

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

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

THIRST QUENCHERS - COLD

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

AFFOGATTO

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

FROM THE SEA

★ Served with House Soup (not including fish 'n chips)

★ Served with Daily Fresh Side & Market Vegetable
(not including fish 'n chips)

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

THIRST QUENCHERS - HOT

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

ASK FOR OUR DESSERT MENU