

GREAT BEGINNINGS

OUR SOUPS	9
cream of mushroom carrot ginger squash zucchini garden vegetable	
FRENCH ONION SOUP	12
BREADED MOZZARELLA STICKS	11
SPINACH RICOTTA WONTONS	11
SALMON FLATBREADS	13
BRUSCHETTA (3)	7
+ cheese add 3.00	
VIETNAMESE SPRING ROLLS (2)	11
grilled kani, fresh vegetables	
SALMON POPPERS	12
EGG ROLLS	7

THE BREAD BASKET

AVOCADO VEGGIE PANINI	21
greens, sautéed pepper & onion, cheese mix, tomato pesto sauce. drizzled with chipotle mayo	
PHILLY STEAK SANDWICH / WRAP	24
grilled fresh tuna, mushrooms & onions + add cheese \$2	
CRISPY SALMON BLT	21
battered salmon topped with lettuce & tomato on a ciabatta	
BURGER 'N BEYOND	22
veggie burger, sautéed onion, avocado, cheese, poached egg	
MEDITERRANEAN WRAP	19
grilled veggies, sautéed onions, pesto, cheese	
GRILLED SALMON WRAP	23
grilled salmon fillet, grilled veggies, house sauce	
TUNA WRAP	17
+ spicy tuna \$18	
GREEK WRAP feta, olives, tomatoes, cucumber, peppers	20
VEGGIE OMELETTE WRAP	19
SPINACH FETA WRAP	19
roasted peppers, mozzarella, red onion, portobello mushroom	
TUNA MELT	18
PORTOBELLO GRILLED CHEESE	21
pesto sauce, cheese mix.	

GARDEN FRESH

MARKET SALAD romaine, portobello mushroom, roasted beets, chickpeas, snap peas, avocado, salad topping	20
PEACHES 'N GREENS	21
mixed greens, grill peaches, fruit, feta, candied nuts	
GRILLED ROCKPORT SALAD	20
romaine, grilled pear, grapes, raisins, feta, cashews	
THE POWER BOWL mixed greens, quinoa, chickpeas, roasted beets, radishes, blueberries, almonds, hemp hearts	19
MORNING GLORY SALAD	22
mixed greens, grilled pineapple, grapefruit, mango, avocado, goat cheese (warm breaded on request)	
HEARTY QUINOA SALAD	19
mixed greens, apples, pomegranate seeds, sunflower seeds	
TEX MEX MIX crispy sweet potato, smoked corn, quinoa, cauliflower, cucumber, tomato, beans, hemp hearts	20
SPINACH SALAD baby spinach, sliced mushrooms, mandarins, red onion, sunflower seeds	18
SPINACH COMBO baby spinach, sweet potato, grilled fennel, portobello mushrooms, quinoa, sundried tomatoes, seeds	19
GREEK SALAD romaine, black olives, tomatoes, cucumber, peppers, feta, vinaigrette anchovies on request	20
CLASSIC CAESAR SALAD	18
freshly grated parmesan upon request	

SALAD TOPPERS

Warm Breaded Goat Cheese	7
Feta Cheese	7
Blue Cheese	7
Grilled Fresh Tuna	10
Grilled Fresh Salmon	10
Grilled Tofu	6
Scoop of Solid White Tuna	7
Slice of Lox	6
Poached Eggs (2)	6

EGGS YOUR WAY

served with choice of side salad or fries

Top Any Egg:

\$4 each: Onions / Peppers / Portobello Mushrooms / Tomatoes

\$5 each: Feta / Mozzarella

**Omelette/Scrambled/Poached/Over Easy
Egg White add \$3**

BASIC	14
GREEK feta, onions, peppers, olives	19
SMOKED SALMON pieces of lox & onions	19
SHAKSHUKA two poached eggs in a rich tomato sauce. + specify: mild or spicy	20
SHAKSHUKA with Feta	22

