

BREAKFAST

TEMPO

FOOD+DRINK

available until 11AM

MAINS

COLD TEMPO	16	HOT TEMPO	18
seasonal fruit cup, flavoured Greek yogurt, sliced cheddar, choice of muffin, bagel, toast, or croissant		two eggs any style, toast, hash browns, choice of sausage, bacon, or back bacon	
OMELETTE	18	BAGEL + LOX	20
mushrooms, peppers, onions, ham, cheddar cheese, toast, hash browns		smoked salmon, bagel, cream cheese, capers, red onion, seasonal fruit salad	
TOMATO AVOCADO TOAST	18	BUTTERMILK PANCAKES	16
two poached eggs, grilled tomato, guacamole, with, sourdough toast, and hashbrowns		buttermilk pancakes, choice of bacon or sausage, table syrup	
MARITIME FISHCAKES	20	add blueberries 2 maple syrup 3	
poached eggs on two house made smoked haddock + salmon fishcakes, roasted red pepper purée + tomato chow chow, and fresh fruit		TEMPO BREAKFAST SANDWICH	16
BREAKFAST POUTINE	22	fried egg, bacon, monterey jack, lettuce, tomato, avocado mayo with buttered multigrain toast, and hashbrowns	
hashbrowns, peppers, onions, bacon, sausage, egg, Canadian cheese curds, topped with creamy house hollandaise		B.B FRENCH TOAST	16
STEAK + EGGS	25	banana bread, coconut egg wash , cinnamon, caramelized bananas, toasted coconut, served with fruit cup and table syrup	
6oz striploin, two eggs any style, with toast, and hashbrowns		upgrade to real maple syrup 3	
add bacon or sausage 5		replace hashbrowns with fresh fruit cup +4	
		substitute gluten-free toast +2	

EGGS BENEDICT

two poached eggs, english muffin, housemade citrus hollandaise, hash browns

CLASSIC	VEGETARIAN	LOX
back bacon	grilled tomato + spinach	smoked salmon
18	16	22

LIGHT FARE

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

EXTRAS

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

BEVERAGES

STARBUCKS COFFEE	4	MILK	3.50
free refills		CHOCOLATE MILK	3.50
CAPPUCCINO / LATTE	5	JUICE	3.50
ESPRESSO / DOUBLE ESPRESSO	3 / 5		
HOT CHOCOLATE	4		
TAZO TEAS	4		

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.

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1875 BARRINGTON STREET, HALIFAX | 902. 428.3676

available from 11AM

SOUPS AND STARTERS

SOUP OF THE DAY	<i>always</i>		cup 7	bowl 10
SEAFOOD CHOWDER			cup 10	bowl 18
brimming with shrimp, bay scallops, haddock, Atlantic salmon, toasted baguette				
CALAMARI				15
buttermilk marinated, smoked chipotle dip				
SPINACH + ARTICHOKE DIP				16
served hot with crispy tortilla chips + naan				
MARITIME FISHCAKES				16
two house made smoked haddock + salmon cakes, lemon aioli, red pepper puree				






SALADS

upgrades: 5oz chicken breast 7 coconut crusted tofu 7 shrimp skewer 8	
TRADITIONAL CAESAR SALAD	 15
parmesan, smoked bacon, crouton, creamy Caesar dressing	
TEMPO GREENS	 15
crisp greens, pickled beet, poached pear, feta, candied pecan, peach vinaigrette	
KALE SALAD	15
kale leaves, red cabbage, peppers, pumpkin seeds, smoked pineapple vinaigrette, feta cheese	

HANDHELDS

Includes choice of soup, garden salad, or fries

upgrades: sweet potato fries | 5 poutine | 6 seafood chowder | 8 gluten free bread | 2 caesar salad | 4 kale salad | 4 tempo greens | 4

BACON DOUBLE CHEESE BURGER	 20	BUFFALO CHICKEN WRAP	20
two 3 oz beef patties, crispy bacon, avocado mayo, Monterey jack cheese, cheddar cheese, lettuce + tomato, ACE bun		buttermilk fried chicken, Frank's buffalo hot sauce, iceberg lettuce, blue cheese, ranch	
		fried cauliflower bites available as substitute for vegetarian option	
TRIPLE STACK CLUBHOUSE	 20	OPEN FACED REUBEN	 18
bacon + Monterey jack grilled cheese, chicken, lettuce, tomato, pesto mayo		Montreal smoked meat, sauerkraut, 1000 Island dressing, Swiss cheese	
TEMPO LENTIL BURGER	  18		
lentil and potato patty, guacamole, lettuce + tomato, served on a vegan pretzel bun			

TACOS 18

CHICKEN	HADDOCK	VEGGIE
soft shell, buttermilk fried chicken, julienne veg, lettuce, pico de gallo, chipotle aioli	soft shell and hard shell, lettuce, fried haddock, julienne veg, lemon aioli, pico de gallo	soft and hard shell, lentil patty, julienne veg, lettuce, pico de gallo, red pepper mayo

Julienne veg consists of : leeks, carrots, onions

ENTREÉS

TEMPO RICE BOWLS 26

all bowls come with : rice, celery, carrot, green onion, red pepper, mushrooms and **your choice of protein!**

- Ginger Shrimp Bowl
- Coconut Tofu Bowl 
- Szechuan Chicken Bowl

All rice bowls are always



MARITIME LINGUINI	27
salmon, haddock, bay scallops, shrimp, white wine garlic cream, topped with shredded parmesan	
BACON MAC N' CHEESE	24
cavatappi, smoked bacon, roasted tomatoes, onions, fontina + applewood smoked cheddar, panko crust	
FISH + CHIPS	one 16 two 20
one or two pieces of beer battered fried haddock, fries, tartar sauce, slaw	

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Vegan



Vegan option available



Gluten free option available



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