


# ALL DAY MENU


available at 11AM

## LIGHTER FARE

**SOUP OF THE DAY** *Daily Soup is always*  cup 7 bowl 10  
Our daily soups are made fresh in house with local ingredients chosen specifically by our talented culinary team, and served with savoury Focaccia bread.


**SEAFOOD CHOWDER** cup 14 bowl 22  
Brimming with shrimp, bay scallops, fresh haddock sourced locally in Nova Scotia, fresh Atlantic salmon, and savoury toasted Focaccia.



**MARITIME FISH CAKES** 16  
Packed with locally sourced fresh Atlantic Haddock, fresh Atlantic Salmon, crispy panko breading and served with a delicious housemade red pepper puree and lemon aioli.


**ATLANTIC MUSSELS**  16  
A Maritime classic! Fresh local mussels served with warm buttered Focaccia and your choice of a traditional white wine and garlic sauce, or our Chef special Thai curry sauce.

**CALAMARI** 16  
Marinated, lightly battered, and cooked to crisp perfection, served with our smoked chipotle mayo.

## LEAN AND GREEN

**TRADITIONAL CAESAR SALAD**  15  
Consistency is key. Romaine lettuce, parmesan, smoked bacon, house crouton, and creamy Caesar dressing.

**KALE SALAD**   15  
Fresh kale, red cabbage, peppers, and feta, marinated in a smoked pineapple vinaigrette, and topped with Moroccan quinoa and drizzled with a balsamic reduction.


**ELOTE SUMMER GREENS**   14  
Crisp spring greens tossed in lime vinaigrette, topped with roasted corn, peppers, onions, tomato, and black beans, served with an avocado crema and crispy tortilla strips.

Add some extra body to your salad

5oz Chicken Breast 7 5oz Atlantic Salmon 15 Shrimp Skewer 8  
Coconut Crusted Tofu 7 Digby Scallop Skewer 15


## NO CUTLERY NEEDED

**FAMOUS FISH TACOS** *Try our classic recipe, or our new modernized one!* 20  
Fresh Atlantic haddock, battered and served on a bed of pickled jullienne cut veggies, red cabbage, crisp iceberg lettuce, pico de gallo, and finished with lemon aioli.


**THAI NOODLE WRAP**  20  
A delightful fusion of noodles, noodle sauce, peanut butter sauce, chicken, julienne veggies, and fresh peppers.

**BUFFALO CHICKEN WRAP** 20  
Crispy fried chicken thigh, iceberg lettuce, buffalo sauce, blue cheese dressing.

**TRIPLE STACKED CLUBHOUSE**  22  
Dirty and delicious, a classic chicken club with fresh tomato, lettuce, and pesto mayo, topped with a final layer consisting of a bacon grilled cheese sandwich.

**TEMPO DOUBLE CHEESEBURGER**  20  
Two fresh three ounce patties, cheddar cheese, Monterey jack cheese, lettuce, tomato, housemade bacon jam and roasted garlic mayo.



**THE VEGGIE BURG** 18  
A delicious housemade potato patty, ACE bun, chipotle mayo, balsamic onion marmalade, cheddar cheese, lettuce, tomato.

**THE MARITIMER**  20  
Fresh Atlantic haddock, served on a bed of pickled jullienne cut veggies, with an ACE bun and housemade remoulade, you won't need a snack after this beauty.

ALL HANDHELDS COME WITH FRIES, SOUP, OR GARDEN SALAD  
ALTERNATIVELY, ENHANCE YOUR MEAL WITH THESE OPTIONS


onion rings | 5 sweet potato fries | 5 poutine | 6 seafood chowder | 8 caesar salad | 4 kale salad | 4 elote greens | 4

## BIG BITES

**TEMPO RICE BOWL**   26  
Create your own! **Choose your protein:** shrimp, chicken, or tofu. **Choose your sauce:** Szechuan peanut, Thai coconut, or garlic ginger. Served on rice with onion, mushroom, celery and peppers.

**FISH AND CHIPS** one piece | 16 two piece | 20  
The classic, fresh beer battered Atlantic Haddock, coleslaw, and fries. Simple as that.


**CAJUN TAGLIATELLE PASTA** 28  
Shrimp, scallops, Atlantic mussels, chorizo, sautéed in a zesty spicy tomato sauce.

**PAN SEARED SALMON**  32  
Fresh Atlantic salmon, cooked to perfection and served on a bed of warm risotto and seasonal vegetables, finished with a balsamic glaze.

