

## GREAT BEGINNINGS

### OUR SOUPS 8

cream of mushroom carrot ginger  
squash zucchini garden vegetable

### FRENCH ONION SOUP 11

### BREADED MOZZARELLA STICKS 10

### SPINACH RICOTTA WONTONS 10

### SALMON FLATBREADS 12

### BRUSCHETTA 6

toasted french baguette  
topped with tomatoes, red onions, freshly chopped herbs  
+ cheese add 3.00

### POTATO SKINS 12

cheese sauce & baco bits

### EGG ROLLS 6

## THE BREAD BASKET

### AVOCADO VEGGIE PANINI 19

greens, sautéed pepper & onion, cheese mix, tomato pesto sauce.  
drizzled with Chipotle mayo

### PHILLY STEAK SANDWICH / WRAP 22

grilled fresh tuna, mushrooms & onions  
+ add cheese \$2

### CRISPY SALMON BLT 20

Battered salmon topped with Lettuce & Tomato on a ciabatta

### BURGER 'N BEYOND 20

veggie burger, sautéed onion, avocado, cheese, poached egg

### MEDITERRANEAN WRAP 17

grilled veggies, sautéed onions, pesto, cheese

### GRILLED SALMON WRAP 22

grilled salmon fillet, grilled veggies, house sauce

### TUNA WRAP 16

+ spicy tuna \$17

### GREEK WRAP 18

feta, olives, tomatoes, cucumber, peppers

### VEGGIE OMELETTE WRAP 19

### SPINACH FETA WRAP 19

roasted peppers, mozzarella, red onion, portobello mushroom

### TUNA MELT 16

### PORTOBELLO GRILLED CHEESE 20

pesto sauce, cheese mix.

## GARDEN FRESH

### PEACHES 'N GREENS 18

mixed greens, grill peaches, fruit, feta, candied nuts

### GRILLED ROCKPORT SALAD 18

ROMAINE, GRILLED PEAR, GRAPES, CRAISINS, FETA

### MORNING GLORY SALAD 20

mixed greens, grilled pineapple, grapefruit, mango, avocado,  
goat cheese (warm breaded on request)

### HEARTY QUINOA SALAD 17

mixed greens, apples, pomegranate seeds, sunflower seeds

### MARKET SALAD 18

romaine, portobello mushroom,  
roasted beets, chickpeas, snap peas, avocado, salad topping

### THE POWER BOWL 17

mixed greens, quinoa, chickpeas,  
roasted beets, radishes, blueberries, almonds, hemp hearts

### TEX MEX MIX 18

crispy sweet potao, smoked corn, quinoa,  
cauliflower, cucumber, tomato, beans, hemp hearts

### SPINACH SALAD 16

baby spinach, sliced mushrooms,  
mandarins, red onion, sunflower seeds

### SPINACH COMBO 18

baby spinach, roast sweet potato,  
grill fennel, grill portobello mushroom, sundried tomato, quinoa

### GREEK SALAD 18

romaine, black olives, tomatoes,  
cucumber, peppers, feta, vinaigrette  
anchovies on request

### SALAD NIÇOISE 20

grilled fresh tuna or solid white tuna  
potato, green beans, egg, olives, tomatoes

### CLASSIC CAESAR SALAD 16

freshly grated parmesan upon request

## SALAD TOPPERS

### Warm Breaded Goat Cheese 6

### Feta Cheese 6

### Grilled Fresh Tuna 9

### Grilled Fresh Salmon 9

### Grilled Tofu 5

### Solid White Scoop of Tuna 5

### Slice of Lox 6

### Poached Eggs (2) 5

## EGGS YOUR WAY

served with choice of side salad or fries

Top Any Egg:

