

SOUP

Today's Soup Cup \$3 ½ Bowl \$7

changes like the weather but more accurate than today's forecast, served with house made bread

Today's Cup of Soup & Side Salad \$9 ¾

side salad choice of spinach salad, Greek salad or grilled Caesar salad

SALADS

House \$11 ¾

roasted ham, free range egg, smoked Cheddar, tomato, cucumber, blue cheese dressing

✓ **Spinach** \$8 ¾

fresh fruit, candied pecans, marinated red onion, maple Cheddar, whole grain mustard vinaigrette

✓ **Greek** \$10 ¾

cucumber, goat feta, tomato, Kalamata olives, red onion, yellow pepper, Tzatziki, garlic bread

Caesar \$9 ¾

grilled heart of romaine, prosciutto crisp, Asiago cheese, buttermilk crouton

Tropical Tuna \$13 ¾

Ahi tuna seared med-rare, mango, grilled pineapple, avocado, sweet potato crisps, organic greens
candied pecans, coconut- lime dressing

add to any salad:

herbed lemon butter chicken breast \$6

tiger prawn skewer \$3 ¾

SHARING PLATES

Crab Cakes \$12 ¾

fresh crab, red & yellow pepper, green onion, bread crumbs, chipotle aioli, jicama carrot slaw

✓ **Asian Wontons** \$7 ¾

cream cheese, rice, onion, mushroom, carrot, garlic, gingered sesame soy sauce

✓ **Bruschetta** \$9 ¾

roasted grape tomatoes, onion pepper relish, goat cheese, fresh basil, balsamic glaze

✓ **Roasted Garlic and Baked Brie Spread** \$8 ¾

roasted whole bulb of garlic, fresh pineapple-mango salsa, baked Brie, house made bread

Steamed Mussels \$11 ¾

choice of sauce: white wine, garlic and fresh herb sauce, house made bread
spicy chorizo & tomato herb sauce, house made bread

BOWLS

Beef Bowl \$14 ¾

grilled beef skewer, Greek salad, Tzatziki, basmati rice, garlic toast

Coconut Curry Chicken \$12 ¾

grilled boneless skinless chicken breast, Shanghai bok choy, fresh pineapple salsa
coconut curry sauce, basmati rice, topped with cashews

Jambalaya \$13 ¾

grilled tiger prawn skewer, spicy chorizo sausage, hickory smoked chicken, roasted ham
sweet bell peppers, red onions, tomato sauce, basmati rice, fresh salsa, sour cream, cilantro

✓ 100% Vegetarian Dish

May 31, 2010

SANDWICHES & BURGERS

- all sandwiches & burgers are served with your choice of today's soup or spinach salad
substitute grilled Caesar salad or Greek salad \$2

Grilled Ham & Swiss Panini \$11 ¾

tomato, pineapple-mango salsa, focaccia bread

✓ **Grilled Vegetable Sandwich on Rye** \$10 ¾ Half Sandwich \$8

avocado, roasted tomato, peppers, onion, spinach, goat cheese, Swiss cheese, balsamic reduction

Bison Burger \$12 ¾

smoked Cheddar, tomato, marinated red onion, chipotle dressing, whole grain mustard, herbed bun

Baked Chicken and Brie \$13 ¾

apple onion chutney, spinach, balsamic, served open face on focaccia bread

Grilled Ryebein \$11 ¼

corned beef, Swiss cheese, whole grain mustard, coleslaw, rye bread

BBQ Chicken Burger \$11 ¾

signature BBQ sauce, spinach, roasted tomato, chipotle dressing, herbed bun

LUNCH ENTREES

- all lunch entrees are served with your choice of today's soup or spinach salad
substitute grilled Caesar salad or Greek salad \$2

Wild Sockeye Salmon \$14 ¾

grilled medium, moist, maple butter glaze

✓ **Vegetarian Frittata** \$12 ¾

oven baked eggs, Swiss cheese, sautéed onions, bell peppers, mushroom, spinach, tomato, roasted potatoes

Grilled Angus Beef \$15 ¾

6 oz. New York strip loin, peppercorn sauce, served open face on garlic toast

HAND MADE PASTA

- served with garlic toast & choice of pasta:

fettuccine - hand made from semolina flour, eggs, olive oil & water

spaghetti - hand made from 100% whole wheat flour, eggs, olive oil & water

Seafood \$15 ¾

tiger prawn skewer, baby shrimp, wild Sockeye salmon, fresh mussels

rosé cream sauce, sweet bell pepper, sunflower sprouts

Chicken & Chorizo \$14 ¾

hickory smoked chicken, spicy chorizo sausage

herb garlic cream sauce, grape tomatoes, sweet bell pepper, Asiago cheese, sunflower sprouts

✓ **Mediterranean** \$13 ¾

Kalamata olives, capers, spinach, sweet bell pepper

roasted tomato and pesto dressing, goat feta, sunflower sprouts

✓ **Alfredo** \$10 ¾

garlic cream sauce, Asiago cheese, sunflower sprouts

add herbed lemon butter chicken breast \$6