**FRENCH DIP** 24  
Served on buttery toasted hoagie bun, with caramelized onions, shaved beef, Monterey jack cheese, and finished with a cup of beef demi glaze, served with fries.

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.

 Vegan

 Vegan option available

 Gluten free / GF option available

# TEMPO

FOOD + DRINK

1875 BARRINGTON STREET, HALIFAX | 902. 428.3676

# BREAKFAST

available until 11AM

## MAINS

**COLD TEMPO** 16  
seasonal fruit cup, flavoured Greek yogurt, sliced cheddar, choice of muffin, bagel, toast, or croissant

**OMELETTE** 18  
mushrooms, peppers, onions, ham, cheddar cheese, toast, hash browns

**TOMATO AVOCADO TOAST** 18  
two poached eggs, grilled tomato, guacamole, with, sourdough toast, and hashbrowns

**MARITIME FISHCAKES** 20  
poached eggs on two house made smoked haddock + salmon fishcakes, roasted red pepper purée + tomato chow chow, and fresh fruit

**BREAKFAST POUTINE** 22  
hashbrowns, peppers, onions, bacon, sausage, egg, Canadian cheese curds, topped with creamy house hollandaise

**STEAK + EGGS** 25  
6oz striploin, two eggs any style, with toast, and hashbrowns  
*add bacon or sausage | 5*

**HOT TEMPO** 18  
two eggs any style, toast, hash browns, choice of sausage, bacon, or back bacon

**BAGEL + LOX** 20  
smoked salmon, bagel, cream cheese, capers, red onion, seasonal fruit salad

**BUTTERMILK PANCAKES** 16  
buttermilk pancakes, choice of bacon or sausage, table syrup  
*add blueberries | 2 maple syrup | 3*

**TEMPO BREAKFAST SANDWICH** 16  
fried egg, bacon, monterey jack, lettuce, tomato, avocado mayo with buttered multigrain toast, and hashbrowns

**B.B FRENCH TOAST** 16  
banana bread, coconut egg wash, cinnamon, caramelized bananas, toasted coconut, served with fruit cup and table syrup  
*upgrade to real maple syrup | 3*

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

back bacon

18

VEGETARIAN

grilled tomato + spinach

16

LOX

smoked salmon

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

**JAVA BLEND DRIP COFFEE** 4

**CAPPUCCINO / LATTE** 5

**JAVA BLEND ESPRESSO / DOUBLE ESPRESSO** 3 / 5

**HOT CHOCOLATE** 4

**TAZO TEAS** 4

**MILK** 3.50

**CHOCOLATE MILK** 3.50

**JUICE** 3.50

# TEMPO BRUNCH

## EGGS BENEDICT

Two poached eggs, english muffin, citrus hollandaise, hash browns

**CLASSIC** back bacon 18

**VEGETARIAN** grilled tomato, spinach 16

**LOX** smoked salmon 22

**HOT TEMPO** 18  
Two eggs any style, toast, hash browns, choice of sausage, bacon, or back bacon

**SEAFOOD CHOWDER** cup 14 bowl 22  
Brimming with shrimp, bay scallops, haddock, Atlantic salmon, toasted baguette *also ask about our soup of the day!*

**B.B FRENCH TOAST** 16  
Banana bread, coconut egg wash, cinnamon, caramelized bananas, toasted coconut, served with fruit cup and table syrup  
*upgrade to real maple syrup | 3*

**STEAK + EGGS** 25  
6oz striploin, two eggs any style, with toast, and hashbrowns  
*add bacon or sausage | 5*

**TRIPLE STACK CLUBHOUSE** 22  
Bacon + Monterey jack grilled cheese, chicken, lettuce, tomato, pesto mayo  
*served with choice of side*

**COLD TEMPO** 16  
Seasonal fruit cup, flavoured Greek yogurt, sliced cheddar, choice of muffin, bagel, toast, or croissant

**TEMPO SALADS** 15  
Caesar, Elote Greens, or kale, with the option to add a 5oz chicken breast for \$7

**BREAKFAST POUTINE** 22  
Hashbrowns, peppers, onions, bacon, sausage, egg, Canadian cheese curds, topped with creamy house hollandaise

**PARFAIT** 10  
Blueberry Greek yogurt, fruit salad, TEMPO granola

**FISH + CHIPS** one | 16 two | 20  
One or two pieces of beer battered fried haddock, fries, tartar sauce, slaw

**TEMPO BRUNCH BURGER** 20  
Two 3oz patties, bacon, Swiss cheese, fried egg, béarnaise drizzle, served with hashbrowns

**FAMOUS FISH TACOS** *Try our classic recipe, or our new modernized one!* 20  
Fresh Atlantic haddock, battered and served on a bed of pickled jullienne cut veggies, red cabbage, crisp iceberg lettuce, pico de gallo, and finished with lemon aioli.

