

## BRUNCH MENU

Bang  
Belly

### SOUPS

**Cod & Corn Chowder** <sup>GF</sup> cup 7 | bowl 11  
*Fogo Island Cod in a creamy, sweet corn broth with carrot, celery & fresh herbs*

Add a homemade roll 2

**Tomato Soup** <sup>GF</sup> cup 6 | bowl 9  
*A homestyle tomato soup, seasoned with garlic & topped with fresh cream & croûtons*

Add a homemade roll 2

### SALADS

**Green Salad** <sup>GF</sup> small 7 | big 11  
*Fresh romaine lettuce topped with cherry tomatoes, grated carrot & sliced red onion, tossed with our house-made balsamic vinaigrette*

Add shrimp salad, fried chicken,  
or plant-based 'chicken' 5

**Caesar Salad** <sup>GF</sup> <sup>OPTION</sup> small 8 | big 12  
*Fresh romaine lettuce tossed in our house-made Caesar dressing, served with Parmesan cheese, crunchy herbed croûtons, and your choice of a real bacon crumble, or plant-based bacon crumble*

Add shrimp salad, fried chicken,  
or plant-based 'chicken' 5

**Chickpea Salad** <sup>GF</sup> small 9 | big 13  
*A hearty helping of chickpeas marinated in garlic & lemon, topped with roasted red pepper, Thompson raisins, shredded carrot, sesame seeds & fresh herbs, tossed in our creamy sesame dressing*

Add shrimp salad, fried chicken,  
or plant-based 'chicken' 5

**Garden Panzanella Salad** 15  
*Roasted kale, crusty house-made bread, marinated tomatoes & pickled beets drizzled with our house buttermilk ranch dressing*

Add shrimp salad, fried chicken,  
or plant-based 'chicken' 5

### SANDWICHES

*All of our sandwiches are served with your choice of fries, crispy baby potatoes, green salad, or coleslaw*

Substitute with gluten-free bread 2  
Upgrade your side to Signature Fries 2  
Upgrade your side to a small Caesar salad 3

**Breakfast Sandwich** <sup>GF</sup> <sup>OPTION</sup> 14  
*Two scrambled eggs, cheddar cheese, mayo & tomato, with your choice of bacon, ham, or plant-based bacon crumble on a sesame seed bun*

Substitute eggs with tofu scramble 2

**Hamburger** <sup>GF</sup> <sup>OPTION</sup> 17  
*A flavourful, grilled house-made patty topped with mustard, burger sauce, lettuce, tomato, sweet pickle & pickled red onion on a sesame seed bun*

Substitute with plant-based patty 2  
Add cheese 1  
Add bacon 2  
Add plant-based cheese 2  
Add plant-based bacon crumble 2

**Cold Water Shrimp Roll** <sup>GF</sup> <sup>OPTION</sup> 17  
*Creamy shrimp salad drizzled on a lightly toasted sandwich roll, finished with our house-made dill vinaigrette & fresh herbs*

**Curried Chickpea Roll** <sup>GF</sup> <sup>OPTION</sup> 15  
*Lemon & garlic marinated chickpeas, mixed with raisins & roasted red peppers, tossed together in a creamy curry dressing, and topped with fresh herbs, served on a lightly toasted sandwich roll*

**Pulled Pork Sandwich** <sup>GF</sup> <sup>OPTION</sup> 17  
*Tender pulled pork smothered in our house-made BBQ sauce, topped with sweet pickles & creamy coleslaw, served on a sesame seed bun*

**Fried Chicken Sandwich** 17  
*Tender buttermilk fried chicken on a sesame seed bun, served in the style of your choice:*

**Classic:** Lettuce, mayo & sweet pickles  
- OR -

**Nashville Hot:** Lettuce, sweet pickles, ranch dressing & a spicy glaze

Substitute with plant-based chicken tenders 2

**Fogo Island Cod Sandwich** 17  
*Light & crispy beer-battered Fogo Island Cod on a sesame seed bun, served in the style of your choice:*

**Classic:** Tartar sauce & shredded lettuce  
- OR -

**Spicy:** Sriracha mayo & coleslaw

# PLATES

**Traditional Breakfast** GF OPTION 14  
*Two eggs any style, house-made toast, crispy baby potatoes, and your choice of bacon, ham, or plant-based bacon crumble*

Substitute eggs with tofu scramble 2

**Bigger Breakfast** GF OPTION 18  
*Three eggs any style, house-made toast, crispy baby potatoes, baked beans, and your choice of bacon & ham, or plant-based crumble*

Substitute eggs with tofu scramble 2

**Fried Chicken & Waffles** 17  
*Two Belgian waffles, served with our crispy buttermilk fried chicken tenders, and drizzled with your choice of Sweet, or Hot Maple Syrup*

Substitute with plant-based 'chicken' tenders 2

**Cinnamon Roll French Toast Bake** 16  
*House-made bread, cubed & baked in a cinnamon swirl custard, topped with cream cheese icing, and served with a side of whipped cream*

**Baked Beans & Toutons** 13  
*Fluffy house-made toutons served with a generous portion of our signature molasses baked beans*

Add ham, or bacon 3

**Fish & Chips** 1 piece 16 | 2 pieces 20  
*Crispy beer-battered Fogo Island Cod, served with hand-cut fries, creamy house-made coleslaw & tartar sauce*

**Chicken & Chips** 17  
*Buttermilk fried chicken tenders, served with our house-made BBQ dipping sauce & hand-cut fries*

Substitute with plant-based 'chicken' tenders 2



## SMALLER PORTIONS FOR KIDS UNDER 12

**Chicken Tenders** 9  
*Served with your choice of fries, or baby carrots with ranch dressing*

Substitute with plant-based 'chicken' tenders 2

**Kid's Fish & Chips** 10

**Tomato Soup & Cheese Toast** GF OPTION 8

**Buttered Noodles** GF OPTION 7

**Parmesan Buttered Noodles** GF OPTION 8

# SIDES & EXTRAS

**French Fries** GF OPTION 5

**Crispy Baby Potatoes** GF OPTION 5

**Coleslaw** GF 4

**Extra Sauce** GF 1

- Ranch
- Hot Sauce
- BBQ Sauce
- Creamy Sesame
- Burger Sauce
- Tartar Sauce

**Bangbelly Signature Fries** GF OPTION 7  
*Crispy, hand-cut fries dressed up in our new specialty house-made seasonings.*

**Choose from one of our signature flavours:**

- Dill Pickle
- Tex-Mex
- Savoury-Onion
- Garlic Parmesan

**Upgrade any side** GF OPTION 2

**Please let your waiter know if you have any allergies and/or dietary restrictions.**

*While we do everything we can to prevent cross-contamination, our dishes are prepared in a kitchen where allergens are present throughout; therefore, we cannot guarantee your meal will be free from trace ingredients.*