

GREAT BEGINNINGS

OUR SOUPS	9
cream of mushroom carrot ginger squash zucchini garden vegetable	
FRENCH ONION SOUP	12
BREADED MOZZARELLA STICKS	13
SPINACH RICOTTA WONTONS	13
SALMON FLATBREADS	15
BRUSCHETTA (3)	9
+ cheese add 3.00	
VIETNAMESE SPRING ROLLS (2)	12
grilled kani, fresh vegetables	
SALMON POPPERS	15
EGG ROLLS	8

THE BREAD BASKET

AVOCADO VEGGIE PANINI	22
greens, sautéed pepper & onion, cheese mix, tomato pesto sauce. drizzled with chipotle mayo	
PHILLY STEAK SANDWICH / WRAP	25
grilled fresh tuna, mushrooms & onions + add cheese \$3	
CRISPY SALMON BLT	23
battered salmon topped with lettuce & tomato on a ciabatta	
BURGER 'N BEYOND	23
veggie burger, sautéed onion, avocado, cheese, poached egg	
MEDITERRANEAN WRAP	20
grilled veggies, sautéed onions, pesto, cheese	
GRILLED SALMON WRAP	25
grilled salmon fillet, grilled veggies, house sauce	
TUNA WRAP	18
+ spicy tuna \$20	
GREEK WRAP feta, olives, tomatoes, cucumber, peppers	22
VEGGIE OMELETTE WRAP	20
SPINACH FETA WRAP	20
roasted peppers, mozzarella, red onion, portobello mushroom	
TUNA MELT	19
PORTOBELLO GRILLED CHEESE	22
pesto sauce, cheese mix.	

GARDEN FRESH

CRISPY FUSION greens, crispy sweet potato, edamame, cucumber, crispy onion, carrot, marinated mushroom. Asian dressing	23
MARKET SALAD romaine, portobello mushroom, roasted beets, chickpeas, green beans, avocado, salad topping	22
PEACHES 'N GREENS	23
mixed greens, grill peaches, fruit, feta, candied nuts	
GRILLED ROCKPORT SALAD	23
romaine, grilled pear, grapes, raisins, feta, cashews	
THE POWER BOWL mixed greens, quinoa, chickpeas, roasted beets, radishes, blueberries, almonds, hemp hearts	22
MORNING GLORY SALAD	24
mixed greens, grilled pineapple, grapefruit, mango, avocado, goat cheese (warm breaded on request)	
HEARTY QUINOA SALAD	21
mixed greens, apples, pomegranate seeds, sunflower seeds	
TEX MEX MIX crispy sweet potato, smoked corn, quinoa, avocado, cucumber, tomato, beans, hemp hearts	22
SPINACH SALAD baby spinach, sliced mushrooms, mandarins, red onion, sunflower seeds	20
SPINACH COMBO baby spinach, sweet potato, portobello mushrooms, quinoa, sundried tomatoes, seeds	22
GREEK SALAD romaine, black olives, tomatoes, cucumber, peppers, feta, vinaigrette anchovies on request	23
CLASSIC CAESAR SALAD	20
freshly grated parmesan upon request	

SALAD TOPPERS

Warm Breaded Goat Cheese	9
Feta Cheese	9
Blue Cheese	9
Grilled Fresh Tuna	11
Grilled Fresh Salmon	12
Grilled Tofu	7
Scoop of Solid White Tuna	8
Slice of Lox	7
Poached Eggs (2)	8

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	16
GREEK feta, onions, peppers, olives	20
SMOKED SALMON pieces of lox & onions	21
SHAKSHUKA two poached eggs in a rich tomato sauce. + specify: mild or spicy	22
SHAKSHUKA with Feta	24

