



SIDE SALADS

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| Organic mixed greens, grape tomatoes, cucumbers, shredded carrot with sherry vinaigrette. | \$ 6.95 |
| Baby arugula, cherry tomatoes, red onion, shaved parmigianno cheese, lemon dressing. | \$ 7.50 |
| Caesar salad, sour dough croutons, double smoked bacon, in-house dressing. | \$ 7.50 |
| Baby spinach, candy pecans, maple glazed pear, parmigianno cheese. | \$ 7.50 |
| Baby spinach, frisee and romaine, strawberries, goat cheese, sherry dressing . | \$ 6.95 |

GRAINS & PASTA SALADS

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| Moroccan couscous, dried prunes, almonds, cumin/honey dressing. | \$ 6.95 |
| Penne pasta, basil pesto, niÇoise olives, cherry tomatoes, feta cheese . | \$ 7.50 |
| Tubetti pasta, tuna, cucumber, lemon mayo. | \$ 7.50 |
| Broccoli salad, golden raisins, shredded carrots, toasted almonds, ginger mayo. | \$ 7.50 |



SANDWICHES

All sandwiches come with a choice of bread: bouliart baguette, flour tortilla, naan, whole wheat or pullman loaf.

Albacore tuna salad with a lemon.	\$ 8.99
Atlantic smoked salmon with caper cream cheese & dill.	\$ 8.50
Traditional egg salad with chives \$7.99	\$ 8.99
Grilled seasonal vegetables with crumbled goat cheese & a white Balsamic reduction.	\$ 7.99
Grilled chicken with sundried tomato pesto.	\$ 10.99
Curry chicken salad with a mango chutney.	\$ 9.99
Sliced kerr farms roast beef with caramelized leeks, mushrooms & pommery mustard.	\$ 11.99
Chicken bacon and avocado.	\$ 10.99

PLATED APPETIZERS

East coast lobster pot pie with corn, peas & mushrooms in a rich béchamel with puff pastry crust.	\$ 16.00
James bay crab salad with papaya chutney, a chervil pesto & English cucumber.	\$ 14.50
Crotin de cauvignon tart with preserved concord grapes, a micro organic green miniature seedling salad with a fig dressing.	\$ 8.75
Kerr farms beef carpaccio with Ontario apple fennel slaw.	\$ 12.00

PLATED APPETIZERS

Entrees do not include a side-dish.

Herb encrusted chicken breast finished with an artichoke garlic puree.	\$ 8.50
Supreme of chicken filled with sautéed spinach, roasted red peppers & caramelized onions in a wild mushroom jus.	\$ 13.99
Beef selections include featuring grilled tenderloin with a merlot shallot jus or barbecued sirloin with a baco noir wild mushroom jus.	\$ 18.99
Veal chop in a green peppercorn cognac sauce with smoked tomatoes.	\$ 24.00
Duo of lamb portolaise dijon herb encrusted rack of lamb & braised lamb shank in a port shallot reduction.	\$ 24.00
Miso ginger glazed salmon with a Norfolk apple fennel slaw.	\$ 15.00
Grilled wild salmon with a sunburst beets & chervil glaze.	\$ 15.00
Pan roasted sable fish with a sweet tomato & vegetable ragout, capers & Meyer lemon confit.	\$ 18.50
Wild mushroom risotto with hand picked northern woods mushrooms & shaved parmesan.	\$ 18.00

ACCOMPANIMENTS

<i>Local Ontario Seasonal Selections</i>	\$ 5.50
Roasted root vegetable ragout.	\$ 5.00
Salt roasted baby redskin potatoes.	\$ 5.00
Garlic whipped potatoes.	\$ 5.25
Sweet potato & Yukon gold mash.	\$ 5.25
French green beans & cookstown heirloom carrots.	

PLATTERS

Grilled vegetables of asparagus, eggplant, red & yellow peppers, zucchini, sweet yams.	\$ 12.00
Tapas & house made dips, roasted red pepper hummus, caramelized onion & spinach, butternut squash & goat cheese, artichoke with roasted garlic & lemon.	\$ 6.50
Canadian artisan cheeses with dried seasonal fruit, fresh berries & cranberry pumpkinseed flat breads.	\$ 15.99
Shaved & cured meats - roast beef, prosciutto, honey roast ham, smoked turkey with cornichon, dijon & pommery mustards.	\$ 14.00
Poached salmon (half or whole) fully garnished with English cucumber, lemon & dill yoghurt accompaniment.	\$ 15.00
Smoked salmon with chive cream cheese, capers, dill & honey mustard.	\$ 14.00



DESSERTS

Selection of assorted Petit Fours	\$ 2.25
Selection of assorted squares	\$ 3.25
Lemon tarts	\$ 4.00
Gourmet cookies	\$ 3.00
Selection of Artisan Canadian Cheese	\$ 15.00

BEVERAGES

San Pellegrino Aranciata (Orange) & Limonata (Lemon)	\$ 2.75
Soft Drinks: Diet Ginger ale, Ginger ale, Coke, Diet Coke	\$ 2.00
Water: Small Fiji	\$ 3.00
Large Fiji Water	\$ 5.50
San Pellegrino (carbonated)	\$ 2.50
Juice: apple, orange, mango	\$ 3.00
Great Cooks Ice Tea	\$ 2.50