

# 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 . . . . . 13

MEDITERRANEAN WRAP . . . . . 15  
 pesto, grilled veggies, sautéed onions, cheese

TUNA WRAP . . . . . 13

SPICY TUNA WRAP . . . . . 13

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

VEGGIE OMELETTE WRAP . . . . . 14

SPINACH FETA WRAP . . . . . 17  
 spinach, roasted peppers, goat cheese,  
 feta, red onion, portobello mushroom, 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 . . . 15  
 pesto, feta, tomato, arugula, balsamic drizzle

DELOX CLUB SANDWICH . . . . . 14  
 triple decker, toasted, cream cheese, lox,  
 tomato, sliced egg

PORTOBELLO GRILLED CHEESE . . . . . 13  
 pesto, cheddar, mozzarella.  
 served on ciabatta bun

## GARDEN FRESH

HEARTY QUINOA SALAD . . . . . 15  
 mixed greens, apples, pomegranate seeds,  
 maple sunflower seeds, 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,  
 quinoa, maple sunflower seeds  
 balsamic vinaigrette

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

GRILLED ROCKPORT . . . . . 16  
 romaine, grilled pear, grapes, craisins, feta,  
 cashews, lemon honey vinaigrette

CLASSIC CAESAR SALAD . . . . . 12  
 freshly grated parmesan upon request

SALAD NIÇOISE . . . . . 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, cherry tomatoes,  
 cucumber, peppers, feta, vinaigrette.  
 anchovies on request

ISRAELI SALAD . . . . . 12

### SALAD EXTRAS

grilled salmon. . . . . 9.00  
 grilled tofu. . . . . 5.00  
 slice of lox . . . . . 3.00  
 feta cheese. . . . . 4.00  
 egg salad . . . . . 3.00  
 2 poached eggs. . . . . 5.00  
 solid white tuna . . . . . 4.00  
 garlic bread. . . . . 3.00  
 garlic bread with cheese. . . . . 5.00

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## EGGS YOUR WAY

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

served with side salad or fries

BASIC . . . . . 10

GREEK . . . . . 15

feta, onions, olives

SMOKED SALMON . . . . . 15

choice pieces of lox & onions

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

SHAKSHUKA . . . . . 13

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

SHAKSHUKA WITH FETA . . . . . 15

## SATISFYING SIDES

FRENCH FRIES

regular.....4.00

spicy.....5.00

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

## KIDS CORNER

GRILLED CHEESE . . . . . 8

PANCAKES . . . . . 8

PIZZA BAGEL . . . . . 9

FRENCH TOAST . . . . . 9

MACARONI & CHEESE . . . . . 14

## PIZZA AND PANZAROTTI

CLASSIC . . . . . 13

mozzarella cheese & house tomato sauce

GRILLED VEGETABLE . . . . . 16

mozzarella, peppers, zucchini, onions, eggplant

MEDITERRANEAN . . . . . 17

mozzarella, feta, grilled eggplant, peppers,  
sundried tomatoes

GREEK . . . . . 17

mozzarella, feta, olives, onions, peppers, tomatoes

PESTO . . . . . 17

mozzarella, basil pesto, spinach, red onion,  
mushrooms

## INTERNATIONAL FARE

BLINTZES . . . . . 14

a Milk'n Honey classic.

served with blueberry sauce

POUTINE . . . . . 8

french fries topped with gravy & melted cheese.

Tres Canadienne!

EGGPLANT PARMIGIANA . . . . . 14

MUSHROOM CREPES . . . . . 14

served with side salad

QUICHE . . . . . 15

\*Spinach, Feta, Heirloom Tomatoes

\*Asparagus, Goat Cheese

served with side salad

STIR FRY . . . . . 15

Medley of Garden Vegetables

Served over basmati rice / pasta / grilled tofu

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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

FETTUCCHINE PRIMAVERA . . . . . 17  
creamed sauce & lightly steamed spring veggies

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

FETTUCCHINE 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 ROSÉ . . . . . 17  
spicy rosé. . . . . add 2.00

CHEF MOE'S HOUSE RAVIOLI . . . . . 19  
spinach ricotta ravioli  
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 . . . . . 3

## FRESH FROM THE SEA

★ Served with House Soup or Side Salad

★ Served with Daily Fresh Side and  
Market Vegetable

PECAN CRUSTED TROUT . . . . . 28

PISTACHIO CRUSTED SALMON . . . . . 28

CEDAR PLANK SALMON . . . . . 28  
smoky flavour.  
choice of maple glaze or three mustard sauce

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

CHILEAN SEA BASS . . . . . 40  
grilled to perfection  
drizzled with choron sauce

TILAPIA A LA PROVENÇAL . . . . . 28  
grilled. topped with capers, olives, sautéed onions.  
featuring our slow simmered tomato sauce

TILAPIA BEURRE BLANC . . . . . 28  
white wine butter sauce

SESAME CRUSTED TILAPIA . . . . . 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 . . . . . 8  
a swirl of soft ice cream drowned in freshly brewed espresso

\*ASK FOR OUR DESSERT MENU\*