

for the table

artisan sourdough sm 5 lg 9
whipped whey butter

mezze board 18

manchego cheese / marinated olives / hummus / toasted cashews
turkish bread za'atar / pickled vegetables

sea food bar

selection of east coast oysters 4 each
lemon / horseradish / mignonette / house fermented hot sauce

wild patagonian shrimp cocktail ½ dozen 24
bourbon spiked marie rose sauce

starters

beef carpaccio 20
shaved paris mushrooms / parmesan / chive
pickled red onion

prosciutto + melon 19
bulgarian feta / agro dulce / mint / basil

hokkaido sea scallop crudo 24
lacto fermented white asparagus / pancetta / crackling
tōgarashi / crème fraîche / corn flower

local mozzarella + heirloom tomato salad 26
macerated millpond gardens raspberries / pistachio butter
basil / warm baguette

yellow tail ceviche 24
compressed cucumber / aji amarilllo crema / blood orange
peruvian pepper berries / red onion / coriander

little gem caesar 19
beet stained hens egg / crispy bacon / parmesan
crushed garlic crouton

m a i n s

steak + frites 40
grass-fed skirt steak / maître d'hôtel butter

grilled butterflied sea bass 48
charred artichoke hearts / sauce barigoule / black olive

piri piri chicken supreme 36
grilled heirloom swiss chard / lime pickled shallots / crème fraîche
toasted sunflower seeds / herbs from our garden

wood-fired cauliflower "steak" 29
toasted cashew / kimchi emulsion / beurre noisette / lemon

icelandic cod a la plancha 38
ember roasted "ratatouille" / lemongrass + ginger infused tomato broth
torched pancetta / warm baguette / herbs from our garden

cheeseburger 24
brioche bun / aged white cheddar / dill pickle / special sauce
iceberg / caramelized onions / french fries / aioli

dry-aged steak to share

please ask your server for more information

o n t h e s i d e

french fries 9
aioli

elotes (corn-on-the-cob) 13
chipotle + lime mayo / crushed corn nuts / cilantro / cotija

salt roasted heirloom beets 13
whipped chèvre / citrus + ginger vinaigrette
pepitas / blossoms from the garden

to finish

lemon merengue 14

niagara peach cobbler 14

lemon verbena ice cream

“burnt” basque cheese cake 14

rosé poached strawberries

summer berry sorbet 14

chocolate cookie



flame + smith merch

flame + smith cap 25

flame + smith house fermented hot sauce 6

rembrandt 80s school photo t-shirt 35

jan steen self-portrait t-shirt 35

millpond gardens tote bag 15

chef menu

put the menu away and let us take care of the details

4-course family style menu that includes
some of our favourite snacks + apps + mains + desserts

95 pp

add seafood course 19 pp

participation of the whole table required