

GREAT BEGINNINGS

OUR SOUPS 8

cream of mushroom carrot ginger
squash zucchini garden vegetable

FRENCH ONION SOUP 11

BREADED MOZZARELLA STICKS 10

SPINACH RICOTTA WONTONS 10

SALMON FLATBREADS 12

BRUSCHETTA 6

+ cheese add 3.00

VIETNAMESE SPRING ROLLS 10

grilled kani, fresh vegetables

SALMON POPPERS 11

EGG ROLLS 6

THE BREAD BASKET

AVOCADO VEGGIE PANINI 19

greens, sautéed pepper & onion, cheese mix, tomato pesto sauce.
drizzled with Chipotle mayo

PHILLY STEAK SANDWICH / WRAP 22

grilled fresh tuna, mushrooms & onions
+ add cheese \$2

CRISPY SALMON BLT 20

Battered salmon topped with Lettuce & Tomato on a ciabatta

BURGER 'N BEYOND 20

veggie burger, sautéed onion, avocado, cheese, poached egg

MEDITERRANEAN WRAP 17

grilled veggies, sautéed onions, pesto, cheese

GRILLED SALMON WRAP 22

grilled salmon fillet, grilled veggies, house sauce

TUNA WRAP 16

+ spicy tuna \$17

GREEK WRAP feta, olives, tomatoes, cucumber, peppers 18

VEGGIE OMELETTE WRAP 19

SPINACH FETA WRAP 19

roasted peppers, mozzarella, red onion, portobello mushroom

TUNA MELT 16

PORTOBELLO GRILLED CHEESE 20

pesto sauce, cheese mix.

GARDEN FRESH

PEACHES 'N GREENS 18

mixed greens, grill peaches, fruit, feta, candied nuts

GRILLED ROCKPORT SALAD 18

romaine, grilled pear, grapes, raisins, feta

MORNING GLORY SALAD 20

mixed greens, grilled pineapple, grapefruit, mango, avocado,
goat cheese (warm breaded on request)

HEARTY QUINOA SALAD 17

mixed greens, apples, pomegranate seeds, sunflower seeds

MARKET SALAD romaine, portobello mushroom, 18

roasted beets, chickpeas, snap peas, avocado, salad topping

THE POWER BOWL mixed greens, quinoa, chickpeas, 17

roasted beets, radishes, blueberries, almonds, hemp hearts

TEX MEX MIX crispy sweet potato, smoked corn, quinoa, 18

cauliflower, cucumber, tomato, beans, hemp hearts

SPINACH SALAD baby spinach, sliced mushrooms, 16

mandarins, red onion, sunflower seeds

SPINACH COMBO baby spinach, sweet potato, grilled 17

fennel, portobello mushrooms, quinoa, sundried tomatoes, seeds

GREEK SALAD romaine, black olives, tomatoes, 18

cucumber, peppers, feta, vinaigrette
anchovies on request

CLASSIC CAESAR SALAD 16

freshly grated parmesan upon request

SALAD TOPPERS

Warm Breaded Goat Cheese 6

Feta Cheese 6

Blue Cheese 7

Grilled Fresh Tuna 9

Grilled Fresh Salmon 9

Grilled Tofu 5

Scoop of Solid WhiteTuna 5

Slice of Lox 6

Poached Eggs (2) 5

EGGS YOUR WAY

served with choice of side salad or fries

Top Any Egg:

