

BREAKFAST TEMPO

FOOD+DRINK

MAINS

COLD TEMPO seasonal fruit cup, flavoured Greek yogurt, sliced cheddar, choice of muffin, bagel, toast, or croissant <i>Includes coffee, tea or juice</i>	15	HOT TEMPO two eggs any style, toast, hash browns, choice of sausage, bacon, or back bacon <i>Includes coffee, tea or juice</i>	18
OMELETTE mushrooms, peppers, onions, ham, cheddar cheese, toast, hash browns	17	BAGEL + LOX smoked salmon, bagel, cream cheese, capers, red onion, seasonal fruit salad	20
TOMATO AVOCADO TOAST two poached eggs, grilled tomato, guacamole, with, sourdough toast, and hashbrowns	16	BUTTERMILK PANCAKES buttermilk pancakes, choice of bacon or sausage, table syrup <i>add blueberries 2 maple syrup 3</i>	15
MARITIME FISHCAKES poached eggs on two house made smoked haddock + salmon fishcakes, roasted red pepper purée + tomato chow chow, and fresh fruit	18	TEMPO BREAKFAST SANDWICH fried egg, bacon, monterey jack, lettuce, tomato, with buttered multigrain toast, and hashbrowns	16
		STEAK + EGGS 6oz striploin, two eggs any style, with toast, and hashbrowns <i>add bacon or sausage 5</i>	24

replace hashbrowns with fresh fruit cup +4
substitute for gluten-free toast +2

EGGS BENEDICT

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

CLASSIC

back bacon
17

VEGETARIAN

grilled tomato + spinach
16

LOX

smoked salmon
22

LIGHT FARE

SMALL BREAKFAST one egg any style, toast, hash browns	10
PARFAIT blueberry Greek yogurt, fruit salad, TEMPO granola	9
HOT OATMEAL topped with apricot + coconut	9
FRUIT SALAD selection of melons + seasonal fruit	7
BAGEL + CREAM CHEESE	5

EXTRAS

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

BEVERAGES

STARBUCKS COFFEE	3.75	MILK	3.50
CAPPUCCINO / LATTE	5	CHOCOLATE MILK	3.50
ESPRESSO / DOUBLE ESPRESSO	3 / 4	JUICE	3.50
HOT CHOCOLATE	4		
TAZO TEAS	3.75		

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.

@tempofoodrink 

1875 BARRINGTON STREET, HALIFAX | 902.428.3676

ALL DAY

TEMPO

FOOD+DRINK

available from 11AM

STARTERS + SOUPS

SOUP TODAY <i>always gluten free</i>	cup 7 bowl 10
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	
CHICKEN DINNER POUTINE	18
roasted chicken + gravy, curds, stuffing	
SEAFOOD CHOWDER	cup 10 bowl 18
brimming with shrimp, bay scallops, haddock, Atlantic salmon, toasted baguette	

SALADS

upgrades: 5oz chicken breast | 7 coconut crusted tofu | 7

TRADITIONAL CAESAR SALAD	15
parmesan, smoked bacon, crouton, creamy Caesar dressing	
TEMPO GREENS	14
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	
KALE COBB	24
marinated kale, red cabbage + peppers, avocado, chicken, hard boiled egg, blue cheese, smoked pineapple vinaigrette	

HANDHELDS

Includes choice of soup, garden salad, or fries

upgrades: sweet potato fries | 5 seafood chowder | 8 gluten free bread | 2 half avocado | 5 caesar salad | 3 kale salad | 3 tempo greens | 3

TEMPO STEIN BURGER	18
beef patty, crispy onions, mushrooms, HP mayo, Monterey jack cheese, slaw, lettuce + tomato, ACE bun	
TRIPLE STACK CLUBHOUSE	20
bacon + Monterey jack grilled cheese, chicken, lettuce, tomato, pesto mayo	
BUFFALO CHICKEN WRAP	20
buttermilk fried chicken, Frank's buffalo hot sauce, iceberg lettuce, blue cheese, ranch	
OPEN FACED REUBEN	18
Montreal smoked meat, sauerkraut, 1000 Island dressing, Swiss cheese	

