

HEARTY COMFORTS SERVES 2-4

Bison Chili (Beef option available) Local MB grass-fed bison, seasonal beans, loads of veggies, sweet corn, fire-roasted tomatoes. beef: 18.95 | bison: 20.95

Bison Shepherd's Pie (Beef option available) Local MB grass-fed bison, seasonal veggies, roasted garlic potato squash mash, corn & peas. 27.95

Vegan Chili Seasonal beans, loads of veggies, sweet corn, fire-roasted tomatoes. 16.95

SOUPS 1L CONTAINER

veggie: 9.95 | meat: 11.95

All stocks are made in-house from our vegetable and meat trimmings. Vegan and gluten-free soup options available upon request. Variety depends on soup of the day.

BANNOCK PIZZA 16" XL

available frozen 28.00

Butternut Squash White sauce, roasted butternut squash, Bothwell cheddar and mozzarella, toasted pine nuts, green onions, maple chipotle sour cream

The Feast Basil marinara, Bothwell mozzarella, pepperoni, alder-smoked bacon, MB grass-fed bison sausage

Earth Keeper (vegan) Basil marinara, roasted bell peppers, spinach, red onion, garlic thyme mushrooms, vegan cheese

Tansi Hawaii Basil marinara, Bothwell mozzarella, roasted maple ham, grilled pineapple

Pepperoni and Mushroom

Three Cheese

SALADS SERVES 2-4

Feast House Salad Field greens, feta cheese, wild rice, cucumbers, red onions, toasted sunflower seeds, dried cranberries & homemade Saskatoon vinaigrette 19.95

Caesar Salad Crisp romaine hearts, parmesan shavings, herbed bannock croutons, & creamy garlic dressing 19.95

PASTA SERVES 2-4

Lasagnas available gluten-free and vegan.

Fire-Roasted Buffalo Lasagna

Mb grass-fed bison, Bothwell three-cheese blend, fire-roasted tomatoes, peppers, carrots, basil & garlic. beef: 17.95 | bison: 20.95

Vegetarian Lasagna Bothwell three-cheese blend, spinach, loads of veggies, fire-roasted tomatoes. 16.95

Roasted Butternut Squash Ravioli

served with garlic-herbed butter cream sauce, toasted walnuts & parmesan. 19.95

Maple Chipotle Chicken Fettuccine served with garlic-herbed butter cream sauce & parmesan 17.95

Four Cheese Mac N' Cheese a guaranteed crowd pleaser with a blend of four Bothwell cheeses, topped with bannock crumble. 16.95

COCONUT SQUASH CURRY SERVES 2-4

vegan: 16.95 | chicken: 17.95 | shrimp 19.95

Squash, green beans, carrots, garlic and ginger in a coconut milk & red curry sauce served on sweet jasmine and wild rice blend.

FAMILY-STYLE DINNERS SERVES 2-4

Wild Blueberry Sweet & Sour Bison Meatballs (20) 29.95

Bison Meatballs w/ Thyme Mushroom Gravy (20) 29.95

Sweetgrass Wild Blueberry Roasted MB Bison 28.95

Wild Blueberry or Saskatoon Berry BBQ Chicken Breasts (4) 18.95 **Chicken Skewers** (8) 22.00

Bison Burger Patties (4) 24.00

Bone-in Roasted Maple Mustard Ham 18.95

Wild Rice Blend 9.95

Potato Squash Mash 9.95

Roasted Root Veg 11.95

BANNOCK & FRYBREAD (vegan)

Made fresh daily.

Baked Bannock Loaf

plain, whole wheat 8.00 | raisin 8.50 | saskatoon 9.00

Traditional Frybread 6 - 10.50 | 12 - 21.00

Cinnamon Sugar Frybread 6 - 11.75 | 12 - 23.50

Wildberry Frybread 6 - 16.50 | 12 - 33.00

Assorted Dessert Frybread 3.25 each

Chocolate Skor | Vanilla Wildberry | Oreo | S'more
Vanilla Salted Caramel | Chocolate Coconut | & more

FROM THE BAR

Local Beer 5.75

Half Pints (Winnipeg)

Fort Garry (Winnipeg)

Domestic Beer 5.75

Budweiser, Miller Genuine Draft, Alexander Keiths, Coors Light

Imported Beer 6.75

Heineken

Wine Bottle - Red or White

Assorted selection from DeLuca Fine Wines

Inquire within

SPECIALTY FOOD ITEMS

Available seasonally.

Manitoba Wild Rice

Feasts Wild Blueberry Barbecue Sauce

Sweetgrass Olive Oil

Jams, Salsas and More

Sweetgrass Ice Cream

Indigenous Soaps & Home Decor from Local Makers

***All regular food items come frozen with heating instructions.
Varied availabilities, visit us in-store to see what's cooking!***

GRAB N' GO MARKET