

MILK'N HONEY RESTAURANT & CATERING

GREAT BEGINNINGS

OUR SOUPS	8
cream of mushroom carrot ginger squash zucchini garden vegetable	
FRENCH ONION SOUP	11
BRUSCHETTA	6
toasted french baguette topped with tomatoes, red onions, freshly chopped herbs with cheese add 3.00	
POTATO SKINS	10
with cheese sauce & baco bits	
EGG ROLLS	6

THE BREAD BASKET

served with choice of side salad or fries

MEDITERRANEAN WRAP	17
pesto, grilled veggies, sautéed onions, cheese	
TUNA WRAP	16
SPICY TUNA WRAP	17
GREEK WRAP	17
feta, olives, tomatoes, cucumber, peppers	
VEGGIE OMELETTE WRAP	16
SPINACH FETA WRAP	19
spinach, roasted peppers, mozzarella, feta, red onion, portobello mushroom, humous	
GRILLED SALMON WRAP	22
freshly grilled salmon fillet, grilled veggies drizzled with house sauce	
TUNA MELT	16
PORTOBELLO STEAK SANDWICH	18
pesto, feta, tomato, arugula, balsamic drizzle	
PORTOBELLO GRILLED CHEESE	18
pesto, cheddar, cheese mix.	
AVOCADO VEGGIE PANINI	17
sautéed pepper & onion, tomato, avocado, greens. cheese mix. tomato pesto sauce. drizzled with Chipotle mayo	
SMOKED TOFU & TOMATO PANINI	17
house smoked tofu, mozzarella, tomato, alfalfa sprouts add avocado	19

GARDEN FRESH

HEARTY QUINOA SALAD	17
mixed greens, apples, pomegranate seeds, maple sunflower seeds	
MARKET SALAD	18
romaine, portobello mushrooms, roasted beets, chickpeas, snap peas, avocado, salad topping	
SPINACH COMBO	17
roasted sweet potatoes, grilled fennel, portobello mushrooms, sundried tomatoes, quinoa, maple sunflower seeds	
THE POWER BOWL	17
mixed greens, quinoa, chickpeas, roasted beets, radishes, blueberries, roasted almonds	
GRILLED ROCKPORT	18
romaine, grilled pear, grapes, craisins, pomegranate seeds, feta, cashews	
CLASSIC CAESAR SALAD	15
freshly grated parmesan upon request	
SALAD NIÇOISE	16
solid white tuna, green beans, potato, egg, olives, tomatoes, vinaigrette	
SPINACH SALAD	15
sliced mushrooms, red onions, mandarins, sunflower seeds, sweet'n sour dressing	
GREEK SALAD	16
romaine, black olives, cherry tomatoes, cucumber, peppers, feta, vinaigrette. anchovies on request	
MORNING GLORY SALAD	18
mixed greens, grilled pineapple, grapefruit, mango, avocado, shredded carrot, grilled Halloumi cheese, strawberry vinaigrette	
SALAD TOPPERS	
grilled salmon.	9.00
solid white tuna	5.00
grilled tofu.	5.00
slice of lox	5.00
2 poached eggs.	5.00
feta cheese.	6.00
warm breaded goat cheese.	6.00
grilled halloumi cheese	5.00

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EGGS YOUR WAY

THE OMELETTE / SCRAMBLED /
POACHED / OVER EASY
EGG WHITE...ADD 2.00

served with side salad or fries

BASIC12

GREEK17

feta, onions, peppers, olives

SMOKED SALMON17

choice pieces of lox & onions

Top Any Egg.3.00 each topping

Caramelized Shallots / Tomatoes / Peppers /

Portobello Mushrooms

Feta / Mozzarella..5.00 each

SHAKSHUKA16

two poached eggs nestled in a rich tomato sauce.

specify: spicy or mild

SHAKSHUKA WITH FETA18

SATISFYING SIDES

FRENCH FRIES

regular.....5.50

spicy.....6.00

wedges.....7.00

sweet potato.....7.00

BASMATI RICE6

GRILLED VEGETABLE6

COLE SLAW6

CREAMY MASHED POTATOES7

QUINOA SALAD7

diced tomato, cucumber, pepper

KIDS CORNER

GRILLED CHEESE10

PANCAKES9

PIZZA BAGEL11

FRENCH TOAST10

MACARONI & CHEESE15

PIZZA AND PANZAROTTI

CLASSIC15

mozzarella cheese & house tomato sauce

GRILLED VEGETABLE18

mozzarella, peppers, zucchini, onions, eggplant

MEDITERRANEAN19

mozzarella, feta, grilled eggplant, peppers,

sundried tomatoes

GREEK19

mozzarella, feta, olives, onions, peppers, tomatoes

PESTO19

mozzarella, basil pesto, spinach, red onion,

mushrooms

BRUSCHETTA PIZZA20

House pizza sauce, tomatoes, red onion, herbs

Cheddar and Fresh Mozzarella Cheese

PORTOBELLO PIZZA19

grilled portobello mushrooms, sundried tomatoes,

sautéed onions, marinara pesto sauce,

three cheese mix

Add Goat Cheese to any Pizza. 5

INTERNATIONAL FARE

BLINTZES16

a Milk'n Honey classic.

POUTINE10

french fries topped with gravy & melted cheese.

Add sautéed mushrooms & onions. add \$2

Top with real cheese curds. add \$3

EGGPLANT PARMIGIANA16

MUSHROOM CREPES16

served with side salad

QUICHE17

*Spinach, Feta, Heirloom Tomatoes

*Asparagus, Goat Cheese

served with side salad

STIR FRY18

Medley of Garden Vegetables

Served over basmati rice / pasta / grilled tofu

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PASTA PLEASURES

White / Whole Wheat / Gluten Free

- ★ Add Fresh Salmon.9.00
- ★ All Pastas served with freshly grated parmesan.
Please ask

FETTUCCINE PRIMAVERA	18
creamed sauce & lightly grilled spring veggies	
FETTUCCINE CON FUNGI	19
garlic spiced exotic mushroom mix, fine herbs, creamy cheese sauce	
FETTUCCINE ALFREDO	18
RAVIOLI CON VODKA	18
PENNE AMATRICIANA	19
lightly breaded eggplant, garlic, zucchini, tossed in a tomato basil sauce	
PESTO PENNE A LA CREME	18
PENNE ROSÉ	18
spicy rosé. add 2.00	

THIRST QUENCHERS - COLD

FRUIT SMOOTHIE	7
MILK SHAKE	7
vanilla / chocolate / mixed	
ICE COFFEE	6
blended or cold brew. assorted flavours available	
SNAPPLE	4
CHOCOLATE MILK	4
BOTTLED SPARKLING WATER	4
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	30
PISTACHIO CRUSTED SALMON	30
CEDAR PLANK SALMON	30
choice of maple glaze or three mustard sauce	
GRILLED SALMON FILLET	30
choice of honey mustard sauce or teriyaki sauce	
SEARED TUNA STEAK	35
SESAME CRUSTED TUNA STEAK	37
CHILEAN SEA BASS	40
drizzled with choron sauce	
POTATO CRUSTED SEA BASS	43
TILAPIA A LA PROVENÇAL	30
grilled. topped with capers, olives, sautéed onions.	
TILAPIA BEURRE BLANC	30
white wine butter sauce	
FISH'N CHIPS	22

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	
HOT CHOCOLATE	4

AFFOGATTO. 9
a swirl of soft ice cream drowned in freshly brewed espresso

ASK FOR OUR DESSERT MENU