

ALL-DAY

LIGHTER FARE

SOUP OF THE DAY (GF) with focaccia	cup 8 bowl 12
SEAFOOD CHOWDER shrimp, bay scallops, haddock, focaccia	cup 14 bowl 22
MARITIME FISH CAKES Atlantic haddock, salmon, chow chow, slaw	16
CRISPY CALAMARI old bay breadcrumb, chipotle mayo, red onion, lemon	16
POPCORN & CHICKEN BITES dill pickle seasoning, spicy honey	18
CURLY FRIES SUPREME pico de gallo, sour cream, green onion, jalapeño, queso	16
SMOKED SALMON FLATBREAD cream cheese, fresh dill, red onion, capers	25
FRENCH ONION DIP house chips	12
TUNA TARTARE sesame soy dressing, edamame, green onion, crispy rice cracker, avocado mayo	18

SALADS

CHEESIES CAESAR shredded kale & romaine, Caesar dressing, bacon bits, cheesies	16
KALE SALAD red cabbage, peppers, feta, smoked pineapple vinaigrette, balsamic reduction	15
TEMPO GREENS feta, roasted red pepper dressing, beets, pickled apple, candied pecans	16
MOROCCAN QUINOA SALAD golden sultanas, roasted beets, whipped yogurt	15

ADD TO YOUR SALAD	5oz chicken breast +7 5oz salmon +15 shrimp skewer +9	coconut toasted tofu +7 crispy chicken bites +8
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HANDHELDS

CRISPY FRIED HADDOCK TACOS 2 pieces, pico de gallo, red cabbage slaw, jalapeño	20	TEMPO CHEESEBURGER Monterey jack, lettuce, tomato, bacon jam, roasted garlic mayo	3oz 6oz 18 23
GRILLED HALLOUMI BLT your choice of bacon or tempeh marble rye bread, tomato, arugula, pea shoots, garlic sauce	21	TRUFFLE HUNTER BURGER white cheddar, truffle aioli, arugula, mushroom	20 25
BUFFALO CHICKEN WRAP crispy fried chicken thigh, iceberg, buffalo sauce, blue cheese dressing	21	DILL PICKLE BURGER dill pickles, onion straws, mustard, iceberg, dill aioli	16 21
TRIPLE STACKED GRILLED CHEESE CLUBHOUSE grilled chicken, tomato, lettuce, pesto mayo, bacon	24	MAC-TEMPO cheddar cheese, burger sauce, onion, pickle	17 21
CRISPY HADDOCK SANDWICH dill tartar sauce, potato bun, cheddar, iceberg, fries	21		

ALL HANDHELDS & BURGERS ARE SERVED WITH FRIES, SOUP, OR GARDEN SALAD.	UPGRADE YOUR SIDE:	sweet potato fries +5 poutine +6 onion rings +5 chowder +8	kale salad +4 caesar salad +4 tempo greens +4
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BIG BITES

TUNA STEAK (vegan + gf) forbidden rice, radish, sesame, edamame	26	PAN SEARED SALMON (gf) Atlantic salmon, quinoa, seasonal vegetables, balsamic glaze	29
FISH & CHIPS beer battered Atlantic haddock, coleslaw, tartar sauce, fries	1 pc. 18 2 pc. 22	8oz SIRLOIN STEAK seasonal vegetables, bearnaise, fries	39
MAC & CHEESE cheddar mornay sauce, cavatappi, cheddar crust add lobster +MP bacon +4 spicy honey crispy chicken +10	16	THIN FRIED PORK CHOPS mashed potatoes, apple butter sauce, seasonal vegetables	26

Our kitchen is your kitchen. We strive to accommodate dietary restrictions, allergies, and sensitivities whenever possible. However, all ingredients may not be listed and are subject to change based on seasonal availability. Please always inform us of any allergies or sensitivities when ordering.

MAINS

COLD TEMPO fruit salad, Greek yogurt, choice of muffin, bagel, toast, or croissant	16	HOT TEMPO two eggs any style, toast, hashbrowns, choice of sausage, bacon, or back bacon	19
OMELETTE mushrooms, peppers, onions, ham, cheddar cheese, toast, hashbrowns	20	BAGEL + LOX smoked salmon, bagel, cream cheese, capers, red onion, hashbrowns	22
TOMATO AVOCADO TOAST two poached eggs, grilled tomato, guacamole, with sourdough toast and hashbrowns	19	BUTTERMILK PANCAKES buttermilk pancakes, choice of bacon or sausage, table syrup add blueberries 2 maple syrup 3	16
MARITIME FISH CAKES poached eggs on two house made smoked haddock + salmon fishcakes, roasted red pepper purée + tomato chow chow, and hashbrowns	21	TEMPO BREAKFAST SANDWICH fried egg, bacon, monterey jack, lettuce, tomato, avocado mayo with buttered multigrain toast, and hashbrowns	18
BREAKFAST POUTINE hashbrowns, peppers, onions, bacon, sausage, egg, Canadian cheese curds, topped with creamy house hollandaise	22	B.B. FRENCH TOAST banana bread, coconut egg wash, cinnamon, caramelized bananas, toasted coconut, hashbrowns, served with table syrup upgrade to real maple syrup 3	18
STEAK + EGGS 4oz sirloin, two eggs any style, with toast and hashbrowns add bacon or sausage 5	25	replace hashbrowns with fresh fruit cup +4 substitute gluten-free toast +2	