TACOS

18

Includes choice of:
soup, garden salad, or fries

CHICKEN

soft shell, buttermilk fried chicken, julienne veg, lettuce, pico de gallo, chipotle aioli

HADDOCK

soft shell and hard shell, lettuce, fried haddock, julienne veg, lemon aioli, pico de gallo

Julienne veg consists of : leeks, carrots, onions

ENTREÉS

MAC N' CHEESE	22	CHICKEN PESTO LINGUINI	26
cavatappi, smoked bacon, roasted tomatoes, onions, fontina + applewood smoked cheddar, panko crust		grilled chicken, smoked bacon, tomato, spinach, onions, pesto parmesan cream sauce	
FISH + CHIPS	19	TOFU NOODLE BOWL	22
two pieces of beer battered fried haddock, fries, tartar sauce, slaw		tofu, coconut curry sauce, rice noodles, peppers, onions	
PAN FRIED HADDOCK	24	THAI NOODLE BOWL	26
pan fried haddock fillet, creamy herb + parmesan risotto, seasonal veg		choice of seared spiced beef or chicken breast, coconut curry sauce, rice noodles, peppers, onions	

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DRINKS

WINE

HOUSE BLEND

	5oz	8oz
Red	9	12
White	9	12

WHITE

	5oz	8oz	BTL
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

	5oz	8oz	BTL
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
Cabernet Sauvignon J Lohr, USA	18	26	85

COCKTAILS

DARK AND STORMY

12 1.5oz
Goslings dark rum, lime,
ginger beer

MOSCOW MULE

12 1.5oz
vodka, lime, ginger beer

CLASSIC MARGARITA

12 1.5oz
tequila, lime, triple sec

MOCKTAILS

Pretty in Pink

6
grapefruit, tonic, lemon, bitters

Tempo Punch

6
lime, pineapple, orange, cherry syrup

Shirley Temple

5
7up, orange, cherry syrup

LUNCH EXCLUSIVE DEALS

MIMOSA

\$8 3oz

CAESAR

\$6 1oz

SANGRIA

\$9 3.75oz

Make your Caesar a double! | 2

BEER + CIDER

ON TAP

	16oz		16oz
Tall Ship <i>Garrison</i>	9.5	Coors Light	8.50
5% ABV PALE ALE		5% ABV BLONDE	
Irish Red <i>Garrison</i>	9.5	Heineken	10
5% ABV RED ALE		5% ABV PALE LAGER	
Dirty Blonde <i>Nine Locks</i>	9.5	Blanche de Chambly	9
5% ABV BLONDE		5% ABV WITBIER	

Local Rotating Tap *ask your server for details*

BOTTLED + CANNED

Domestic Bottles <small>341ml</small>	7
<i>Keith's, Bud Light, Olands, Schooner, Michelob Ultra, Budweiser</i>	
Corona <small>4.6% 330ml</small>	7.50
Pleasant Disposition IPA <i>North Brewing</i> <small>6.6% 473ml</small>	12
El Espinazo Del Diablo <i>Good Robot</i> <small>5.6% 473ml</small>	10
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Annapolis Classic Cider <small>6% 355ml</small>	9
Annapolis Crisp + Dry Cider <small>7.7% 355ml</small>	9
Twisted Tea Original Vodka Iced Tea <small>5% 355ml</small>	9

NON ALCOHOLIC

Seaport Soda <i>Ginger + Lime or Root Beer</i>	6
Corona Sunbrew 0.0%	7
Propeller NA Lager	

IT'S HAPPY HOUR *Cheers!*
ALL AFTERNOON 3pm-6pm

\$5 BOTTLES | \$7 PINTS | \$6 WINE