



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

## DRINKS

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### 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

## A GOOD START

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**ROSY ROASTED BEET HUMMUS** ✓ <sup>GF</sup>

with organic tortilla chips 6

**VEGETARIAN SPRING ROLLS** ✓

served with sweet chili sauce 8

**SWEET POTATO FRIES** ✓ <sup>GF</sup>

served with house-made creamy, spicy chipotle sauce 8

**MOZZARELLA STICKS** ✓

with house-made marinara sauce 8

**ONION RINGS** ✓

with roasted garlic mayo 8

**FRESH CUT FRIES** 6 ✓ <sup>GF</sup>

**CHICKEN WINGS** <sup>GF</sup>

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

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**HEART-BEET HOUSE SALAD** ✓ <sup>GF</sup>

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

<sup>GF</sup>

**GREEK SALAD** ✓

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

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*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

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#### HARVEST BUDDHA BOWL

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

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

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

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#### CLASSIC POUTINE

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  & vegetarian  options.  
We are not an allergy free kitchen however we will do our best to accommodate you.

# SANDWICHES, WRAPS & QUESEDILLAS

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*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

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

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

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

## NEW MOON BUDDHA WRAP

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, jalepenos 13

## SMOKEY PULLED PORK QUESEDILLA

Pulled pork, bbq sauce, carmelized onions, cheese 13

# MUNCHKIN MENU

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(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

with hand cut fries or salad 8

## FETTUCINE ALFREDO

noodles with house-made alfredo sauce 8

## POUTINE

hand cut fries with cheese curds and gravy 7

# ALL DAY BREAKFAST

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## 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)

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*All entrees start with our signature heart-beet side salad*

#### MEDITERRANEAN PASTA

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

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*

#### FETTUCINE ALFREDO

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

*add chicken +3*

*gluten-free +2*

#### PORK SCHNITZEL

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

#### BLACKENED PAN-SEARED SALMON

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

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

Carrot Cake 8

Cheesecake 8

Apple Pie a la mode 8 

Brownie a la mode 6