ON THE SIDE

REGULAR FRIES	7
POTATO WEDGES	8
SWEET POTATO FRIES	8
SPICEY FRIES	8
BASMATI RICE	7
GRILLED VEGETABLE	7

KIDS CORNER

GRILLED CHEESE	14
PANCAKES	13
PIZZA BAGEL	15
FRENCH TOAST	14
MACARONI & CHEESE	17

PIZZA AND PANZAROTTI

CLASSIC mozzarella cheese & house tomato sauce	18
SUNNY SIDE over easy egg, sundried tomato, arugula, pesto, three cheese mix	22
MEDITERRANEAN mozzarella, feta, grilled eggplant, peppers, sundried tomatoes	22
ALFREDO alfredo sauce, sautéed mushrooms, caramelized onions, spinach, three cheese mix	22
BRUSCHETTA house pizza sauce, tomatoes, red onion, herbs, fresh mozzarella	22
GREEK mozzarella, feta, olives, onions, peppers, tomatoes	22
PESTO mozzarella, basil pesto, spinach, red onion, mushrooms	22
PORTOBELLO grilled portobello mushrooms, sundried tomatoes, sautéed onions, marinara pesto sauce, three cheese mix	22
GRILLED VEGETABLE mozzarella, peppers, zucchini, onions	21

INTERNATIONAL

CHEESE BLINTZES	18
POUTINE french fries topped with gravy & melted cheese + \$3 each: cheese curds/mushrooms/onions	14
POTATO SKINS cheese sauce & baco bits	14
EGGPLANT PARMESAN	19
MUSHROOM CREPES	19
QUICHE OF THE DAY	18
STIR FRY served over basmati rice / shanghai noodles / tofu	20
TUNA SHANGHAI stir fried Shanghai noodles, topped with a meaty flavoured grill tuna & mushroom mix	23

PASTA PLEASURES

White / Whole Wheat / Zoodles

★ add Grilled Salmon / Grilled Tuna \$10

★ can be served with Grated Parmesan Cheese. Please ask

MANICOTTI filled with spinach, ricotta, parmesan	23
FETTUCCINE PRIMAVERA creamed sauce, grilled veggies	22
FETTUCCINE CON FUNGI garlic spiced exotic mushroom mix, fine herbs, creamy cheese sauce	23
FETTUCCINE ALFREDO	22
RAVIOLI CON VODKA	23
PENNE AMATRICIANA lightly breaded eggplant, garlic, zucchini tossed in a tomato basil sauce	23
PESTO PENNE a la creme	22
PENNE ROSÉ + spicy rose add 3.00	22
ZUCCHINI ZOODLE ALFREDO with salmon bits	23

COLD QUENCHERS

FRUIT SMOOTHIE	9
MILK SHAKE vanilla / chocolate / mixed / strawberry / caramel / cappuccino / coffee / cookies'n cream	9
ICE COFFEE	8
SNAPPLE	6
CHOCOLATE MILK	6
BOTTLED SPARKLING WATER	6
SOFT DRINKS	5
BOTTLED STILL WATER	4

AFFOGATTO

a swirl of soft ice cream drowned in freshly brewed espresso 10.00

ASK FOR OUR DESSERT MENU

FROM THE SEA

★ Served with House Soup

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

BRANZINO herb infused whole fish	43
PECAN CRUSTED TROUT with honey maple glaze	34
PISTACHIO CRUSTED SALMON with beurre blanc sauce	34
CEDAR PLANK SALMON maple glaze sauce	34
GRILLED SALMON FILLET honey mustard or teriyaki sauce	34
SEARED TUNA STEAK	41
SESAME CRUSTED TUNA STEAK	41
CHILEAN SEA BASS drizzled with choron sauce	47
TILAPIA A LA PROVENÇAL grilled, topped with capers, olives, sautéed onions	34
TILAPIA BEURRE BLANC white wine butter sauce	34
FISH'N CHIPS	27

HOT QUENCHERS

BREWED COFFEE regular / vanilla / caramel / cinnamon	4
CAPPUCCINO regular / vanilla / caramel / cinnamon	7
CAFÉ AU LAIT regular / vanilla / caramel / cinnamon	7
TEA try our selection of herbal teas	4
HOT CHOCOLATE	5