



Two sisters sharing a dream. Where food is fresh, music is alive and love is loud.

DRINKS

BEER

Domestic 5 **Imported** 6

Tall boy 7

WINE

House glass 7 **House bottle** 28

Corkage 10

SPIRITS

Bar shot 5.50 **Premium bar shot** 6.50

COCKTAILS

Caesar – Heartwood style 8

Dark and Stormy – ginger beer and dark rum 7

Starry Sling – orange juice, raspberry syrup and gin 7

Moonlight Margarita – lime, tequila, grand marnier 7

Roots & Wings – river black cherry, vodka and soda 7

MARTINIS 8

The Classic – vodka or gin

Maple Kiss – local maple syrup and whiskey

Chocolate Espresso Bean – Madawaska espresso, kalua and vodka

HOT SWEET TREATS 8

Irish Coffee – baileys and whipped cream

Firefly – hot apple cider and fireball

After Eight – hot chocolate, cream de menthe and whipped cream

MADAWASKA HEARTWOOD BLEND COFFEE

Cup 3

Bodum *small* 5 *large* 8

Iced coffee 2.50

Cappuccino or **Latte** 4.25

Espresso 2

Americano 3

Add Flavor Shot +.75

TEAS

Black & assorted herbal 2.50

House Iced Tea 2.50

OTHER

Sparkling Raspberry Soda 3

Soft drinks 2

Fruit Juice *small* 2.50 *large* 3.50 *juice box* 1.50

Milk white or chocolate *small* 2.50 *large* 3.50

Hot chocolate w/ whipped cream 4

Hot apple cider 3

A GOOD START

ROSY ROASTED BEET HUMMUS (GF & V)

with organic tortilla chips 6

VEGETARIAN SPRING ROLLS (V)

served with sweet chili sauce 8

SWEET POTATO FRIES (V)

served with house-made creamy, spicy chipotle sauce 8

MOZZARELLA STICKS (V)

with house-made marinara sauce 8

ONION RINGS (V)

with roasted garlic mayo 8

FRESH CUT FRIES (GF & V) 6

CHICKEN WINGS (GF)

with choice of house-made barbecue sauce, honey garlic, sweet chili heat, hot, or sriracha dry rub, served with blue cheese dressing 13

SOUP OF THE DAY

soups are made from scratch daily 6

FROM THE GARDEN

HEART-BEET HOUSE SALAD (V)

mixed greens, shredded beets and carrots, topped with toasted sunflower seeds and drizzled with our signature house-made tahini dressing

regular 6 *large* 10

CAESAR SALAD

romaine lettuce, fresh parmesan, bacon, house-made croutons, garlic Caesar dressing

regular 8 *large* 12

GREEK SALAD (V & GF)

cucumbers, Tomatoes, feta, kalmata olives, on a bed of romaine and drizzled with our fresh herb vinaigrette

regular 9 *large* 13

add chicken +3

add crispy tofu +2

HEARTWOOD

RESTAURANT

BURGERS

Our burgers are made fresh from 100% pure beef and are grilled slowly to juicy perfection. Toppings include lettuce, tomato, onions, and pickles. Served with your choice of fries, soup or heart-beet salad.

Upgrade to local non-gmo, grass fed beef from the Shulist farm +4

BACKWOODS BURGER

our classic juicy burger 13

PADDLERS PESTO BURGER

feta cheese pesto, roasted red peppers, onions 15

CABIN FEVER BURGER

sautéed cremini mushrooms and swiss cheese 15

ISLAND BURGER

fresh mango salsa, avocado, gouda cheese, and sprouts 15

FLAME-THROWER BURGER

jalapeno havarti cheese, jalapeno peppers, and chipotle aioli 15

BIG FLIPPIN BURGER

two piled patties, cheddar cheese, bacon, bbq sauce, onion rings 18

add Cheese +2 | Bacon +2 | Gravy +2 | Extra patty +4

Gluten-free bun +2

All burgers can be substituted for our vegetarian black bean burger or chicken breast

BUDDHA BOWLS

HARVEST BUDDHA BOWL (V & GF)

crispy marinated tofu, toasted sunflower seeds, feta cheese, mixed greens, grated beets and carrots on a bed of brown rice quinoa blend, drizzled with our signature tahini maple dressing 13

ROASTED ROOT BUDDHA BOWL (V & GF)

crispy marinated tofu, roasted root veggies, avocado, feta pumpkin & pomegranate seeds, mixed greens, on a bed of brown rice quinoa blend drizzled with our signature tahini maple dressing 16

SWEET & SPICY SALMON BUDDHA BOWL (V & GF)

salmon filet, fresh mango salsa, toasted sunflower seeds, feta cheese, grated beets and carrots, mixed greens on a bed of brown rice quinoa blend, drizzled with our signature tahini maple dressing 18

add chicken +3

substitute crispy tofu for chicken +2

POUTINE

CLASSIC POUTINE (V)

hand cut fries, cheese curds and gravy 9

PULLED PORK POUTINE

hand cut fries, smoky pulled pork, cheese curds and gravy 12

BACON & ONION POUTINE

hand cut fries, bacon, sautéed onions, cheese curds and gravy 12

Upgrade your side:

Caesar salad, onion rings or sweet potato fries +2

Greek salad or poutine +3

Signature poutine +4

*Ask your server for details about gluten-free (G) & vegetarian (V) options.
We are not an allergy free kitchen however we will do our best to accommodate you.*

SANDWICHES, WRAPS & QUESEDILLAS

All sandwiches are served on toasted marble rye bread and with fresh cut fries or our heart-beet salad. White bread option available.

