

# GREAT BEGINNINGS

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

# THE BREAD BASKET

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

# GARDEN FRESH

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

# SALAD TOPPERS

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

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

## ON THE SIDE

<b>REGULAR FRIES</b>	7
<b>POTATO WEDGES</b>	9
<b>SWEET POTATO FRIES</b>	9
<b>SPICEY FRIES</b>	8
<b>BASMATI RICE</b>	7
<b>GRILLED VEGETABLE</b>	8

## KIDS CORNER

<b>GRILLED CHEESE</b>	15
<b>PANCAKES</b> regular or chocolate chip	14
<b>PIZZA BAGEL</b>	15
<b>FRENCH TOAST</b>	14
<b>MACARONI &amp; CHEESE</b>	17

## PIZZA AND PANZAROTTI

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

## INTERNATIONAL

<b>CHEESE BLINTZES</b>	19
<b>POUTINE</b> french fries topped with gravy & melted cheese + \$3 each: cheese curds/mushrooms/onions	15
<b>POTATO SKINS</b> cheese sauce & baco bits	14
<b>EGGPLANT PARMESAN</b>	19
<b>MUSHROOM CREPES</b>	20
<b>QUICHE OF THE DAY</b>	20
<b>STIR FRY</b> served over basmati rice or shanghai noodles or tofu	21
<b>TUNA SHANGHAI</b> 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

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

## COLD QUENCHERS

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

<b>BRANZINO</b> herb infused whole fish	43
<b>PECAN CRUSTED TROUT</b> with honey maple glaze	35
<b>PISTACHIO CRUSTED SALMON</b> with beurre blanc sauce	35
<b>CEDAR PLANK SALMON</b> maple glaze sauce	35
<b>GRILLED SALMON FILLET</b> honey mustard or teriyaki sauce	35
<b>SEARED TUNA STEAK</b>	42
<b>SESAME CRUSTED TUNA STEAK</b>	42
<b>CRISPY SALMON FILLET</b> sweet and spicy sauce	35
<b>TILAPIA A LA PROVENÇAL</b> grilled, topped with capers, olives, sautéed onions	35
<b>TILAPIA BEURRE BLANC</b> white wine butter sauce	35
<b>FISH'N CHIPS</b>	28

## HOT QUENCHERS

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