

Provisions



**SIT DOWN MENU
2019**

109 Jefferson Ave.
Liberty Village, Toronto

info@provisionsto.com

STARTERS

Additional -

Sourdough bread from Blackbird Bakery - oil + vinegar + sundried tomato and basil dip

Field of Greens

asparagus, heirloom carrot, pickled cucumber, wildflower honey and lemon vinaigrette

Lacinato Kale Salad

blueberry, guanciale, pumpkin seed, lemon, sharp cheddar

Maple Roasted Beet Salad

monforte dairy feta, orange, fennel, pumpkin seed

Radicchio di' Treviso and Orange

fennel, pine nut, red onion, dill and yogurt

Heirloom Tomato

cucumber, avocado, lime, burnt honey, chili, ricotta

Roasted Cauliflower

roasted grape, almond, pomegranate, parsley

MID COURSE / PASTA

Tagliatelle

chanterelle mushrooms, arugula, crème fraîche, lemon, parmesan cheese

Grande Ravioli

organic hens egg, spinach and buffalo ricotta, black truffle

Brass Cut Rigatoni

tomato sauce, basil, parmigiano reggiano

Seasonal Soup

market - vegan, dairy free, and gluten free options available

MAIN COURSE / LAND

Roasted Lamb Loin

miso eggplant, spring pea and toasted fregola, charred onion, lemon

Stuffed Chicken Breast

spinach roulade, wheatberry and corn ragu, kabocha squash, porcini mushroom

Birch Lacquered Duck Breast

duck sausage roll, caramelized quince and fennel, pistachio, port reduction

Braised Beef Short Rib

carrot, du puy lentil ragu, wilted swiss chard, cipollini onion

Charred Beef Striploin

cauliflower and farro, chimichurri, crispy beef tendon, crimini mushroom

*Add dry aged ribeye - market

Dairy Free  

Gluten Free 

Contains Nuts 

Vegan 

MAIN COURSE / SEA

Seared Halibut 🍴🌿

broccoli, navy bean ragu, chive oil, preserved lemon, calamari

Charred Octopus 🍴🌿

sunflower seed romesco, potato, candied black olive, chimichurri, radicchio

Miso Black Cod

baby bok choy, celeriac, black garlic, marinated shimeji mushroom

Albacore Tuna 🍴🌿

wasabi, poppy seed, avocado, grapefruit, cucumber, melon

Bay of Fundy Salmon 🍴🌿

smoked tomato and mussel confit, saffron potato, fennel, citrus, basil

MAIN COURSE / GARDEN

Stuffed Cabbage 🌿🍴

toasted barley, sage, walnut, tomato sauce, pesto

Cauliflower Ras-el-Hanout 🌿

roasted grape, grilled eggplant, hummus, king oyster mushroom

Roasted Ontario Squash 🌿

confit tomato, toasted barley and pumpkin butter, marinated kale, roasted marmite jus

DESSERTS

Brillat-Savarin Cheesecake 🌿

elderberry, lavender, honeycomb, lemon
*Vegan option available (extra cost)

Apple Galette

sage, burnt honey gelato

Chocolate Pot de Creme 🌿🍴

orange, hazelnut, bourbon, sea salt

Pavlova 🌿

Tahitian vanilla pastry cream, passionfruit, kiwi, strawberry, mint

BEVERAGES

HOT DRINKS

Propeller Coffee

Tucked away in Toronto's Junction district and steps from Bloor St. you'll find Propeller Coffee Co., a small batch, specialty roaster that specializes in sourcing and roasting the world's best coffee.

Pluck Tea

Pluck is known as a leading source for premium tea in Toronto, and provides signature infusions for leading restaurants, hotels, offices and retail partners from coast to coast in Canada.

COLD DRINKS

Soft Drinks

coke, diet coke, ginger ale, soda water, sprite, tonic water

Juices

orange, cranberry, apple, grapefruit, tomato

Water (Flat)

regular, lemon or lime

Water (Sparkling)

regular, lemon or lime

MOCKTAILS

Seedlip Spice & Tonic

tonic, cinnamon, star anise

Shirley Ginger

ginger beer, lemon, lime, grenadine, maraschino cherries

Cucumber Lime Cooler

coconut and mint

Lavender Lemonade

honey, lemon, lavender

INFUSED WATER

Flavours

cherry, blackberry, goji berry
cantaloupe, honeydew, cucumber
chamomile, cranberry, strawberry
watermelon, kiwi, key lime

Ingredients subject to change based on seasonality

Menu options are all customizable to suit various allergies and dietary restrictions

All of our ingredients are sourced locally

Ready to book? We'd love to hear from you! We can discuss details over the phone, via email or in person at our sweet kitchen digs - whichever is easiest for you