EGGS BENEDICT two poached eggs, English muffin, housemade citrus hollandaise, hashbrowns		
CLASSIC back bacon	VEGETARIAN grilled tomato + spinach	LOX smoked salmon
19	17	24

LIGHT FARE

SMALL BREAKFAST one egg any style, toast, hashbrowns	12
PARFAIT blueberry Greek yogurt, fruit salad, TEMPO granola	10
HOT OATMEAL topped with apricot + coconut	9
FRUIT SALAD selection of melons + seasonal fruit	8
BAGEL + CREAM CHEESE	6

EXTRAS

TOAST / GF TOAST	3 / 5
MUFFIN	4
CROISSANT	4
BACON, BACK BACON OR SAUSAGES	5
SIDE OF FLAVOURED GREEK YOGURT	3
SIDE OF HOLLANDAISE	4
ADD CHEESE	4

BEVERAGES

JAVA BLEND DRIP COFFEE	4
CAPPUCCINO / LATTE	5
AMERICANO	4
MOCHA	5
JAVE BLEND ESPRESSO	3
JAVA BLEND DOUBLE ESPRESSO	5
HOT CHOCOLATE	4
TAZO TEAS	4
MILK	3.5
CHOCOLATE MILK	3.5
JUICE	3.5

OUR KITCHEN IS YOUR KITCHEN.
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BRUNCH

11 AM - 2 PM

SATURDAY & SUNDAY

MAINS

SEAFOOD CHOWDER

cup 14 | bowl 22

shrimp, bay scallops, haddock, salmon, focaccia

CRISPY FRIED HADDOCK TACOS

20

2 pieces, pico de gallo, red cabbage slaw, jalapeño

GRILLED HALLOUMI BLT

21

your choice of bacon or tempeh

marble rye bread, tomato, arugula, pea shoots, garlic sauce

TRIPLE STACKED GRILLED CHEESE CLUBHOUSE

24

grilled chicken, tomato, lettuce, pesto mayo, bacon

FISH & CHIPS

1 piece 18 | 2 piece 22

beer battered Atlantic haddock, coleslaw, tartar sauce, fries

MAC-TEMPO BURGER 3oz | 6 oz

17 | 21

cheddar cheese, burger sauce, onion, pickle, fries

SALADS

CHEESIES CAESAR

16

shredded kale & romaine, Caesar dressing, bacon bits, cheesies

KALE SALAD

15

red cabbage, peppers, feta, smoked pineapple vinaigrette, quinoa, balsamic reduction

TEMPO GREENS

16

feta, roasted red pepper dressing, beets, pickled apple, candied pecans

MOROCCAN QUINOA SALAD

15

golden sultanas, roasted beets, whipped yogurt

V - vegetarian | VE - vegan | GF - gluten free

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DESSERT

BUMBLEBERRY APPLE CRUMBLE white chocolate chantilly	12
WARM CHOCOLATE BROWNIE sea salt caramel, vanilla ice cream	10
ICE CREAMS & SORBETS rotating flavours	8

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HAPPY HOUR

3 PM - 6 PM

TUESDAY - SATURDAY

CURLY FRIES	6
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FRENCH ONION DIP	8
house chips	

