

BREAKFAST

EGGS BENNY! 3 VARIETIES TO CHOOSE FROM:

- TRADITIONAL WITH PEAMEAL BACON 13.99
- ROASTED RED PEPPER, SPINACH & FETA 13.99
- SMOKED SALMON WITH DILL & CAPERS 15.99

BREAKFAST PLATTER

CHEESY SCRAMBLED EGGS, WITH PEAMEAL BACON, SAUTÉED SEASONED POTATOES, CROISSANT WITH JAM AND CHOICE OF COFFEE/TEA 12.99

BELGIAN WAFFLES TOPPED WITH OUR OWN BERRY COMPOTE AND WHIPPED CREAM 10.99

BACON TOMATO AVOCADO PANINI WRAP GRILLED TO PERFECTION WITH OUR 4 CHEESE BLEND ALONE 9.99 W/SEASONED POTATOES 13.99

THE DAILY QUICHE ALONE 7.99 W/SEASONED POTATOES 10.99

LUNCH

SOUP (GLUTEN-WISE)

HOUSE MADE AND SERVED WITH A FRESH BAKED ROLL

- THE DAILY POT 8.75
- CLAM AND SHRIMP CHOWDER 8.75
- CHILI WITH ANGUS BEEF 8.75
- MOROCCAN STEW 8.75
- ADD A GARDEN SALAD 4.00

NOODLE BOWLS (GLUTEN-WISE)

13.99

POTSTICKER NOODLE BOWL ... DELICIOUS!

RICE NOODLES TOSSED WITH:

- SPICY CHORIZO
- GROUND BEEF
- BI-COLOURED CABBAGE
- TRI-COLOURED HEIRLOOM CARROTS
- ROASTED CORN
- ROASTED RED PEPPER
- CILANTRO/GREEN ONION

POWER BOWLS (GLUTEN-WISE)

13.99

CHOOSE EITHER: HARVEST BOWL (ON A TENDER SPRING MIX SALAD) OR BUDDHA BOWL (ON SHORT GRAIN RICE)

THE BEACH BOWL

- MIXED BABY GREENS
- BLACK BEAN MEATBALLS
- CHICK PEAS
- CARROT
- RED CABBAGE
- CILANTRO & GREEN ONION
- HOUSE TAHINI DRESSING

ASIAN TOFU BOWL

- BI-COLOURED SLAW
- MARINATED SESAME TOFU
- CARROTS
- CILANTRO & GREEN ONION
- ROASTED CORN
- SNAP PEAS
- HOUSE TAHINI DRESSING & SESAME SEEDS

THE FORTIFIER

- BABY SPINACH
- CHICK PEAS
- SLICED EGG
- RED ONION
- SHAVED CHEESES
- CHOPPED BACON
- POPPY SEED DRESSING

THE GRANITE BOWL

- BABY KALE
- SHREDDED CARROTS
- GARLIC CHICKPEAS
- FETA
- DRIED CRANBERRY
- LENTILS
- HOUSE BALSAMIC

GRILLED PANINI WRAPS

CRUNCHY OUTSIDE ... HOT & DELICIOUS ON THE INSIDE!

BACON, AVOCADO AND TOMATO
OR

TURKEY, SPINACH, CRANBERRY & CHEVRE

SERVED WITH KETTLE CHIPS & SLICED APPLES 10.99
SERVED WITH FRIES OR A BABY GREEN SALAD W/OUR HOUSE DRESSING 13.99

SANDWICHES - REGULAR OR GRILLED

SERVED ON A MULTI-SEED CIABATTA BUN WITH FRIES OR A BABY GREEN SALAD W/OUR HOUSE DRESSING

- GRILLED VEGGIE 12.99
- GRILLED ZUCCHINI, EGGPLANT, AND ROASTED RED PEPPER WITH GOAT CHEESE, SPINACH AND A BALSAMIC DRIZZLE
- GRILLED CHICKEN 13.99
- WITH PESTO, AGED CHEDDAR AND SPINACH
- TUNA MELT 12.99
- WITH ROASTED RED PEPPER, AGED CHEDDAR AND SPINACH
- CUBANO 13.99
- WITH PEAMEAL, TURKEY, AGED CHEDDAR, PICKLES, GARLIC MAYO AND SPINACH

APPETIZERS

- FRESH CUT FRIES 4.25 (SM) 5.49 (MD) 6.99 (LG)
- POUTINE 6.49 (SM) 8.49 (MD) 10.49 (LG)
- JALAPENO CHEESE POPPERS 6.99
- BREADED MUSHROOMS 6.99
- W/ BLUE CHEESE OR RANCH DIP
- PICKLE FRIES W/ RANCH DIP 7.99
- GOURMET BREADED ONION RINGS 7.99
- CAULIFLOWER BITES W/ BLUE CHEESE DIP 7.99
- TEMPURA GREEN BEANS 7.99
- BREADED SCALLOPS W/ COCKTAIL SAUCE 11.95
- COCONUT SHRIMP W/ PINEAPPLE CURRY DIP 9.99 (4 PC) 12.99 (6PC)
- SALT & PEPPER BREADED CALAMARI 10.99
- W/ COCKTAIL SAUCE
- GIANT CLAM STRIPS W/ COCKTAIL DIP 8.99 (SM) 10.99 (LG)
- CHICKEN WINGS 10.99
- (GLUTEN-WISE, HALAL) W/ RANCH DIP OR BLUE CHEESE DIP
- TACOS - SHRIMP OR FISH (2) 11.99
- W/ MANGO SALSA & CILANTRO

FISH & CHIPS MEALS (ALL GLUTEN-WISE & SUSTAINABLY FISHED!)

SERVED WITH CHOICE OF FRESH CUT FRIES OR SALAD, HOUSE MADE COLESLAW & HOUSE MADE TARTAR SAUCE.

- BASA 11.99 (1 FILLET) 19.99 (2 FILLETS)
- HADDOCK 11.99 (1 FILLET) 19.99 (2 FILLETS)
- PICKEREL 15.99 (1 FILLET) 28.99 (2 FILLETS)
- ALASKAN HALIBUT 17.95 (1 FILLET) 29.95 (2 FILLETS)

*ALL OF OUR FISH SELECTIONS ARE HAND-BATTERED IN OUR OWN, HAND-MADE, GLUTEN-WISE HOUSE BATTER.

OTHER TASTY MEALS

SERVED WITH CHOICE OF FRESH CUT FRIES OR SALAD, HOUSE MADE COLESLAW & HOUSE MADE TARTAR SAUCE.

- CHICKEN TENDERS WITH CHOICE OF DIP 9.99 (SM) 13.99 (LG)
- BREADED CHICKEN WINGS 13.99
- (GLUTEN-WISE, HALAL) W/ RANCH DIP OR BLUE CHEESE DIP
- GIANT CLAM STRIPS W/ COCKTAIL SAUCE 10.99 (SM) 13.99 (LG)
- COCONUT SHRIMP W/ PINEAPPLE CURRY DIP 12.99 (4 PC) 15.99 (6 PC)
- BREADED SCALLOPS W/ COCKTAIL SAUCE 14.99
- SALT & PEPPER BREADED CALAMARI 13.99
- W/ COCKTAIL SAUCE
- TACOS - SHRIMP OR FISH (2) 14.99
- W/ MANGO SALSA & CILANTRO
- CHILLED AHI TUNA 15.99
- WITH ON BABY GREENS W/ FETA CHEESE & A BALSAMIC DRIZZLE