

Lunch Menu

Appetizers

Homemade Soup of the Day \$6

*Bangkok Shrimp** with a Sweet and Spicy Chili Glaze \$12

Vegetable Spring Rolls with Rice Noodles, Vegetables, Shiitake Mushrooms and Ginger served with a Thai Sweet and Spicy Dipping Sauce \$9

*Sweet Potato Fries** with Chipotle Mayo for Dipping \$6.50

Favourites

Panko Crusted Crab Cakes Wild Caught Crab Meat served with Chipotle Aioli, Caesar Salad and Sweet Potato Fries \$17.50

Pecan Crusted Breast of Chicken with a Grainy Mustard & Tarragon Cream Sauce, Sweet Potato Fries and Fresh Vegetables \$17.50

*Grilled Milk-Fed Veal Liver** with Caramelized Onions, Sweet Potato Fries and Fresh Vegetables \$18 add Metzger's Smoked Bacon \$2

Rolled Soufflé with Asparagus, Roasted Red Peppers and Goat Cheese Drizzled with Sun-Dried Tomato Cream Sauce, served with a Side of Soup and Mixed Green Salad \$16

*Phad Thai** Stir Fried Rice Noodles with Shrimp, Chicken, Bean Sprouts, Egg Ribbons, Cilantro and topped with peanuts \$17.50 Vegan \$15

Salads & Sandwiches

*Luncheon Salad** Mixed Greens tossed in a Basil Vinaigrette with Grilled Chicken, Procuttio, Feta and Swiss Cheese, Green Onions and Almonds \$15

Traditional Caesar Salad with Metzger's Smoked Bacon, Onion and Sage Croutons, Shaved Asiago, Parmesan and Romano Cheese \$10

*Spinach Salad** Baby Spinach, Red Onion, Mandarins and Dried Cranberries Tossed in a Maple Vinaigrette \$10

Add Grilled or Cajun Spiced Chicken 3oz - \$4 / 6oz - \$6 or Three Garlic Shrimp \$5

Canadian Atlantic Smoked Salmon Sandwich Open-faced with Dill Mayo, Red Onion and Capers on Fresh Baguette with your choice of Soup or Mixed Green Salad or Fries \$14.50

Spicy Cajun Chicken Sandwich Grilled Chicken Marinated and Rubbed with Cajun Spices, with Lettuce, Tomato, Pickle and Jalapeño Aioli on a Brioche Bun with your choice of Soup or Mixed Green Salad or Fries \$14.50

Philly Cheese Steak Wrap Shaved House Roasted Beef, Mozzarella Cheese, Sautéed Onions and Bell Peppers wrapped in a Flour Tortilla with Horseradish Mayo and your choice of Soup or Mixed Green Salad or Fries \$15.00

* indicates menu items with little or no Gluten

Substitute Caesar or Spinach Salad or Sweet Potato Fries \$1.99

