



APPETIZERS

WARM PRETZEL 9.5 DFO

Served with mustard mayo

CST POUTINE 16.25 GF•DFO

Sub Daiya cheese and veggie gravy +4 /
Add premium bacon +4.25 / Italian chicken
+8.25 / shawarma beef +8.25

CHICKEN WINGS 19.5 GF•DF

Salt & Pepper / BBQ / Korean / Buffalo /
Moroccan Spice / Frank's RedHot
served with ranch or blue cheese

CRISPY CALAMARI 18.25 DFO

Served with naan and tzatziki

CST CHARCUTERIE 19.25 GFO

Smoked cheddar, herb cream cheese spread,
Genoa salami, house-smoked salmon, fried
capers, marinated artichokes, red grapes,
microgreens, pickled onions and focaccia
crostini

TUNA PONZU 16.25 GFO•DFO

Sesame-crusted ahi tuna with crispy
wonton chips and microgreens
Add grilled pineapple +2 / rice +3

SWEET CHILI TOFU 15.75 GFO•DF

Lightly-breaded and fried organic tofu, tossed
in sweet chili garlic sauce, with sesame seeds,
scallions and crispy wontons

MT. NACHINGTON 23.75 GF•DFO

Housemade tortilla chips, jack cheese,
tomatoes, black beans, and pickled jalapeño
topped with lime crema drizzle and cilantro,
served with pico de gallo and sour cream
Add guacamole +4.25 / Italian chicken +8.25 /
shawarma beef +8.25 / sub Daiya cheese +3

MANGO ROCKET PRAWNS 18.25

Crispy jumbo prawns, spicy mango purée,
lime crema, apple coleslaw

COD BITES 20.25 DF

Panko-breaded cod served with fries, tartar
sauce and apple coleslaw



BOWLS

ROASTED WINTER VEGETABLE

19.25 GF•DFO

Served on brown basmati almond rice with
crumbled feta and a red pepper glaze
Add Italian chicken +8.25 / smoked salmon
+10.25 / marinated ahi tuna +10.25 /
Spolumbo's Chicken Apple Sausage +8.25

SHAWARMA BEEF 25.25 GFO•DFO

Shredded beef and roasted vegetables on
turmeric jasmine rice topped with spiced
yogurt, fresh cilantro and lime, served with
garlic butter naan
Vegetarian option: Sub falafel

MANGO CHICKEN 23.75 GF•DF

Crispy ginger sesame chicken served over
jasmine rice with mango, cucumber, red
pepper kimchi and a Hollyhock drizzle

PRAWN ALFREDO 23.75 GFO

Fresh prawns, penné pasta in a white wine
bacon Alfredo sauce topped with cherry
tomato, basil and parmesan cheese served
with garlic bread

TUNA POKE 25.25 GF•DF

Seared-rare ahi tuna served over jasmine
rice with cucumber, pickled onions,
microgreens and Sriracha mayo
Add grilled pineapple +2 / steamed
edamame +3

GINGER BEEF 25.25 DF

Crispy ginger beef tossed in sweet ginger
sauce, served over jasmine rice with house
kimchi, broccoli, crispy wontons, green
onions and sesame seeds



GREENS

CHICKEN CAESAR

22.25 GFO•DFO

Dijon-garlic dressing, parmesan cheese,
croutons, topped with oven-roasted
Italian chicken

CAPRESE SALAD 16.25 GF•DFO

Kale, romaine, marinated bocconcini,
artichokes, cherry tomatoes, basil,
cucumber, red onions, and carrots, with a
house-made herb Italian dressing

Add to your salad: Premium bacon +4.25 /
Italian chicken +8.25 / smoked salmon +10.25
/ marinated ahi tuna +10.25 / falafel +6 /
shawarma beef +8.25 / Spolumbo's Chicken
Apple Sausage +8.25 / fresh prawns +10.25

BRUNCH

Served from 11:30am to 3pm

BREAKFAST BOWL 18.5 GF•DFO

Red jacket potatoes, Spolumbo's Chicken
Apple Sausage, roasted red peppers, topped
with scrambled eggs and mixed cheese

BREAKFAST SANDWICH

16.75 GFO•DFO

Toasted potato bun, scrambled egg, smoked
cheddar, BBQ mayo, tomato slice, spinach,
served with red jacket potatoes

CHICKEN & WAFFLES 17

Our crunchy chicken strips served with
waffles, whipped cream, strawberries and
maple syrup

Add to your breakie: Spolumbo's Chicken
Apple Sausage +8.25 / premium bacon +4.25 /
guacamole +2



HANDHELDS

Served with your choice of fries, mixed greens, Caesar salad, house-made
kettle chips or daily soup; Sub poutine +4 / sub gluten-free bun +2

FILBURGER 20.75 GFO•DFO

Pressed organic beef patty with lettuce,
tomato, red onion, cheddar cheese and
burger sauce on a potato bun
Add guacamole +2 / grilled pineapple +2 /
premium bacon +4.25 / second beef patty +6

**Or make your Filburger a BCB! +5 with BBQ
sauce, sautéed onions, and premium bacon**

KOREAN CHICKEN BURGER

21.25 DFO

Crispy sweet chili chicken breast, kimchi,
pickled onions, cucumber and chili mayo on
a potato bun

BIG CRUNCH CHICKEN STRIPS

18 GFO•DFO

Extra crispy and tossed in your choice of
sauce: BBQ / Korean / Buffalo / Frank's
RedHot, served with ranch or honey mustard

MISO SALMON BURGER

18.25 GFO•DFO

Pacific salmon filet topped with a herb
miso paste, served on a potato bun with
coleslaw, red onion and tartar sauce

BLACK BEAN VEGGIE BURGER

17.25 GFO•DFO

Sautéed onions, lettuce, tomato, pickles
and goat cheese served on a potato bun
with guacamole and burger sauce

BEEF DIP 19.75 GFO•DFO

Vienna bun, horseradish mayo, oven
roasted AAA beef, sautéed onions, au jus

SALSICCIA CALZONE 22.75

Spolumbo's Chicken & Apple Sausage,
sauteed red onions, fire roasted peppers,
and tomatoes, Italian cheese, fresh basil
marinara



ASK YOUR SERVER

Ask us about our daily soup
and sandwich feature