# Summer Lunch Menu

## Entrées and Club Bowls

<table>
<thead>
<tr>
<th>Entrée</th>
<th>Details</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Grilled Steak &amp; Veg</strong></td>
<td>Flat iron ~ grilled asparagus ~ red pepper confit</td>
<td>14</td>
</tr>
<tr>
<td><strong>Haddock &amp; Chips</strong></td>
<td>Russet fries ~ coleslaw ~ gherkin pickle tartar ~ Deep fried or Pan-fried</td>
<td>13</td>
</tr>
<tr>
<td><strong>Falafel Sliders &amp; Greek Salad</strong></td>
<td>Garbanzo falafel ~ plum tomato ~ leaf lettuce ~ crushed feta tzatziki</td>
<td>13</td>
</tr>
<tr>
<td><strong>Seared Salmon Enchilada Bowl</strong></td>
<td>Grilled corn ~ quinoa ~ black beans ~ avocado ~ green chili sauce ~ tortilla crisps</td>
<td>14</td>
</tr>
<tr>
<td><strong>Bistro Grilled Chicken Bowl</strong></td>
<td>Grilled asparagus ~ cucumber ~ boiled egg ~ cherry tomato ~ chevre ~ hickory bacon ~ toasted sunflower seeds ~ arugula ~ honey mustard yogurt</td>
<td>14</td>
</tr>
<tr>
<td><strong>Vegan Tofu Bowl</strong></td>
<td>Romaine ~ quinoa ~ alfalfa ~ cucumber ~ cherry tomato ~ bell peppers ~ red onion ~ avocado ~ hummus ~ kalamata olives ~ toasted pumpkin seeds ~ olive oil &amp; malt vinaigrette</td>
<td>14</td>
</tr>
<tr>
<td><strong>Texas Steak Bowl</strong></td>
<td>Black beans ~ grilled corn ~ roasted yam ~ avocado ~ tomato ~ lettuce ~ cheddar ~ wild rice ~ tortilla crisps ~ smoky ranch dressing</td>
<td>14</td>
</tr>
</tbody>
</table>

## Soup

<table>
<thead>
<tr>
<th>Soup</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soup of the day</td>
<td>6</td>
</tr>
<tr>
<td>Tuscan gazpacho with pesto oil</td>
<td>6</td>
</tr>
<tr>
<td>Fish chowder every Friday</td>
<td>6</td>
</tr>
</tbody>
</table>

## Salads

### Southwest Arugula
Avocado ~ plum tomato ~ blackened cashews ~ crispy banana peppers ~ smoked cheddar ~ tortilla crisps ~ whisky BBQ remoulade | 13

### Strawberry Spinach Salad
Grilled asparagus ~ avocado ~ toasted pumpkin seeds ~ red onion ~ cucumber ~ cherry tomato ~ crumbled feta ~ creamy feta dressing | 14

### Caesar
Romaine heart ~ house dressing ~ hickory bacon ~ croutons ~ parmagiana reggiano | 12

### Greek
Romaine heart ~ plum tomato ~ cucumber ~ bell peppers ~ kalamata olives ~ boiled egg | 13

Add crispy tofu, grilled chicken breast, flat iron steak or fillet of salmon to any salad | 3

## Sides

<table>
<thead>
<tr>
<th>Side</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caesar salad</td>
<td>5</td>
</tr>
<tr>
<td>House salad</td>
<td>3</td>
</tr>
<tr>
<td>Greek salad</td>
<td>7</td>
</tr>
<tr>
<td>Garlic ciabatta</td>
<td>3</td>
</tr>
<tr>
<td>Russet fries or sweet potato frites</td>
<td>5</td>
</tr>
<tr>
<td>Creole aioli</td>
<td>2</td>
</tr>
</tbody>
</table>
Summer Lunch Menu

Sandwiches and Burgers
Each served with your choice of house salad, sweet potato frites or house cut russet fries
Upgrade to a Caesar salad or Greek salad  2

Southern Crispy Chicken
Coleslaw ~ jalapeno havarti ~ bourbon BBQ sauce ~ brioche  14

U-Club Burger
Ground chuck ~ leaf lettuce ~ tomato red onion ~ pickle ~ brioche  14

Baja Rockfish Soft Tacos
Shredded cabbage ~ pico de gallo creamy california sauce  13

Avocado Chicken Wrap
Spinach ~ alfalfa ~ plum tomato ~ cucumber red onion ~ bell peppers ~ cheddar ~ creole aioli ~ grilled flour tortilla  14

Portobello & Asparagus Wrap
Bell peppers ~ onion ~ cheddar ~ black beans corn ~ chipotle ranch sauce grilled flour tortilla  14

Prime Rib Panini
Red onion marmalade ~ smoked cheddar horseradish aioli ~ multigrain ciabatta  14

Club Sandwich
Shaved roast turkey ~ hickory bacon leaf lettuce ~ tomato ~ house mayo  13

Weekly Entrée Features and Daily Desserts
Your server will inform you of our freshly made seasonal selections

House Desserts
Fresh fruit cocktail  5
Baklava  6
Crème caramel  5
Salted caramel torte  5

Hot and Cold Beverages
Coffee and tea  2.60
Cappuccino or latte  5.25
Espresso  4.00
Pop/ Juice  3.00
Perrier  4.00
Sparkling blood orange / Lemonade  4.00
Carbonated water 750ml  6.00
House red/white wine  5.50
12oz Draught beer  5.50
16oz Draught beer  6.00

$10 Specials
Every Wednesday
Burger & fries or salad
$4 for a 12oz draught or a 5oz glass of house wine

Every Friday
Chowder & a 1/2 sandwich

Gluten and dairy free options always available
All pricing subject to s/c and HST