## BRUNCH EXCLUSIVE DEALS

**CAESAR** \$6 1oz \$8 2oz

**SANGRIA** \$9 3.75oz  
*red or white*

**MIMOSA** \$8 3oz  
*pineapple, orange, or grapefruit*

## MIMOSA FLIGHTS

Choice of three flavours | 20  
pineapple, orange, grapefruit

## HAPPY HOUR

### PROPELLER PRIME

\$7 | 16oz

### SLEEMAN CLEAR 2.0

\$7 | 16oz

### HOUSE WINE

\$6 | 5oz \$9 | 8oz

### WELL LIQUOR

\$6 Single | \$9 Double

3 PM - 6 PM

## ON TAP 16oz

Garrison Tall Ship 5% ABV   PALE ALE	9.5	Good Robot Ultra Light 4% ABV   LIGHT LAGER	9.5
Garrison Irish Red 5% ABV   RED ALE	9.5	Good Robot Thembot 5.5% ABV   GUAVA SOUR	9.5
Nine Locks Dirty Blonde 5% ABV   BLONDE	9.5	Good Robot Pilsner 4.5% ABV   CZECH PILSNER	9.5
Propeller Galaxy 6.5% ABV   IPA	9.5	Sleeman Clear 2.0 4% ABV   LAGER	8.5
Propeller Prime 5% ABV   LAGER	8.5	Lake City Crisp Apple 6% ABV   CIDER	10

## BOTTLED + CANNED

Annapolis Crisp + Dry Cider 7.7%   355ml	9
Lake City Crisp Apple Cider 6%   473ml	12
Lake City Pride Rose 6%   473ml	12
Jose Cuervo Sparkling Margarita 5%   355ml	12
Blue Lobster Lemon/Lime 6%   355ml	9
Domestic Bottles 341ml	7.5
<i>Keith's, Bud Light, Olands, Schooner, Budweiser</i>	
Corona 4.6%   330ml	7.5
Creature Feature IPA <i>Good Robot</i> 6.4%   473ml	10
El Espinazo Del Diablo <i>Good Robot</i> 5.6%   473ml	10
Koji Kondo Rice Lager <i>Good Robot</i> 4.5%   473ml	10
Sapporo 4.9%   355ml	7
Guinness 4.2%   440ml	11
Benjamin Bridge Piquette Can 6%   250ml	16.5
Lake City Strawberry Redhead 8.5%   750ml	32

## MOCKTAILS

PASSIONISTA	6
Passionfruit tea, pineapple, sugar, soda	
HIBISCUS SPLASH	6
Hibiscus syrup, lemon juice, bitters, ginger beer	

## FOOD

Please always inform us of any allergies or food sensitivities.

Available from 3pm

<b>CALAMARI</b> Buttermilk marinated calamari rings, chipotle dip.	15
<b>DONAIR DIP</b> Seasoned donair meat, tomato, grilled naan + tortilla chips.	16
<b>POPCORN CHICKEN</b> Crisp battered chicken thigh, tossed in sweet Thai chili sauce.	18
<b>CAULIFLOWER BITES</b> Tossed in mild sauce + served with crudité and ranch.	12
<b>TEMPO POTACHOES</b> add guac   3 House chips, cheddar, bacon, green onion, tomato.	18
<b>ATLANTIC MUSSELS</b> Your choice of Thai curry sauce or roasted garlic and wine. Served with warm buttered focaccia.	16
<b>ONION RING TOWER</b> Jersey Shore onion rings, chipotle mayo.	10
<b>DEEP FRIED PEPPERONI</b> Pepperoni + honey mustard = a good time.	12
<b>MARITIME FISHCAKES</b> Smoked haddock and salmon, red pepper purée, served lemon aioli.	16
<b>CHICKEN WINGS</b> 1lb crispy wings, tossed in a choice of sauce. <i>Honey garlic, BBQ, mild, medium, hot, kamikaze</i>	18
<b>APPETIZER PLATTER</b> Deep fried pepperoni, onion rings, cauliflower bites, house chips + salsa, chipotle mayo dip, honey mustard dip.	22
<b>TEMPO SLIDERS</b> Three sliders consisting of one <i>delicious</i> mini Tempo burger, one <i>zesty</i> battered Haddock burger, and one <i>crispy</i> buttermilk chicken burger.	18
<b>FOR THE GIRLS</b> Fries, onion rings, garlic mayo and chipotle mayo. <i>Make it a Girl Dinner, add a Caesar salad   4</i>	14
<b>CHIPS AND SALSA</b> For those trying to save room for more beverages.	5
<b>TRUFFLE PARM FRIES</b> Fries, parmesan, truffle oil, sea salt	12

