



SEPTEMBER 19 - 20, 2025  
[www.rootsrantsandroars.ca](http://www.rootsrantsandroars.ca)



---

# TABLE OF CONTENTS

---

- 4 Sponsors
- 6 Forage
- 7 Cod Wars
- 9 The Hike
- 10 Map
- 13 The Feast
- 15 Shuttle Schedule
- 17 Artisan Market
- 18 Bar Menu

Each year, Roots, Rants & Roars is held within the Discovery UNESCO Global Geopark. The geology of our region has a major impact on the food we harvest, forage, and serve.



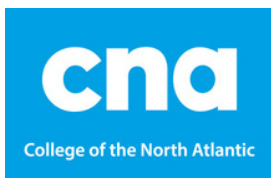
---

## SPONSORS

---



Atlantic Canada  
Opportunities  
Agency



Town of  
Elliston



*edible*  
NEWFOUNDLAND  
& LABRADOR



NEWFOUNDLAND & LABRADOR

BROWNING HARVEY LTD.



EAST  
COAST  
GLOW



alt  
HOTELS

BY LE GERMAIN



---

# SPONSORS

---



---

# FESTIVAL ITINERARY

---

Friday, September 19, 2025

## East Coast Glow Presents The Forage

- 10:20 a.m. Meet at the entrance of Elliston Municipal Park.
- 10:30 a.m. You'll explore the rugged coastline and lush landscapes and learn to identify and harvest Newfoundland's wild ingredients.
- 12:30 p.m. Taste the wild at Elliston Beach.  
Forager Shawn Dawson and Chef Nick Van Mele

---

## THE FORAGE MENU

---

### Chaga Chai Latte

Foraged chaga, chai tea, chai spice mix, foraged maple syrup, condensed milk.

### Wild Pickles & Preserves

Pickled fiddle heads, pickled chanterelles, pickled knotweed, nettle pesto, dandelion capers, alder butter, fireweed jelly, pickled quail eggs, grilled bread.

### Forager's Salad

Beach greens, wild berries, forager's vinaigrette, parmesan.

### Wild Mushroom Soup

Hedgehogs, chanterelles, sweet tooth.

### Pineapple Weed Upside-Down Cake



EAST  
COAST  
GLOW

---

**Friday, September 19, 2025**

---

## **Ocean Choice International**

**Presents**

### **COD WARS**

#### **Opening Reception**

- 5:00 p.m. Registration opens at Elliston Municipal Park  
Artisan Market opens
- 6:15 p.m. Park gates open  
Reception begins  
Ian Brown & Gabe Roberge  
Steve Quinton  
Cocktail by Collingwood Spirits and Wine  
Performance by Evan Weeks
- 7:00 p.m. Welcome: Noah Cappe, Host  
Marilyn Coles-Hayley, Tourism Elliston Chairperson

#### **Cod Wars**

- 7:15 p.m. Cod Wars begin  
Competing Chefs  
Margaret Abbott & Amber Fitzgerald  
Crystal Anstey  
Mark McCrowe  
Chris Chafe  
Shaun Hussey  
Todd Perrin
- 7:30 p.m. Wine sampling by Collingwood Spirits and Wine  
Performance by Rube & Rake
- 9:00 p.m. Performance by Andrew Rodgers
- 9:30 p.m. Cod Wars voting ends
- 10:20 p.m. Crowning winner of Cod Wars
- 10:40 p.m. In the Dark
- 10:50 p.m. Performance by Rum Ragged
- 12:15 p.m. Shuttles depart



---

# COD WARS MENU

---

## Opening Reception

Merasheen Bay oysters, a boutique cocktail oyster with a burst of lingering salinity on the front and a mélange of seawood notes

Steve Quinton

Sai Ua Herval Sausae with Nam Prik Noom

Ian Brown & Gabe Roberge



## Cod Wars

**Gazebo 2** Insalata di Baccala Pane Rustico Grigliato

Crystal Anstey, Wild Island Kitchen

**Gazebo 3** Pan Fried Cod, Basial Aioli, Potato Chorizo Hash, Lamb Quarters Salad, Bakeapple Scrunchion Vinaigrette.

Mark McCrowe, My Home Kitchen TV

**Gazebo 4** Asian Flavoured Cod Sausage on a New England Style Buttered Bun, Smoked Cod Skin (Bacon Bits), Local House Made Condiments.

Margaret Abbott & Amber Fitzgerald, Gallows Cove Kitchen

**Gazebo 5** Salt and Vinegar Seasoned Tempura Fried Cod with Smoked Potatoes, Bacon Puree, Charred Onions and Candied Lemon.

Chris Cafe, Vu Resto & Bar

**Gazebo 6** Smoked & Poached Cod, N'duja Broth, Mangalitsa Fat Emulsion.

Shaun Hussey, Chinchid

**Gazebo 7** Corned Cod Cheeks, Wilted Greens, Poached Baby Potatoes, Puttanesca Sauce, Cold Water Shrimp Crumb.

Todd Perrin, Rabble

## S'more Late Night Station



Fresh Baked Cookies with Homemade Marshmallow and Chocolate by Newfoundland Chocolate Company.

