



Soups & Salads

Soup of the Day

Ask your server about today's house-made creation. 6

Sweet Corn & Jalapeno Chowder

This delicious soup is both vegan and gluten-free. 6

Fresh PEI Mussels

Served with chunks of Chorizo Sausage and Tomato with Fresh Herbs in a White Wine and Marinara Sauce. 13

Market Salad

Field greens topped with feta cheese, cucumber, onion, sweet pepper, tomato & carrot in our house-made balsamic dressing. 9

Caesar Salad

Crisp romaine lettuce tossed with double-smoked bacon and parmesan cheese in our caesar dressing and topped with a parmesan crisp. 10

Fruit & Nut Salad

Artisan lettuce topped with poached pear, blue cheese, plumped raisins and candied pecans in our house-made honey citrus dijon dressing. 10

Black Bean & Corn Tortilla Salad

Crispy house-made tortilla chips on a bed of romaine lettuce topped with sweet corn, black beans and tomato in a chili ranch dressing. 10

Add the following to any salad...

Roasted Chicken 5, Grilled Vegetables 5, Grilled AAA Striploin 7, Grilled Filet of Salmon 7, Smoked Salmon 7, Sauteed Shrimp 7

Sandwiches

Curried Chicken Salad Wrap

Roasted chicken mixed with yellow Indian curry spices and mayo with diced vegetables and pickles in a grilled flour tortilla. 12

Katana Burger

Our house-made ½ lb burger topped with your choice of either peameal bacon & swiss cheese OR brie cheese with a bacon marmalade. 15



Open-Faced Smoked Salmon

Smoked Norwegian salmon on multigrain bread with guacamole, peppers, grilled pineapple and pickled red onion. 15

Cuban Sandwich

Pulled pork, ham, swiss cheese, dill pickle and garlic dijon mayo served on a demi baguette and grilled in a panini press. 13

Reuben Sandwich

Montreal smoked meat with swiss cheese and sauerkraut grilled on marble rye and finished with a spicy dijon mustard. 13

Portuguese Chicken Sandwich

Piri piri seasoned roasted chicken on a Portuguese bun with field greens, tomato, pickled onion and roasted garlic mayo. 13

All sandwiches served with French Fries or House Salad
Substitute choice of Soup, Caesar Salad or
Sweet Potato Fries with Chipotle Dipping Sauce for 1.50

Entrees

Grilled Filet of Atlantic Salmon

Served on a creamy red beet risotto topped with roasted golden beets. 17

Grilled AAA 8 oz. New York Striploin

Topped with a mushroom peppercorn cream sauce and served with french fries and grilled vegetables. 17

Lemon Pepper Battered Haddock

Served with french fries, coleslaw & remoulade. 17

Roasted Portabello Mushroom

Stuffed with sweet pepper, spinach, tomato & zucchini and topped with panko crumbs & parmesan on a bed of market salad. 15

Hoisin & Rice Noodle Stir Fry

Gluten-free noodles tossed with Asian vegetables in a hoisin stir fry sauce topped with your choice of Grilled Vegetables, Atlantic Salmon, NY Striploin or Sauteed Black Tiger Shrimp. 17