

SOUP

Butternut Squash Bowl \$7
with Crème Fraiche

French Onion
With Herbed Croutons and Melted Swiss Cheese \$9

Soup and Salad
A cup of soup with a House or Caesar Salad \$15
Substitute French Onion Soup with Salad extra \$2

SALADS

Spinach Salad
Marinated Chicken Breast, Grapefruit, Orange Segments, Sun Dried Cranberries, Toasted Almonds, Naan Bread and our Zesty Thai Vinaigrette \$17

7 Herb Chicken Salad
Tomatoes, Chickpeas, Black Olives and Feta Cheese tossed with Mixed Organic Greens and our Signature Pomegranate Vinaigrette. Topped with Candied Pecans and a Chicken Breast \$17
(Sub Salmon or Tofu for Chicken)

Tomato & Bocconcini Salad
Baby Mozzarella, Tomatoes and Onions with Sun Dried Tomato, Basil Puree, Extra Virgin Olive Oil and Balsamic Vinegar. \$13

House Salad
Organic Mixed Greens served with Cherry Tomatoes, Cucumbers, Sun Dried Cranberries and Roasted Pumpkin Seeds.

With Your Choice Of Balsamic Raspberry Dressing or our House Made Pomegranate Vinaigrette
Large \$11.80
Small \$ 7.50

Caesar Salad
Crisp Romaine tossed with our Caesar Dressing, Herbed Croutons, and topped with Parmesan Cheese
Large \$11.80
Small \$ 7.50

Add to your salad:
Wild Pacific Salmon Filet (Grilled or Cajun) \$7
Free Range Chicken Breast (Grilled or Cajun) \$7
Marinated Ginger Soy Tofu \$6
Garlic Prawns \$9.50

**Most Items can be made Gluten Free
Please ask your server for modifications**

Ask your server for our daily fresh sheet

PANINIS & SANDWICH COMBOS

All Combos served with French Fries \$14.00
With Salad or Soup \$15.00
With French Onion Soup \$16.00

Chicken Breast Clubhouse
Chicken Breast, Maple Smoked Bacon, Fresh Lettuce, Tomato and Dijonaise on Toasted Multigrain. Served with a Honey Mustard Dip. \$14
Add Guacamole \$1

Vegetarian Panini
Roasted Red Peppers, Black Olives, Artichokes, Sun Dried Tomato Fresh Basil, Feta Cheese \$14

Chicken Panini
Marinated Chicken Breast, Cheddar Cheese, Tomato and Dijonaise \$14

Montreal Smoked Meat Panini
Dijon Mustard, Sun Dried Tomato, Fresh Tomato & Mozzarella Cheese \$14

Bocconcini Panini
Bocconcini Cheese, Tomato, Onions, Bacon & Fresh Basil with a Pesto Aioli \$14

Chicken Quesadilla
Chicken, Peppers & Onions with Mozzarella, Cheddar & Parmesan Cheese \$14

BRUNCH ITEMS (Served until 3 pm)

Enigma Omelette
3 Egg Omelette with Cheddar, Mushrooms & Spinach served with Hash Browns and Toast \$13.00
Add 4 Pieces Bacon \$ 3.60
Add 2 Pieces Bacon \$ 2.00

French Toast
Chala French Toast topped with Fresh Fruit, Candied Pecans & Syrup \$12

Healthy Wrap
Scrambled Egg, Artichoke, Green peppers, Mushrooms & Mozzarella Cheese wrapped in a Tortilla, served with an Organic Green Salad and a side of Salsa \$12.50

Mexican Platter
Chicken, Tomato, Jalapenos and Onion Omelette on an open faced Tortilla with 3 cheeses, Sour Cream, Salsa & Guacamole. Served with Hash Browns. \$14

Ultimate Breakfast
Two eggs any style, Crispy Bacon, Hash Browns and French Toast \$14

Bacon and Eggs
2 Eggs any style, Bacon, Grilled Tomato, Hash Browns and Multi Grain Toast \$ 11