Aaron McInnis, Happy Belly Cakery

---

**Saturday, September 20, 2025**

---

## **Edible Newfoundland and Labrador**

Presents

### **THE HIKE**

11:15 a.m. Welcome and explanation of The Hike: Noah Cappe, Host  
Performance by Ben Dooley

11:30 a.m. The Hike begins

#### **The Beach**

Sterling Cummings & Makenzie Pavka

Performance by Jesse Smith

#### **Neck Road**

Dale Mackay & Christopher Cho

Performance by Evan Weeks

#### **Puffin Site**

Duff Goldman and Geof Manthorne

Wine sampling by Collingwood Spirits and Wine

Performance by Rube & Rake

#### **Look Off Point**

Kristen Livingston & Jordan Anderson

Craft beer sampling by Dildo Brewery

Performance by Jason Ryan

#### **Fish Flakes**

Roary MacPherson & John Higgins

Performance by Tyler Humby

*edible*  
NEWFOUNDLAND  
& LABRADOR

2:30 p.m. The Hike stations close

### **Dessert Picnic**

2:00 p.m. The Dessert Picnic at Gary Baker Memorial Park begins

Aaron McInnis

Tiffany Waye

Hilarie Vatcher

Duff Goldman and Geof Manthorne

Coffee & Wild Island Tea station

Performance by Sherman Downey

2:30 p.m. Duff's Root Cellar Cake Showdown

3:30 p.m. Shuttles depart  
Dessert Picnic ends







## THE HIKE CHEF STATIONS

- A Sterling Cummings & Makenzie Pavka
- B Dale Mackay & Christopher Cho
- C Duff Goldman and Geof Manthorne
- D Kristen Livingston & Jordan Anderson
- E Roary MacPherson & John Higgins
- F Aaron McInnis  
Tiffany Waye  
Hilarie Vatcher  
Duff Goldman & Geof Manthorne

---

# THE HIKE MENU

---

## The Beach

Snow Crab Temaki - Brown Butter, Ponzu, Chive & Kake  
Udon - Fresh Noodles, Local Mushrooms, Beach & Wild  
Greens, Onion

*Sterling Cummings & Makenzie Pavka*

## Neck Road

Creamy Polenta, Roasted Lobster Mushrooms, Corn, Black  
Garlic Chili Oil

*Dale Mackay & Christopher Cho*

## Puffin Site

Newfoundland Chicken Schnitzel Sandwich \*SPICY\* and  
Korean Potato Salad

*Duff Goldman and Geof Manthorne*

## Look Off Point

Lamb Neck Chili - Seaweed-Braised Lamb, Cornbread,  
Bakeapple Butter

*Kristen Livingston & Jordan Anderson*

## Fish Flakes

Grilled NL Sausage with a kick of East Coast spice, hand  
cut fries cooked in beef tallow and finished with NL salt.

*Roary MacPherson & John Higgins, Culinary Collective Ltd.*  
*2024 King of Cod*

## Browning Harvey

Presents

## THE DESSERT PICNIC

Fresh Partridgeberry Scones and Homemade Lemon Honey Butter

*Aaron McInnis, Happy Belly Cakery*

Spiced Blueberry Cake with a Screech Caramel Sauce

*Tiffany Waye, Quintal Cafe*

Strawberry Rhubarb Cannolis. Local Berries, Rhubarb, Pollen Nation Farm  
Honey and Spruce Tip Syrup Mascarpone Filling Dipped in Chocolate

*Hilarie Vatcher, No. 4 Cathedral*

Cardamom Pistachio Ladoo Russian Tea Cakes & A Celebration of Roots,  
Rants & Roars Cake

*Duff Goldman and Geof Manthorne, Charm City Cakes*



BROWNING HARVEY LTD.

# Dildo Brewing Co.

## Presents

# THE FEAST

- 5:00 p.m. Registration opens at Elliston Municipal Park
- 6:15 p.m. Park gates open  
Welcome cocktail by Newfoundland Distillery  
Reception Red Curry Soup  
Performance by Breakwater
- 7:00 p.m. Welcome: Noah Cappe, Host  
The Feast Begins
- 7:45 p.m. Performance by Sherman Downey
- 9:00 p.m. Performance by The Ennis Sisters
- 10:45 p.m. Performance by The Navigators
- 12:30 p.m. Shuttle bus departs



