

# Summer Lunch Menu

## Grilled Steak & Frites

Flat iron / grilled asparagus  
Sweet potato frites / lemon basil aioli  
**15.50**

## Ataulfo Mango Salmon

Seared salmon / grilled asparagus / roasted  
sweet potato / Dijon mango glaze  
**15.50**

## Tuscan Steak Panzanella

Flat iron / grilled corn and shallot / cherry  
tomatoes / arugula / cucumber / Tuscan  
ciabatta / red pepper balsamic vinaigrette  
**14.50**

## Baby Back Ribs & Frites or Salad

Bourbon bbq pork ribs / sweet potato frites or  
house salad / lemon basil aioli  
**15**

## Haddock & Chips

Pan or deep fried haddock / russet fries  
coleslaw / gherkin pickle tartar  
**14.25**

## Applewood Grilled Shrimp Tabbouleh Bowl

Tiger shrimp / grilled corn / arugula  
Israeli couscous / cherry tomatoes  
cucumbers & peppers / creamy fenu dressing  
**15.50**

## Bistro Grilled Chicken Bowl

Grilled chicken breast / asparagus / cucumber  
boiled egg / cherry tomato / chevre / hickory  
bacon / sunflower seeds / arugula  
honey mustard vinaigrette  
**14.50**

## Vietnamese Bowl

### (Sautéed tofu or grilled chicken)

Vermicelli noodles / pickled cabbage  
julienne peppers, carrots, cucumbers / roasted  
sweet potatoes / roasted peanuts / cilantro  
spicy sesame dressing  
**14**

## Seared Yellowfin Tuna Salad

Yellowfin tuna / spinach / cucumbers / cherry  
tomatoes / feta radishes / bell peppers  
avocado / quinoa / creamy fenu dressing  
citrus dill tzatziki / grilled mini pita  
**16.50**

## Orange & Arugula Salad

Baby arugula / red onions / oranges  
caramelized walnuts / pomegranate seeds  
quinoa / crispy golden beets / chevre  
citrus poppy seed vinaigrette  
**14**

## Blueberry Chop Salad

Mixed organic greens / honey roasted walnuts  
shaved gruyere / hickory bacon / roasted  
hemp seeds / local blueberries / cucumber  
honey balsamic dressing  
**14**

## Sriracha Chicken

## Strawberry Salad

Boneless grilled chicken thighs / bacon  
strawberries / grilled asparagus / avocado  
toasted pumpkin seeds / shaved red onion  
cucumber / baby spinach / shaved gruyere  
honey mustard dressing  
**14.50**

## Caesar Salad

Romaine heart / hickory bacon / croutons  
parmigiana reggiano / house dressing  
**12**

## Greek Salad

Romaine heart / plum tomato / cucumber  
pepper / olives / boiled egg  
oil & vinegar  
**13**

## Add to any salad

Grilled chicken breast / 4

Crispy marinated tofu / 3

Grilled flat iron steak or salmon fillet / 5

Garlic ciabatta / 2

Allergy statement: While we make every attempt to keep our food items free of life threatening allergens,  
we cannot guarantee that our products have not come into contact with any allergens.

Please speak with your server about your requirements

# Summer Lunch Menu

## Southern Chicken Sandwich

Coleslaw / smoked cheddar / bourbon BBQ sauce / brioche

14.50

## California Crispy Haddock Wrap

Battered haddock / shaved cabbage diced tomato / avocado / shredded cheddar cilantro & lime crème fraiche

14

## Chipotle Sweet Potato Burrito

Garlic & lime roasted sweet potato corn & shallots / black beans / romaine grilled asparagus / smoked cheddar tomatillo coulis

13

## Prime Rib Panini

Red onion marmalade / smoked cheddar horseradish aioli / multigrain ciabatta

14

## Grilled Chicken BLT

Herb, olive & caper marinated chicken breast hickory smoked bacon / plum tomato & leaf lettuce / creole aioli / garlic toasted ciabatta

14

Above sandwiches & wraps come with your choice of house salad, sweet potato fries or house cut russet fries

Upgrade to a Caesar or Greek salad 2

## Falafel Sliders & Greek Salad

House ground garbanzo falafel / crushed feta tzatziki / plum tomato / leaf lettuce / naan

13

## Kofta Lamb Sliders & Greek Salad

Spiced ground local lamb / spicy pickled vegetables / crushed feta tzatziki / plum tomato / leaf lettuce / naan

14

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

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## U-Club Burger

Ground chuck / leaf lettuce / tomato red onion / pickles / brioche

14

## Plant Based Black Bean Burger

Roasted black beans / grilled corn chipotle roasted almonds pickled vegetables / charred pepper humus

14

Above burgers come with your choice of house salad, sweet potato fries or house cut russet fries  
Upgrade to a Caesar or Greek salad 2

## Wednesday Specials

Burger & Fries or Salad \$12

House Wine \$5

12oz Draught Beer / Cider \$5

Simply Juice \$3

Lemonade, Orange or non-alcoholic Apple Cider

Soup of the day 6.50  
Spiced green lentil soup 6.50  
Fish chowder every Friday 6.50

Daily Dessert 6  
Baklava 7  
Crème caramel 6  
Fresh fruit cocktail 6  
Ice cream parfait 5

Coffee and tea 2.65  
Cappuccino or latte 5.75  
Espresso 4.25  
Pop 3.50  
Simply Orange / lemonade 3.50  
Simply apple cider (nonalcoholic) 3.50  
Perrier 4.50  
Carbonated water 750ml bottle 7  
House red / white wine 6  
6oz Waupoose cider 4.25  
12oz draught beer / Waupoose cider 6  
16oz draught beer / Waupoose cider 7