LIGHT ENTREES & PASTAS

Guinness Stew

Beef, Carrots and Pearl Onions Braised in Guinness and served with Mash and Vegetables \$17.80

Curry for One

Your choice of Lamb, Chicken or Vegetable Curry with Basmati Rice and Naan Bread \$17.80

Curry Chicken Alfredo

Creamy Cheddar Alfredo Sauce tossed with Curried Chicken and Penne Pasta.
Served with Garlic Bread \$17

Mediterranean Gnocchi

Roasted Red Peppers, Sun Dried Tomatoes, Broccoli, Mushrooms, Olives and Garlic tossed with Extra Virgin Olive Oil, Marinara Sauce and Fresh Herbs, topped with Feta. Served with Garlic Bread. \$17

Seafood Fettuccini

Prawns & Smoked Salmon with Baby Spinach and Cherry Tomatoes in a Rosé Sauce. Served over Fettuccini with Garlic Bread \$17

Chicken Tenders

4 Breaded Chicken Fillets served over Fries with a Trio of Dips Sweet Chilli, Honey Mustard and Plum \$14.50

Fish and Chips Beer Battered Cod, served with French Fries and our House Made Tartar Sauce \$10.50
Extra Piece of Cod \$5

Signature Calamari

Served over Crispy Rice Noodles, tossed in a Garlic Chilli Oil and drizzled with Sweet Soy Sauce \$13

Thai Prawns

5 Prawns in our Red Thai Curry Sauce with Basmati Rice, Naan Bread & Apricot Chutney \$16

Tropical Wild Salmon

With a Strawberry, Tomato & Cucumber Salsa. Finished with a Balsamic Caramel. Served with Mashed Potatoes and Herbed Vegetables. \$15

Curry Chicken Crepe

With Apricot Chutney and Served with our Organic Green Salad \$14.50

ALL FRIES

1 Plate French Fries with Chipotle Dip \$5
1 Plate Yam Fries with Chipotle Dip \$8.50
Sub Yam Fries for French Fries extra \$2.50

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BURGER PLATTER

All Burgers are served with Lettuce, Tomato, Red Onion, Pickle and Fries.

Substitute

Fries with Caesar Salad or Organic Greens \$ 1.50
Substitute Fries with Yam Fries \$ 2.50

Vegetarian Burger with Pesto Aioli \$13.50

100 % Beef Burger with Chipotle Aioli \$14.80

Chicken Burger with Chipotle Aioli \$14.80

Wild Salmon Burger with Tartar Sauce \$14.80

BBQ Beef Short Rib Burger with Sautéed Onions, Peppers & Dijonaise \$16.00

Add

Cheddar, Mozzarella, Swiss, Feta, Sautéed Onions, Egg, Crispy Bacon, Mushrooms, Salsa, Guacamole
Each \$1

DESSERTS

Warm Sticky Toffee Pudding

Served with Caramel Sauce and Vanilla Ice-Cream \$8.80

Vanilla Crème Brule

Rich Custard topped with a hard Caramel \$8.80

Carrot Cake

Served with Vanilla Ice Cream \$8.80

New York Cheesecake

Served with homemade Berry Compote \$9.50

Chocolate Mousse Cake

A Chocolate Lovers Dream \$8.80

Apple Pecan Filo Bundle

Warm Apple, Cinnamon and Pecans Baked in Golden Filo Pastry. Served with Vanilla Ice Cream \$8.80

Chocolate Molten Lava Cake

Warm Chocolate Cake with a Decadent Dark Chocolate Filling served with Vanilla Ice-Cream \$8.80

COFFEE & TEA

Espresso	\$3.00	Latte	\$4.00
Cappuccino	\$4.00	Mocha	\$4.00
Americano	\$2.90	Hot	\$4.00
		Chocolate	
Regular / Decaffeinated Coffee			\$2.85
Tea	Please Ask Your Server for a List of Herbal Teas Available		\$2.85

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