

MILK'N HONEY RESTAURANT & CATERING

GREAT BEGINNINGS

OUR SOUPS 6
 cream of potato cream of mushroom
 carrot ginger squash zucchini
 chunky vegetable

FRENCH ONION SOUP 8

BRUSCHETTA 6
 toasted french baguette topped with diced
 tomatoes, red onions, freshly chopped herbs
 with cheese add 2.00

POTATO SKINS 8
 with cheese sauce & baco bits

EGG ROLLS 6

THE BREAD BASKET

served with choice of side salad or fries

GRILLED VEGGIE WRAP 12

MEDITERRANEAN WRAP 14
 pesto, grilled veggies, sautéed onions, cheese

TUNA WRAP 13

SPICY TUNA WRAP 13

GREEK WRAP 15
 feta, olives, tomatoes, cucumber, peppers

OMELETTE WRAP 14

GRILLED PORTOBELLO WRAP 17
 spinach, roasted peppers, goat cheese,
 feta, red onion, humous

GRILLED SALMON WRAP 20
 freshly grilled salmon fillet

MUSHROOM MELT 12
 served on ciabatta bun

TUNA MELT 12
 served on ciabatta bun

PORTOBELLO STEAK SANDWICH . . . 13
 pesto, feta, tomato, arugula, balsamic drizzle

DELOX CLUB SANDWICH 12
 triple decker, toasted, cream cheese, lox,
 tomato, sliced egg

ULTIMATE GRILLED CHEESE. 14
 brie, monterey jack, cheddar, roasted red pepper,
 grill tomato

GARDEN FRESH

HEARTY QUINOA SALAD 15
 mixed greens, apples, pomegranate seeds, nuts
 lemon honey vinaigrette

MARKET SALAD 16
 romaine, portobello mushrooms, roasted beets,
 chickpeas, snap peas, avocado, salad topping

SPINACH COMBO 15
 roasted sweet potatoes, grilled fennel,
 portobello mushrooms, sundried tomatoes,
 bulgur, maple sunflower seeds
 balsamic vinaigrette

THE POWER BOWL 15
 mixed greens, quinoa, chickpeas, roasted beets,
 radishes, blueberries, roasted almonds

GRILLED ROCKPORT 15
 romaine, grilled pear, grapes, craisins, feta,
 cashews, lemon honey vinaigrette

CLASSIC CAESAR SALAD 12
 with freshly grated parmesan

SALAD NICOISE 14
 solid white tuna, green beans, potato, egg, olives,
 tomatoes, vinaigrette

SPINACH SALAD 12
 sliced mushrooms, red onions, mandarins,
 sunflower seeds, sweet'n sour dressing

GREEK SALAD 13
 romaine, black olives, anchovies, cherry tomatoes,
 cucumber, peppers, feta, vinaigrette

ISRAELI SALAD 12

SALAD EXTRAS

grilled salmon. 9.00
 slice of lox 3.00
 warm breaded goat cheese 7.50
 feta cheese. 4.00
 egg salad 2.50
 2 poached eggs. 5.00
 solid white tuna 3.50
 garlic bread. 2.50
 garlic bread with cheese. 4.50

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EGGS YOUR WAY

THE OMELETTE / SCRAMBLED /
POACHED / OVER EASY /
EGG WHITE

served with side salad or fries

BASIC 10

GREEK 13
feta, onions, olives

SMOKED SALMON 13
choice pieces of lox & onions

Top Any Egg. 2.00 each topping
Caramelized Shallots / Tomatoes / Peppers /
Portobello Mushrooms / Feta / Mozzarella

SHAKSHUKA 11
two poached eggs nestled in a rich tomato sauce.
specify: spicy or mild

SHAKSHUKA WITH FETA 14

SATISFYING SIDES

FRENCH FRIES

regular.....4.00

spicy.....4.50

wedges.....5.50

sweet potato.....5.50

BASMATI RICE 5

GRILLED VEGETABLE 5

COLE SLAW 5

CREAMY MASHED POTATOES 5
with fresh cream

QUINOA SALAD 6
diced tomato, cucumber, pepper

PIZZA AND PANZAROTTI

CLASSIC 10
mozzarella cheese & tomato sauce

GRILLED VEGETABLE 14
peppers, zucchini, onions, eggplant

MEDITERRANEAN 15
grilled eggplant, peppers, sundried tomatoes, feta

GREEK 15
olives, onions, peppers, tomatoes, peppers, feta

PESTO 15
spinach, red onion, mushrooms, mozzarella

INTERNATIONAL FARE

POUTINE 8
french fries topped with gravy & melted cheese.
Tres Canadienne!

EGGPLANT PARMIGIANA 14

QUICHE 15
*Spinach, Feta, Heirloom Tomatoes
*Asparagus, Goat Cheese
served with side salad

BLINTZES 12
a Milk'n Honey classic.
served with blueberry sauce

KIDS KORNER

GRILLED CHEESE 8

PANCAKES 8

PIZZA BAGEL 9

FRENCH TOAST 9

MACARONI & CHEESE 14

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PASTA PLEASURES

White / Whole Wheat / Gluten Free / Gnocchi

★ Add Fresh Salmon. add 9.00

★ All Pastas served with freshly grated parmesan.

Please ask

FETTUCCINE PRIMAVERA 17
creamed sauce & lightly steamed spring veggies

FETTUCCINE CON FUNGI 18
garlic spiced exotic mushroom mix, fine herbs,
creamy cheese sauce

FETTUCCINE ALFREDO 17

RAVIOLI CON VODKA 17

PENNE AMATRICIANA 18
lightly breaded eggplant, garlic, zucchini,
tossed in a tomato basil sauce

PESTO PENNE A LA CREME 17

PENNE CALDERO 17
rose sauce with a kick

CHEF MOE'S HOUSE RAVIOLI 19
classic ricotta or spinach ricotta
nestled in a cream sauce with tomatoes

THIRST QUENCHERS - COLD

FRUIT SMOOTHIE 6

MILK SHAKE 6
vanilla / chocolate / mixed

ICE COFFEE 5
blended or cold brew. assorted flavours available

SNAPPLE 3
variety of flavours

CHOCOLATE MILK 3

BOTTLED SPARKLING WATER 3

SOFT DRINKS 3

BOTTLED STILL WATER 2

FRESH FROM THE SEA

★ Served with House Soup or Side Salad

★ Served with Daily Fresh Side and
Market Vegetable

PISTACHIO CRUSTED SALMON 28

CEDAR PLANK SALMON 28
smoky flavour. served with maple glaze or
three mustard sauce

GRILLED SALMON FILLET 28
choice of honey mustard sauce or teriyaki sauce

CHILEAN SEA BASS 46
grilled to perfection, drizzled with choron sauce

TILAPIA A LA PROVENCAL 28
grilled and topped with a slow-simmered fresh
tomato sauce, capers, olives and sautéed onions

TILAPIA BEURRE BLANC 28
white wine butter sauce

SESAME CRUSTED TILAPIA 28

PECAN CRUSTED TROUT 28

FISH'N CHIPS 20

THIRST QUENCHERS - HOT

BREWED COFFEE 3
regular / vanilla / caramel / cinnamon

CAPPUCCINO 5
regular / vanilla / caramel / cinnamon

CAFÉ AU LAIT 5
regular / vanilla / caramel / cinnamon

TEA 3
try our selection of herbal teas
bella sabatina teas available

HOT CHOCOLATE 3

AFFOGATTO. 6
a swirl of soft ice cream drowned in freshly brewed espresso

ASK FOR OUR DESSERT MENU