\$3 each: Onions / Peppers / Portobello Mushrooms / Tomatoes

\$4 each: Feta / Mozzarella

**Omelette/Scrambled/Poached/Over Easy  
Egg White add \$2**

**BASIC** 12

**GREEK** feta, onions, peppers, olives 17

**SMOKED SALMON** pieces of lox & onions 17

**SHAKSHUKA** two poached eggs in a rich tomato sauce. 18  
+ specify: mild or spicy

**SHAKSHUKA with Feta** 20

## ON THE SIDE

**FRENCH FRIES**

regular fries 6

potato wedges 7

sweet potato fries 7

spicy fries 7

**BASMATI RICE** 6

**GRILLED VEGETABLE** 6

## KIDS CORNER

**GRILLED CHEESE** 12

**PANCAKES** 11

**PIZZA BAGEL** 13

**FRENCH TOAST** 12

**MACARONI & CHEESE** 15

## PIZZA AND PANZAROTTI

**CLASSIC** mozzarella cheese & house tomato sauce 17

**SUNNY SIDE** 20  
over easy egg, sundried tomato, arugula, pesto, three cheese mix

**MEDITERRANEAN** 20  
mozzarella, feta, grilled eggplant, peppers, sundried tomatoes

**ALFREDO** 20  
alfredo sauce, sautéed mushrooms, caramelized onions, spinach,  
three cheese mix

**BRUSCHETTA** 20  
house pizza sauce, tomatoes, red onion, herbs, fresh mozzarella

**GREEK** 20  
mozzarella, feta, olives, onions, peppers, tomatoes

**PESTO** 20  
mozzarella, basil pesto, spinach, red onion, mushrooms

**PORTOBELLO** 20  
grilled portobello mushrooms, sundried tomatoes, sautéed onions,  
marinara pesto sauce, three cheese mix

**GRILLED VEGETABLE** 19  
mozzarella, peppers, zucchini, onions

## INTERNATIONAL FARE

**CHEESE BLINTZES** 16

**POUTINE** french fries topped with gravy & melted cheese 12  
+ \$3 each: cheese curds/mushrooms/onions

**EGGPLANT PARMESAN** 17

**MUSHROOM CREPES** 17

**QUICHE OF THE DAY** 16

**STIR FRY** served over basmati rice / shanghai noodles / tofu 18

**TUNA SHANGHAI** 21  
stir fried Shanghai noodles,  
topped with a meaty flavoured grill tuna & mushroom mix

## PASTA PLEASURES

White / Whole Wheat / Zoodles

★ add Grilled Salmon / Grilled Tuna \$ 9

★ can be served with Grated Parmesan Cheese. Please ask

<b>MANICOTTI</b> filled with spinach, ricotta, parmesan	21
<b>FETTUCCINE PRIMAVERA</b> creamed sauce, grilled veggies	20
<b>FETTUCCINE CON FUNGI</b> garlic spiced exotic mushroom mix, fine herbs, creamy cheese sauce	21
<b>FETTUCCINE ALFREDO</b>	20
<b>RAVIOLI CON VODKA</b>	20
<b>PENNE AMATRICIANA</b> lightly breaded eggplant, garlic, zucchini tossed in a tomato basil sauce	21
<b>PESTO PENNE a la creme</b>	20
<b>PENNE ROSÉ</b> + spicy rose add 3.00	20
<b>ZUCCHINI ZOODLE ALFREDO</b> with salmon bits	19

## THIRST QUENCHERS - COLD

<b>FRUIT SMOOTHIE</b>	8
<b>MILK SHAKE</b> vanilla / chocolate / mixed / strawberry / caramel / cappuccino / coffee / cookies'n cream	8
<b>ICE COFFEE</b>	7
<b>SNAPPLE</b>	5
<b>CHOCOLATE MILK</b>	5
<b>BOTTLED SPARKLING WATER</b>	5
<b>SOFT DRINKS</b>	4
<b>BOTTLED STILL WATER</b>	3

### AFFOGATTO

a swirl of soft ice cream drowned in freshly brewed espresso 9.00

## FROM THE SEA

★ Served with House Soup

★ Served with Daily Fresh Side & Market Vegetable

<b>PECAN CRUSTED TROUT</b> with honey maple glaze	31
<b>PISTACHIO CRUSTED SALMON</b> with beurre blanc sauce	31
<b>CEDAR PLANK SALMON</b> maple glaze sauce	31
<b>GRILLED SALMON FILLET</b> honey mustard or teriyaki sauce	31
<b>SEARED TUNA STEAK</b>	38
<b>SESAME CRUSTED TUNA STEAK</b>	39
<b>CHILEAN SEA BASS</b> drizzled with choron sauce	45
<b>BRANZINO</b> herb infused whole fish	40
<b>TILAPIA A LA PROVENÇAL</b> grilled, topped with capers, olives, sautéed onions	31
<b>TILAPIA BEURRE BLANC</b> white wine butter sauce	31
<b>FISH'N CHIPS</b> served with cole slaw	24

## THIRST QUENCHERS - HOT

<b>BREWED COFFEE</b> regular / vanilla / caramel / cinnamon	3
<b>CAPPUCCINO</b> regular / vanilla / caramel / cinnamon	6
<b>CAFÉ AU LAIT</b> regular / vanilla / caramel / cinnamon	6
<b>TEA</b> try our selection of herbal teas	3
<b>HOT CHOCOLATE</b>	4

**\*ASK FOR OUR DESSERT MENU\***