ON THE SIDE

REGULAR FRIES	7
POTATO WEDGES	9
SWEET POTATO FRIES	9
SPICEY FRIES	8
BASMATI RICE	7
GRILLED VEGETABLE	8

KIDS CORNER

GRILLED CHEESE	15
PANCAKES regular or chocolate chip	14
PIZZA BAGEL	15
FRENCH TOAST	14
MACARONI & CHEESE	17

PIZZA AND PANZAROTTI

CLASSIC mozzarella cheese & house tomato sauce	19
SUNNY SIDE over easy egg, sundried tomato, arugula, pesto, three cheese mix	23
MEDITERRANEAN mozzarella, feta, grilled eggplant, peppers, sundried tomatoes	22
PORTOBELLO grilled portobello mushrooms, sundried tomatoes, sautéed onions, marinara pesto sauce, mozzarella cheese	23
ALFREDO alfredo sauce, sautéed mushrooms, caramelized onions, spinach. three cheese mix	23
BRUSCHETTA house pizza sauce, tomatoes, red onion, herbs, fresh mozzarella	23
GREEK mozzarella, feta, olives, onions, peppers, tomatoes	23
PESTO mozzarella, basil pesto, spinach, red onion, mushrooms	23
GRILLED VEGETABLE mozzarella, peppers, zucchini, onions	22

INTERNATIONAL

CHEESE BLINTZES	19
POUTINE french fries topped with gravy & melted cheese + \$3 each: cheese curds/mushrooms/onions	15
POTATO SKINS cheese sauce & baco bits	14
EGGPLANT PARMESAN	19
MUSHROOM CREPES	20
QUICHE OF THE DAY	20
STIR FRY served over basmati rice or shanghai noodles or tofu	21
TUNA SHANGHAI stir fried Shanghai noodles, topped with a meaty flavoured grill tuna & mushroom mix	23

PASTA PLEASURES

White / Zoodles

★ add Grilled Salmon / Grilled Tuna \$10

★ can be served with Grated Parmesan Cheese. Please ask

SWEET POTATO RAVIOLI	23
FETTUCCINE PRIMAVERA creamed sauce, grilled veggies	23
FETTUCCINE CON FUNGI garlic spiced exotic mushroom mix, fine herbs, creamy cheese sauce	24
FETTUCCINE ALFREDO	23
RAVIOLI CON VODKA	24
PENNE AMATRICIANA lightly battered eggplant, garlic, zucchini, diced onion, tomato tossed in a tomato basil sauce	24
PESTO PENNE a la creme	23
PENNE ROSÉ + spicy rose add 3.00	23
ZUCCHINI ZOODLE ALFREDO with salmon bits	24

COLD QUENCHERS

FRESH SQUEEZED JUICE orange juice. green goddess	9
FRUIT SMOOTHIE	9
MILK SHAKE vanilla / chocolate / mixed / strawberry / caramel / cappuccino / coffee / cookies'n cream	10
ICE COFFEE	8
SNAPPLE	6
CHOCOLATE MILK	6
BOTTLED SPARKLING WATER	6
SOFT DRINKS	5
BOTTLED STILL WATER	4

AFFOGATTO

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	35
PISTACHIO CRUSTED SALMON with beurre blanc sauce	35
CEDAR PLANK SALMON maple glaze sauce	35
GRILLED SALMON FILLET honey mustard or teriyaki sauce	35
SEARED TUNA STEAK	42
SESAME CRUSTED TUNA STEAK	42
CRISPY SALMON FILLET sweet and spicy sauce	35
TILAPIA A LA PROVENÇAL grilled, topped with capers, olives, sautéed onions	35
TILAPIA BEURRE BLANC white wine butter sauce	35
FISH'N CHIPS	28

HOT QUENCHERS

BREWED COFFEE regular / vanilla / caramel / cinnamon	4
CAPPUCCINO regular / vanilla / caramel / cinnamon	7
CAFÉ AU LAIT regular / vanilla / caramel / cinnamon	7
ESPRESSO	6
TEA try our selection of herbal teas	4
HOT CHOCOLATE whip cream top	7