



LUNCH MENU - LIGHT SIDE

SOUPE DU JOUR

CUP \$7.5 BOWL \$9.5

EVER CHANGING, THIS IS CHEF'S CHOICE OF SEASONAL INGREDIENTS HAULED IN BY ALL THE AMAZING FARMERS WE KNOW

SEAFOOD CHOWDER

CUP \$9.5 BOWL \$13.5

FRESH HADDOCK, AND MUSSELS IN A HERBED CREAM BROTH WITH LOCAL POTATOES, CARROTS, AND ONIONS, SERVED WITH FRESH BREAD

CAESAR SALAD

\$14

ORGANIC ROMAINE WITH CREAMY IN-HOUSE DRESSING, OLIVE OIL FOCACCIA CROUTONS, HOUSE SMOKED BACON, AND PARMESAN

ROASTED MIXED GREENS

\$13

MIXED GREEN SALAD TOPPED WITH ROASTED BEETS, SPICED WALNUTS, FRESH VEGETABLES AND TOPPED WITH AN APPLE CIDER VINAIGRETTE

FOIE GRAS

\$18.5

SEARED FOIE GRAS ATOP A HERBED RISOTTO CAKE SERVED WITH LOCAL MICRO GREEN SALAD

'DEM BREAD STICKS

\$15.5

OUR CREAMY MIX OF 3 CHEESES SERVED WITH GRILLED FOCACCIA STICKS FOR DIPPING. ONE OF OUR FAVOURITES!

RISOTTO

\$17.5

CREAMY RISOTTO INFUSED WITH OUR IN HOUSE SMOKED SALMON AND TOPPED WITH SEARED DIGBY SCALLOPS

MUSSELS

\$14

FRESH MUSSELS FROM PEI! CHOOSE WHITE WINE, BLUE CHEESE CREAM, OR RED THAI CURRY CREAM

MONK FISH

\$15.5

SEARED LOCAL MONK FISH LOIN ATOP A CREAMY SOFT POLENTA AND DRESSED WITH A CITRUS BROWN BUTTER AND PAPRIKA OIL

SPANAKOPITA

\$14.5

PHYLLO DOUGH STUFFED WITH SPINACH, FETA, PINE NUTS, ONION, PARSLEY & SUMAK. DRIZZLED WITH A GARLIC YOGURT SAUCE



LUNCH MENU - MAIN SIDE

- GREEK CHICKEN WRAP** \$19
OREGANO AND GARLIC MARINATED CHICKEN WITH ROMAINE LETTUCE AND OUR CHERRY TOMATO GREEK SALAD ALL STUFFED INTO A WRAP! SERVED WITH SIDE SALAD AND POTATO WEDGES
- BRISKET SANDWICH** \$18.5
HOUSE SMOKED BRISKET, SAUERKRAUT AND HOUSE MADE DIJON MUSTARD ON TOASTED SEVEN GRAIN BREAD, SERVED WITH POTATO WEDGES AND SIDE SALAD
- SMOKED CHICKEN CLUB** \$18
OUR IN-HOUSE SMOKED CHICKEN WITH CRANBERRY AIOLI, ASIAGO CHEESE, BACON ON FRESH SEVEN GRAIN BREAD, SERVED WITH MIXED GREEN SALAD, AND POTATO WEDGES
- APPLE AND PEAR GRILLED CHEESE** \$16.5
GRILLED SANDWICH WITH CARAMELIZED APPLES AND PEARS, DOUBLE CREAM BRIE AND PICKLED ONION. SERVED WITH A SIDE SALAD AND POTATO WEDGES
- HADDOCK BUN** \$18
PANKO CRUSTED HADDOCK BUN TOPPED WITH OUR TARRAGON CREME FRAICHE, SERVED WITH A MIXED GREEN SALAD AND POTATO WEDGES
- BBQ TOFU** \$17
OUR HOUSE BBQ SAUCE MARINATED TOFU ATOP A HERBED RICE PILAFF AND TOPPED WITH A CHERRY TOMATO GREEK SALAD
- STEAK AND SWISS SANDWICH** \$17.5
SEARED STEAK WITH MUSHROOMS AND ONIONS SMOTHERED IN SWISS CHEESE ON GRILLED FOCACCIA
- BURGERS – SERVED WITH MIXED GREENS AND POTATO WEDGES** \$18.5
- THE BIG MO – BEEF PATTY, SECRET SAUCE, BACON AND CHEDDAR**
THE FRENCH ONE – BEEF PATTY, GOAT CHEESE AND CARAMELIZED ONION
SLOVAK – BEEF PATTY, NS DRAGON'S BREATH CHEESE, BACON, AIOLI, LETTUCE, TOMATO, SWEET RED ONION
ADD FOIE GRAS TO ANY BURGER \$8