---

# THE FEAST MENU

---

- Soup** Red Curry Root Vegetable with Wild Mushroom Dumpling  
Nick Van Mele, Grounds Cafe
- Bread** Potato Bread with Shallot Butter  
Matthew Swift, Terre
- Salad** Farm & Foraged Greens, Whipped Honey Mascarpone, Confit Field Vegetables, Crow Berries, Wildflower Honey Vinaigrette, and Candied Moose Bacon  
Nathan Hornridge, Pollen Nation Farm
- Appetizer** Fall Corn and Wild Mushrooms  
Matthew Swift, Terre
- Fish** Deep Fried Fish Cakes with Sauce Gribiche  
Ross Larkin & Celeste Mah, Portage
- Pork** Roasted Whole Hog, Honey & Pineapple Weed Basting, Purred Parsnips, Fire Charred Cabbage, Miso Brown Butter  
Steve Quinton, Q's BBQ
- Lamb** Lamb Cevapcici with Tzatziki, Cherry Tomatoes & Pickled Vegetables  
Nick & Katie Walters, Merchant Tavern
- Desserts** Dark Chocolate Chantrelle Creme Brulee, Candied Gold  
Hilarie Vatcher, No. 4 Cathedral
- Wine** **Albino Armani Corvara Pinot Grigio Valdadige**  
The scent is intriguing, with intense notes of lime, pear and aromatic herbs such as mint and sage. In the mouth it is mineral and complex, fresh and persistent.
- Albino Armani Pinot Noir**  
Its warm and silky texture offers aromas of small red fruits and violet that evolve into a masterpiece of balsamic notes, truffles and licorice. On the palate, it is fresh, elegant and well balanced, recalling the typical bouquet of this varietal.



---

# SHUTTLE SCHEDULE

---



**Friday, September 19, 2025**

## **Trinity Shuttle - Pick Up**

4:25 p.m.	Saint Paul's Anglican Church
4:40 p.m.	Port Rexton Foodex
5:05 p.m.	Seaport Inn
5:10 p.m.	Catalina Convenience & Gas Bar
5:20 p.m.	Bonavista Hotel

## **Bonavista Shuttle - Pick Up**

4:40 p.m.	Bonavista Social Club
5:00 p.m.	Harbour Quarters
5:10 p.m.	Bonavista Town Hall
5:20 p.m.	Ocean View Restaurant
5:25 p.m.	Former Tremblett's Convenience
5:45 p.m.	Home From The Sea

**BOTH shuttles leave Elliston Municipal Park at 12:15 a.m.  
Bonavista shuttle will make an extra stop at Bonavista  
Brewing for anyone that would like to keep the party going.**





**Saturday, September 20, 2025**

### **Trinity Shuttle - Pick Up**

9:40 a.m.	Saint Paul's Anglican Church
9:55 a.m.	Port Rexton Foodex
10:15 a.m.	Seaport Inn
10:20 a.m.	Catalina Convenience & Gas Bar
10:30 a.m.	Bonavista Hotel

### **Bonavista Shuttle - Pick Up**

9:40 a.m.	Bonavista Social Club
10:00 a.m.	Harbour Quarters
10:10 a.m.	Bonavista Town Hall
10:20 a.m.	Ocean View Restaurant
10:25 a.m.	Former Tremblett's Convenience
10:45 a.m.	Home From The Sea

**BOTH shuttles leave Elliston Municipal Park at 3:30 p.m.**



**Saturday, September 20, 2025**

### **Trinity Shuttle - Pick Up**

4:35 p.m.	Saint Paul's Anglican Church
4:55 p.m.	Port Rexton Foodex
5:15 p.m.	Seaport Inn
5:20 p.m.	Catalina Convenience & Gas Bar
5:30 p.m.	Bonavista Hotel

### **Bonavista Shuttle - Pick Up**

4:40 p.m.	Bonavista Social Club
5:00 p.m.	Harbour Quarters
5:10 p.m.	Bonavista Town Hall
5:20 p.m.	Ocean View Restaurant
5:25 p.m.	Former Tremblett's Convenience
5:45 p.m.	Home From The Sea

**BOTH shuttles leave Elliston Municipal Park at 12:30 a.m.**

**Bonavista shuttle will make an extra stop at Bonavista Brewing for anyone that would like to keep the party going.**

---

## MERCHANDISE

---

Explore our exclusive Roots, Rants and Roars merchandise – a perfect way to savour the festival's essence long after the last bite.



---

## ARTISAN MARKET

---

This year's market opens Friday at 5:00 pm and again Saturday at 10:00 am. Come browse the host of artisans and local producers who will be displaying and selling their fine handmade goods.



# BAR MENU

Elevate your festival experience with Cellar Bucks! Purchase these convenient currency units at our merchandise booth to savor cocktails, wine, cider, and beer at the bar hassle-free.

**Also available, a selection of non-alcoholic beverages.**

2 Cellar  
Bucks

Iceberg Vodka (1 oz.)

Iceberg Rum (1 oz.)

Stalk & Barrel Canadian Whiskey (1 oz.)



3 Cellar  
Bucks



Dildo Light

16 oz draft

Red Ale

16 oz draft

Session IPA

16 oz draft

Crandemic

16 oz draft

Pink Lemonade Radler

473 ml can

In The Dark

473 ml can



Selection of ready to drink cocktails



Orchard and Vine

355ml can



Pablo Claro Chardonnay - 5 oz

Pelee Island Pinot Noir Reserve - 5 oz

4 Cellar  
Bucks

Albino Armani Corvara Pinot Grigio - 5 oz

Bagatelle Cabernet Franc - 5 oz







[www.rootsrantsandroars.ca](http://www.rootsrantsandroars.ca)