



ASQ Maritimes 3rd Annual Summer Social Networking Event

When: Wednesday August 19th @ 6:30 pm

**Where: The Wooden Monkey, Alderney
Landing, Dartmouth NS**

Section Members & Guests welcome!
**Join us for a casual evening of food, fun
and quality friends!**

Registration Now Open

ASQ Members meals are included (ordering from the attached menu).

Drinks & Guest's Meals are paid by individual attendee.



**Maritimes
Section**
Excellence Through Quality™

Welcome to The Wooden Monkey

**Please select one of the items as a meal from the
Salads, 9” Pizza or Light Fare menus**

Salads

sweet apple salad GF | VO | DFO |N

organic greens, apple, carrot, daikon, green
onions, goat cheese, walnuts, & maple mustard
dressing Full Size

kale Caesar GFO | D | S

kale, house-made caesar dressing, all-natural
Osprey’s Roost bacon, house-made croutons,
parmesan, & fresh lemon Full Size

chickpea salad GF | V |N

roasted chickpeas, organic basmati rice,
peppers, almonds, raisins, seeds, daikon, dulce,
green onion, tahini umeboshi dressing & served
with organic corn chips Full Size

beet salad GF | VO | DFO |N

bed of beet puree topped with organic greens,
pickled beets, walnuts, goat cheese, & balsamic
reduction Full Size

MENU GUIDE

GF		Gluten-friendly
GFO		Gluten-friendly option available
V		Vegan
VO		Vegan option available
D		Contains dairy
DF		Dairy free
DFO		Dairy free option available
N		Contains nuts
S		Contains Soy

All 9" Gourmet Pizzas

We proudly use Big Life Whole Foods pizza crusts (DF | V)

our pizza sauce contains soy

Upgrade to our gluten free rice crust (GF | DF | V)

garlic fingers - vegan garlic sauce, regular or vegan mozzarella, coconut donair sauce

three cheese - mozzarella, white cheddar, & parmesan

veggie - spinach, onion, mushrooms, tomato, olives, mozzarella, & goat cheese

hot honey - bacon, chicken, hot honey sauce, tomato, goat cheese & garlic herb cream base

bbq chicken - chicken, peppers, onion, chipotle bbq sauce, mozzarella, & goat cheese

meat lovers - bacon, ground beef, chorizo, mushrooms, mozzarella, & parmesan

Light Fare Page 1

monkey burrito DFO

your choice of chicken, pork or tofu in a traditional flour tortilla with refried beans, cilantro lime rice, mozza, pickled onions and pico de gallo, served with a mexican adobo sauce

roast chicken & pesto sandwich GFO | DF |N

MacDougall Meadows pasture raised pulled chicken, spinach walnut pesto, raisin garlic aioli, fresh cut apple, cucumber, & organic greens served cold on an organic 5-grain pita

monkey style club GFO | DFO

MacDougall Meadows pasture raised pulled chicken, Osprey's Roost bacon, greens, tomato, dill pickle, smoked cheddar cheese, & mayo served on a house-made kaiser

lentil burger VO | GFO | S

lentil patty made with oats, miso, carrot, & daikon, topped with house-made honey dressing, cheddar cheese, tomato, & greens, served on an organic pita

lamb burger GFO | DFO

5 oz. lamb patty, seasoned with garlic, oat & rosemary, topped with minted goat cheese, greens, tomato, & mayo, served on a kaiser

Light Fare Page 2

bacon cheese burger GFO | DFO 5 oz.

Pasture Hill grass-fed, grass-finished beef burger, smoked cheddar cheese, caramelized onions, Osprey's Roost bacon, greens, tomato, dill pickle, & spicy mayo on a kaiser

vegan seitan donair V | S

Big Life seitan, diced onion, tomato, & sweet coconut donair sauce on a traditional donair pita

breaded haddock burger GFO | D

baked haddock breaded with Schoolhouse gluten free breadcrumbs, served on a house-made bun with sandwich pickle, greens, tomato, house-made tartar sauce & cider slaw

fish cakes GF | D

three potato-based fish cakes made with salted haddock, served with house-made tartar & cider slaw

SIDES & EXTRAS

All light fare is served with ROASTIES –

Roasties are wedgecut potatoes, seasoned and oven-roasted GF/V

OR

UPGRADE YOUR SIDE:

apple salad *kale* caesar salad, chickpea salad, beet salad,

Roasties & 1/2 salad, garlic parm taters, roasted sweet potato, soup of the day, sauteed veg, basmati rice

3 BUN SUBSTITUTIONS Our house-made kaisers contain gluten, dairy, and eggs. Schoolhouse GF bun | GF | D | S Big Life GF rice bun | GF | V Organic Grain pita | V