\$3 each: Onions / Peppers / Portobello Mushrooms / Tomatoes

\$4 each: Feta / Mozzarella

Omelette/Scrambled/Poached/Over Easy
Egg White add \$2

BASIC 12

GREEK feta, onions, peppers, olives 17

SMOKED SALMON pieces of lox & onions 17

SHAKSHUKA two poached eggs in a rich tomato sauce. 18
+ specify: mild or spicy

SHAKSHUKA with Feta 20

ON THE SIDE

FRENCH FRIES

regular fries 6

potato wedges 7

sweet potato fries 7

spicy fries 7

BASMATI RICE 6

GRILLED VEGETABLE 6

KIDS CORNER

GRILLED CHEESE 12

PANCAKES 11

PIZZA BAGEL 13

FRENCH TOAST 12

MACARONI & CHEESE 15

PIZZA AND PANZAROTTI

CLASSIC mozzarella cheese & house tomato sauce 17

SUNNY SIDE 20

over easy egg, sundried tomato, arugula, pesto, three cheese mix

MEDITERRANEAN 20

mozzarella, feta, grilled eggplant, peppers, sundried tomatoes

ALFREDO 20

alfredo sauce, sautéed mushrooms, caramelized onions, spinach.
three cheese mix

BRUSCHETTA 20

house pizza sauce, tomatoes, red onion, herbs, fresh mozzarella

GREEK 20

mozzarella, feta, olives, onions, peppers, tomatoes

PESTO 20

mozzarella, basil pesto, spinach, red onion, mushrooms

PORTOBELLO 20

grilled portobello mushrooms, sundried tomatoes, sautéed onions,
marinara pesto sauce, three cheese mix

GRILLED VEGETABLE 19

mozzarella, peppers, zucchini, onions

INTERNATIONAL

CHEESE BLINTZES 16

POUTINE french fries topped with gravy & melted cheese 12
+ \$3 each: cheese curds/mushrooms/onions

POTATO SKINS cheese sauce & baco bits 12

EGGPLANT PARMESAN 17

MUSHROOM CREPES 17

QUICHE OF THE DAY 16

STIR FRY served over basmati rice / shanghai noodles / tofu 18

TUNA SHANGHAI 21

stir fried Shanghai noodles,
topped with a meaty flavoured grill tuna & mushroom mix

PASTA PLEASURES

White / Whole Wheat / Zoodles

★ add Grilled Salmon / Grilled Tuna \$ 9

★ can be served with Grated Parmesan Cheese. Please ask

MANICOTTI filled with spinach, ricotta, parmesan 21

FETTUCCINE PRIMAVERA 20
creamed sauce, grilled veggies

FETTUCCINE CON FUNGI 21
garlic spiced exotic mushroom mix, fine herbs, creamy cheese sauce

FETTUCCINE ALFREDO 20

RAVIOLI CON VODKA 20

PENNE AMATRICIANA 21
lightly breaded eggplant, garlic, zucchini
tossed in a tomato basil sauce

PESTO PENNE a la creme 20

PENNE ROSÉ 20
+ spicy rose add 3.00

ZUCCHINI ZOODLE ALFREDO with salmon bits 19

COLD QUENCHERS

FRUIT SMOOTHIE 8

MILK SHAKE vanilla / chocolate / mixed / strawberry / 8
caramel / cappuccino / coffee / cookies'n cream

ICE COFFEE 7

SNAPPLE 5

CHOCOLATE MILK 5

BOTTLED SPARKLING WATER 5

SOFT DRINKS 4

BOTTLED STILL WATER 3

FROM THE SEA

★ Served with House Soup (not including fish 'n chips)

★ Served with Daily Fresh Side & Market Vegetable
(not including fish 'n chips)

BRANZINO herb infused whole fish 41

PECAN CRUSTED TROUT with honey maple glaze 32

PISTACHIO CRUSTED SALMON 32
with beurre blanc sauce

CEDAR PLANK SALMON maple glaze sauce 32

GRILLED SALMON FILLET 32
honey mustard or teriyaki sauce

SEARED TUNA STEAK 39

SESAME CRUSTED TUNA STEAK 39

CHILEAN SEA BASS drizzled with choron sauce 45

TILAPIA A LA PROVENÇAL 32
grilled, topped with capers, olives, sautéed onions

TILAPIA BEURRE BLANC white wine butter sauce 32

FISH'N CHIPS served with cole slaw 24

HOT QUENCHERS

BREWED COFFEE 3
regular / vanilla / caramel / cinnamon

CAPPUCCINO regular / vanilla / caramel / cinnamon 6

CAFÉ AU LAIT regular / vanilla / caramel / cinnamon 6

TEA try our selection of herbal teas 3

HOT CHOCOLATE 4

AFFOGATTO

a swirl of soft ice cream drowned in freshly brewed espresso 9.00

ASK FOR OUR DESSERT MENU