## WINE

### HOUSE OPTIONS

Alario Cabernet Sauvignon | CL 9 12 40

Alario Sauvignon Blanc | CL 9 12 40

### WHITE

Jost L'Acadie Pinot Grigio | Nova Scotia 11 16 48

Luckett Vinyards Tidal Bay | Nova Scotia 15 20 60

Grand Pré Riesling | Nova Scotia 15 20 60

Penfold's Chardonnay | AUS 11 16 48

### SPARKLING

Veuve Olivier Brut Sparkling | FR 12 - 50

Benjamin Bridge Piquette 0% | NS 9 - 40

### ROSÉ

Sierra de Enmedio Rose | ES 10 15 45

### RED

Luckett Phone Box Red | Nova Scotia 15 20 60

Benjamin Bridge Wild Rock | Nova Scotia 15 20 60

Tilia Malbec | AR 11 16 50

El Guardian Tempranillo | ES 10 15 45

## COCKTAILS

SANGRIA choice of red or white 3.75oz 12	DARK AND STORMY 1.5oz 12
CAESAR 1oz   8 2oz   12	Goslings dark rum, lime, ginger beer
Vodka, Worcestershire sauce, tobasco, clamato, lime	KETEL MULE 1.5oz 12
CLASSIC MARGARITA 2oz 12	Ketel One vodka, lime, ginger beer
Tequila, lime. triple sec	OLD FASHIONED 2oz 13
WHISKEY SOUR 2oz 13	Bulleit bourbon, sugar, bitters
Bulleit bourbon, lemon, egg white	NEGRONI 1.5oz 12
VODKA RED BULL 1.5oz 12	Gin, Campari, vermouth
Vodka on the rocks with choice of Red Bull	

### THE FANCY ONES

RED BANKS Red Bank Canadian whisky, Campari, grapefruit, lemon	2oz 12
BLUEBERRY FIELDS Gold rum, triple sec, blueberry syrup, lemon, egg white, bitters	2oz 12
BIRD OF PARADISE Captain Morgan spiced rum, aperol, pineapple, lime	2oz 12
KYIVAN BULL Vodka, lime, pineapple, orange, ginger beer, topped with Red Bull	1.5oz 15

## NON ALCOHOLIC

Propeller Sodas <i>Ginger Beer or Root Beer</i>	5
Corona Sunbrew 0.0%	7
Propeller NA Lager 0.1%	7
Red Bull <i>Red Bull Energy Drink Red Bull Sugar Free Red Bull Red Edition</i>	5



## LIQUOR

### Well Shots 7

Any well shot can be made a double for \$4.50!

NS Spirit Co. Vodka	Crown Royal Rye
NS Spirit Co. Rum	Jose Cuervo Tequila
NS Spirit Co. Gin	Jim Beam Bourbon

Mix for wells : Pepsi, Diet Pepsi, 7up, Gingerale, Cranberry Juice, Orange Juice, Grapefruit Juice, Tonic, Soda Water

### Premium Selections

<b>Vodka</b>		<b>Cognac</b>	
Ketel One	7.5	Remy Martin	7
Grey Goose	8	<b>Whisk(e)y</b>	
<b>Gin</b>		Jameson	7.5
Tanqueray	7.5	Red Bank	8
Hendricks	8	Bulleit	8
Beefeater	8	Glenfiddich 12	9
<b>Rum</b>		Talisker 10	15
Goslings	7.5	Oban 14	18
Kraken Spiced	7.5	Lagavulin 16	20
<b>Digestif</b>		<b>Tequila</b>	
Jagermeister	7	Cazadores Blanco	7.5
Sambuca	7	El Jimador Reposado	8
		Espolon Blanco	8

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