CURLY FRIES SUPREME	10
pico de gallo, sour cream, green onion, jalapeño, queso	

CRISPY CALAMARI	10
old bay breadcrumb, chipotle mayo, red onion, lemon	

POPCORN & CHICKEN BITES	12
dill pickle seasoning, spicy honey	

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DRINK

3PM - 6PM

HAPPY HOUR

3PM - 6PM

PROPELLER PRIME

\$7 | 16OZ

SLEEMAN CLEAR 2.0

\$7 | 16OZ

HOUSE WINE

\$6 | 5OZ \$9 | 8OZ

WELL LIQUOR

\$6 SINGLE | \$9 DOUBLE

ON TAP

16 oz

GARRISON TALL SHIP

5% ABV | PALE ALE

9.50

GARRISON IRISH RED

5% ABV | RED ALE

9.50

NINE LOCKS DIRTY BLONDE

5% ABV | BLONDE

9.50

PROPELLER GALAXY

6,5% ABV | IPA

9.50

PROPELLER PRIME

5% ABV | LAGER

8.50

SLEEMAN CLEAR 2.0

4% ABV | LAGER

8.50

BLANCHE DE CHAMBLY

5% ABV | WITBIER

9

GOOD ROBOT PILSNER

4.5% ABV | CZECH PILSNER

9.75

GOOD ROBOT THEMBOT

5.5% ABV | GUAVA + BLACKBERRY SOUR

9.75

LOCAL ROTATING TAP *Ask your server for details*

BOTTLED + CANNED

DOMESTIC BOTTLES 341ML

Keith's, Bud Light, Olands, Schooner, Budweiser

7

CORONA 4.6% | 330ml

7.50

CREATURE FEATURE IPA *GOOD ROBOT* 6.4% | 473ml

10

EL ESPINAZO DEL DIABLO *GOOD ROBOT* 5.6% | 473ml

10

SAPPORO 4.9% | 355ml

7

GUINNESS 4.2% | 440ml

11

ANNAPOLIS CRISP + DRY CIDER 7.7% | 355ml

9

ANNAPOLIS EARL BLUE CIDER 7.1% | 355ml

9

JOSE CUERVO SPARKLING MARGARITA 5% | 355ml

11

NO OR LOW ALCOHOL

PROPELLER SODAS

GINGER BEER OR ROOT BEER

6

CORONA SUNBREW 0.0%

7

PROPELLER NA LAGER

7

RED BULL

RED BULL ENERGY DRINK

RED BULL SUGARFREE

RED BULL RED EDITION

5



DRINK

WINE

HOUSE BLEND

RED	9	12
WHITE	9	12

WHITE

PINOT GRIGIO CAVIT, ITALY	11	16	44
TIDAL BAY BLOMIDON, NOVA SCOTIA	14	19	63
SAUVIGNON BLANC TE AWA LEFT FIELD, NZ	15	20	65
CHARDONNAY BREAD & BUTTER, USA	15	20	65

SPARKLING

PROSECCO RUFFINO, ITA	12	-	60
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RED

PINOT NOIR BREAD & BUTTER, USA	15	20	65
CABERNET SAUVIGNON CARMEN RES., CHILE	11	16	44
MALBEC TRAPICHE, ARGENTINA	11	16	44
MERLOT MASI MODELLO, ITALY	13	18	50

COCKTAILS

SANGRIA 3.75oz 12 CHOICE OR RED OR WHITE	DARK AND STORMY 1.5oz 12 GOSLINGS DARK RUM, LIME, GINGER BEER
CAESAR 1oz 8 2oz 12 VODKA, WORCESTERSHIRE, TOBASCO, CLAMATO	KETEL MULE 1.5oz 12 KETEL ONE VODKA, LIME, GINGER BEER
CLASSIC MARGARITA 1.5oz 12 TEQUILA, LIME, TRIPLE SEC	OLD FASHIONED 2OZ 13 BULLEIT BOURBON, SUGAR, BITTERS
WHISKEY SOUR 2oz 13 BULLEIT BOURBON, LEMON, EGG WHITE	NEGRONI 1.5oz 12 GIN, CAMPARI, VERMOUTH
RED BULL VODKA 1.5oz 13 VODKA ON THE ROCKS WITH CHOICE OF RED BULL	

SIGNATURES

RED BANKS 2oz 12 RED BANK CANADIAN WHISKY, CAMPARI, GRAPEFRUIT, LEMON	BIRD OF PARADISE 2oz 12 SPICED RUM, APEROL, PINEAPPLE, LIME
BLUEBERRY FIELDS 2oz 12 GOLD RUM, TRIPLE SEC, BLUEBERRY SYRUP, LEMON, EGG WHITE, BITTERS	KYIVAN BULL 1.5oz 15 VODKA, LIME, PINEAPPLE, ORANGE, GINGER BEER, TOPPED WITH RED BULL
EVERMORE (TEMPO'S VERSION) 2oz 13 GIN, FRANGELICO, APPLE CIDER, LEMON, GINGER BEER, ANGOSTURA BITTERS	

DRINK

MOCKTAILS

PASSIONISTA
PASSIONFRUIT TEA, PINEAPPLE,
SUGAR, SODA

6

EVERLESS
APPLE CIDER, LEMON, GINGER BEER

6

LIQUOR

WELL SHOTS

7

ANY WELL SHOT CAN BE MADE A DOUBLE FOR \$4.50!

CROWN ROYAL RYE
NSSC RUM
NSSC GIN

NSSC VODKA
JOSE CUERVO TEQUILA
JIM BEAM BOURBON

MIX FOR WELLS

PEPSI, DIET PEPSI, 7UP, GINGERALE, CRANBERRYJUICE, ORANGE JUICE,
GRAPEFUIT JUICE, TONIC, SODA WATER

PREMIUM SELECTIONS

VODKA

GREY GOOSE 9
KETEL ONE 8

GIN

BEEFEATER 8
HENDRICKS 9
TANQUERAY 7.50

RUM

GOSLINGS 7.50
KRAKEN SPICED 7.50

DIGESTIF

JAGERMEISTER 7
SAMBUCA 7

COGNAC

REMY MARTIN 7

TEQUILA

CAZADORES BLANCO 7.50
EL JIMADOR REPOSADO 8
ESPOLON BLANCO 9

WHISK(E)Y

RED BANK 8
GLENFIDDICH 12 9
OBAN 14 18
TALISKER 10 15
JAMESON 7.50
FAMOUS GROUSE 6.50
LAGAVULIN 16 20
MAKERS MARK 8
BULLEIT BOURBON 8