

BREAKFAST TEMPO

FOOD+DRINK

available until 11AM

MAINS

COLD TEMPO seasonal fruit cup, flavoured Greek yogurt, sliced cheddar, choice of muffin, bagel, toast, or croissant	16	HOT TEMPO two eggs any style, toast, hash browns, choice of sausage, bacon, or back bacon	18
OMELETTE mushrooms, peppers, onions, ham, cheddar cheese, toast, hash browns	18	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	18	BUTTERMILK PANCAKES buttermilk pancakes, choice of bacon or sausage, table syrup add blueberries 2 maple syrup 3	16
MARITIME FISHCAKES poached eggs on two house made smoked haddock + salmon fishcakes, roasted red pepper purée + tomato chow chow, and fresh fruit	20	TEMPO BREAKFAST SANDWICH fried egg, bacon, monterey jack, lettuce, tomato, avocado mayo with buttered multigrain toast, and hashbrowns	16
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, served with fruit cup and table syrup upgrade to real maple syrup 3	16
STEAK + EGGS 6oz striploin, 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, hash browns

CLASSIC
back bacon
18

VEGETARIAN
grilled tomato + spinach
16

LOX
smoked salmon
22

LIGHT FARE

SMALL BREAKFAST one egg any style, toast, hash browns	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 / 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 <small>free refills</small>	4	MILK	3.50
CAPPUCCINO / LATTE	5	CHOCOLATE MILK	3.50
ESPRESSO / DOUBLE ESPRESSO	3 / 5	JUICE	3.50
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.

@tempofoodrink 

1875 BARRINGTON STREET, HALIFAX | 902.428.3676

ALL DAY



TEMPO FOOD+DRINK

available from 11AM

SOUPS AND STARTERS

- SOUP OF THE DAY *always*  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
two 3 oz beef patties, crispy bacon, avocado mayo, Monterey jack cheese, cheddar cheese, lettuce + tomato, ACE bun
- TRIPLE STACK CLUBHOUSE  20
bacon + Monterey jack grilled cheese, chicken, lettuce, tomato, pesto mayo
- TEMPO LENTIL BURGER  18
lentil and potato patty, guacamole, lettuce + tomato, served on a vegan pretzel bun

- BUFFALO CHICKEN WRAP 20
buttermilk fried chicken, Frank's buffalo hot sauce, iceberg lettuce, blue cheese, ranch
fried cauliflower bites available as substitute for vegetarian option
- OPEN FACED REUBEN  18
Montreal smoked meat, sauerkraut, 1000 Island dressing, Swiss cheese

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

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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BAR FOOD

SHAREABLES

CALAMARI	15
buttermilk marinated calamari rings, chipotle dip	
SPINACH + ARTICHOKE DIP	16
served hot with crispy tortilla chips + naan	
CAULIFLOWER BITES	12
tossed in mild sauce + served with crudité and ranch	
TEMPO POTACHOES <i>add guac 3</i>	18
house chips, cheddar, bacon, green onion, tomato	
CHICKEN PESTO FLATBREAD	20
chicken breast, house pesto sauce, fresh tomatoes, nacho cheese	
ONION RING TOWER	10
Jersey Shore onion rings, chipotle mayo	
DEEP FRIED PEPPERONI	12
pepperoni + honey mustard = a good time	
MARITIME FISHCAKES	16
smoked haddock + salmon, red pepper purée + lemon aioli	
CHICKEN WINGS	18
1lb crispy wings, tossed in a choice of sauce <i>mild, medium, hot, kamikaze, honey garlic, BBQ</i>	
APPETIZER PLATTER	22
deep fried pepperoni, onion rings, cauliflower bites, house chips + salsa, chipotle mayo dip, honey mustard dip	

HANDHELDS

Choice of soup, garden salad, or fries

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

TACOS

18

HADDOCK

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

CHICKEN

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

TRIPLE STACK CLUBHOUSE	20
bacon + monterey jack grilled cheese, chicken, lettuce, tomato, pesto mayo	
BACON DOUBLE CHEESEBURGER	20
two 3 oz beef patties, crispy bacon, HP mayo, Monterey jack cheese, cheddar cheese, lettuce + tomato, ACE bun	
TEMPO LENTIL BURGER	18
lentil and potato patty, guacamole, lettuce + tomato, served on a vegan pretzel bun	
BUFFALO CHICKEN WRAP	20
buttermilk fried chicken, Frank's buffalo hot sauce, iceberg lettuce, blue cheese, ranch <i>vegetarian option available</i>	