7

### BABY SPINACH SALAD 9

sliced apple, cashew brittle, goat cheese & maple vinaigrette

## MAINS

### ROASTED CHICKEN BREAST 18

chili salsa, sweet corn potato fritter & vegetables

### FISH AND CHIPS 19

panko-crusteD european sea bass, lemon tartar sauce, vegetables & sweet potato fries

### GRILLED 8 OZ VEGGIE BURGER 17

thunder oak smoked gouda, mayo, beet, wilted spinach, tomato chutney, fred's bread onion bun, slaw & yukon gold fries

### GRILLED 8 OZ LAMB BURGER 17

thunder oak smoked gouda, crispy bacon, mayo, wilted spinach tomato chutney, fred's bread onion bun, slaw & yukon gold fries

### VEGETARIAN DISH 17

add chicken or shrimp 22

### GRILLED 8 OZ FLAT-IRON STEAK 20

roasted garlic butter, yukon gold fries & vegetables

add grilled shrimp 25

### BLUE PLATE SPECIAL

priced daily

### FISH OF THE DAILY

priced daily

## SNACKS

bread & butter pickles

lemon-spiked feta & olives

spiced nuts

daily spread & bread

cashew brittle

4 each or any 3 for 11

## SIDES

yukon gold or sweet potato fries

sweet corn potato fritters

chewy pretzels & cranberry mustard

slaw

vegetables

5

fred's bread & butter 1

all our house-made rubs, preserves & snacks are available for purchase

take-out & catering available  
(take-out containers are post-consumer recycled & compostable)

our coffee is fair trade & organic

15% gratuity added to parties of 6+

please advise as to food allergies

gift certificates available



@blueplateTO

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