



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

DRINKS

BEER

Domestic beer 5
Imported 6
Whitewater tall boy 7

WINE

House red or white wine 7
Corkage ? Bottle ?
Organic red and white

SPIRITS

Bar shot 5.50
Premium bar shot 6.50

CLASSIC COCKTAILS

The Cock's Tail 8
Ceaser ?

MARTINIS

SPECIALTY COFFEES

MADAWASKA HEARTWOOD BLEND COFFEE

Cup 3
Small Bodum 5
Large Bodum 8
Iced coffee ?
Cappuccino or latte ?
Espresso ?
Americano ?

Add Flavor Shot +?

TEAS

Black and 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
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 V GF

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 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

FISH TACOS ?

SOUP OF THE DAY

soups are all made from scratch daily 6

FROM THE GARDEN

HEART-BEET HOUSE SALAD V GF

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

cucumbers, Tomatoes, feta, kalmata olives, on a bed of romaine and drizzed 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. Served with your choice of fries, house salad or soup.

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

HEARTWOOD 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

All burger can be substituted for our veggie 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 a quinoa, brown rice blend, drizzled with our signature tahini maple dressing 13

ROASTED ROOT BUDDHA BOWL V GF

brown rice and quinoa blend, mixed greens, topped with roasted root veggies, avocado, feta, pumpkin & pomegranate seeds, drizzled with our signature tahini maple dressing 14

SWEET & SPICY SALMON BUDDHA BOWL V GF

brown rice and quinoa blend, mixed greens, topped with a sweet chili salmon filet, fresh mango salsa, grated beets and carrots, feta cheese, drizzled with our signature tahini maple dressing 18

add Chicken 3

substitute Tofu for chicken 2

POUTINE

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, soup, or poutine 3

Signature poutine 4

Ask your server for details about gluten free GF and vegetarian V options.

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

SANDWICHES & WRAPS

All sandwiches are served on marble rye bread and with fresh cut fries or our heart-beet salad with our signature maple tahini dressing.

All wraps are served in a flour tortilla and serves with fries or salad.

GF Gluten-free tortilla and bread options available.

GOURMET GRILLED CHEESE

gouda cheese, caramelized onions, bacon 13

CLASSIC GRILLED CHEDDAR CHEESE ✓

cheddar cheese 10

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

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

MUNCHKIN MENU

All portions are kid sized and come with a juice box and mini heart cookies

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 ?

POUTINE

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 BREAKFASTS 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 GF 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 GF 2

PORK SCHNITZEL

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

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 GF

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 GF

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 selection of delicious homemade desserts.

Carrot Cake ?

Cheesecake ?

Apple Pie ?

Brownie ?