All wraps are served in a flour tortilla and served with fries, soup or heart-beet salad.

Gluten-free tortilla and bread options available +2

GOURMET GRILLED CHEESE

gouda cheese, caramelized onions, bacon 13

CLASSIC GRILLED CHEDDAR CHEESE (V)

cheddar cheese 10 add tomato +1 add bacon or ham +2

RIVER RUN REUBEN

slow roasted smoked meat, sauerkraut, swiss cheese, maple dijon mustard 13

CRAIGMONT CLUB

tender roasted turkey, leaf lettuce, bacon, tomato, cheddar cheese with roasted garlic aioli 14

SMOKEY MAPLE PULLED PORK

slow simmered pulled pork in our house-made sweet and tangy bbq sauce piled on a fresh bun and served with creamy purple slaw 12

VALLEY VEGGIE (V)

tomato, avocado, sprouts, cheddar cheese, mixed greens and maple dijon mustard 12

CHICKEN CAESAR WRAP

romaine, real bacon, fresh parmesan, crispy or grilled chicken tossed in our roasted garlic caesar dressing 13

SOUTHWEST WRAP (V)

black bean, feta cheese, brown rice and quinoa, roasted root veg, mixed greens, chipotle aioli 12

NEW MOON BUDDHA WRAP (V)

rosy beet hummus spread, brown rice, quinoa, grated beets, carrots, feta, mixed greens and our maple tahini dressing 12

CHEESY CHICKEN QUESEDILLA

chicken, cheese, tomatoes, black olives, onions, jalapeños 13

SMOKEY PULLED PORK QUESEDILLA

Pulled pork, bbq sauce, caramelized onions, cheese 13

MUNCHKIN MENU

(12 and under)

HEARTWOOD KIDS BURGER

with hand cut fries or salad 9

CHICKEN STRIPS

with hand cut fries or salad, and plum or bbq dipping sauce 9

GRILLED CHEESE (V)

with hand cut fries or salad 8

FETTUCINE ALFREDO (V)

noodles with house-made alfredo sauce 8

POUTINE (V)

hand cut fries with cheese curds and gravy 7

ALL DAY BREAKFAST

ROCKIN' HAMMY BREAKFAST WRAP

scrambled egg, ham, cheddar cheese, tomatoes, lettuce and mayo, served with hand cut fries or salad 10

WILD WESTERN SANDWICH

egg with ham, green and red peppers, onions on toasted white bread, served with hand cut fries or salad 9

BULLDOG BREAKFAST POUTINE

2 eggs, bacon and ham, hollandaise sauce, served on hand cut fries 13

BLT

bacon, lettuce, tomato and mayo on toasted white bread, served with fries or salad 8

VISIT US ON SUNDAYS FOR OUR CLASSIC JACK & JILL
BREAKFAST AS WELL AS OUR WEEKLY BRUNCH SPECIALS

HEARTWOOD

RESTAURANT

ENTRÉES (AVAILABLE AFTER 5 PM)

All entrees start with our signature heart-beet side salad

MEDITERRANEAN PASTA (V)

fettucine noodles, pesto alfredo sauce, kalamata olives, sun-dried tomatoes, feta cheese, served with garlic bread 18

add chicken +3

gluten-free +2

COCONUT MILK RED THAI CURRY (V & GF)

crispy tofu, chickpeas, mixed vegetables, topped with fresh purple cabbage, black sesame seeds on a bed of brown rice and quinoa 16

add chicken +3

FETTUCCINE ALFREDO (V)

with house-made alfredo sauce, served with garlic bread 16

add chicken +3

gluten-free +2

PORK SCHNITZEL (GF)

topped with mushroom cream sauce, served with sautéed mixed vegetables and creamy mashed potatoes 20

BLACKENED PAN-SEARED SALMON (GF)

topped with house-made mango salsa, served with brown rice quinoa blend and sautéed mixed vegetables 20

SPINACH AND FETA STUFFED CHICKEN BREAST

bone-in chicken breast stuffed with feta cheese, spinach, garlic and onions, served with creamy mashed potatoes and sautéed mixed vegetables 20

BEER BATTERED FISH AND CHIPS

hand-breaded haddock served with fresh cut fries and homemade purple slaw 1 pc 14 2 pc 17

DESSERTS

Ask your server for today's special selection of decadent homemade desserts

Carrot Cake 8

Cheesecake (GF) 8

Apple Pie a la mode 8

Brownie a la mode 6