

# MAIN COURSES

**V** =Vegetarian-Friendly

**VE** =Vegan Friendly (Our Vegan Cheese Contains Nuts)

**GF** =Gluten Friendly

## ~~~ PASTA ~~~

**House-Made Sauces w/ Choice of Organic Penne or Gemelli Noodles**

Sub Tortellini +2 Extra Protein +4 Extra Cheese +2 Sub Gluten Free Pasta +2

### **NEW** CREAMY ALFREDO WITH SPINACH

Creamy Alfredo Sauce made with Authentic Parmigiana Reggiano.& sauteed Baby Spinach Leaves, with choice of pasta & starter salad. Served with Garlic Bread.

**V** Vegetarian **15** Lemon & Herb Chicken Breast **18** Shrimp **20**

### **NEW** PESTO ALFREDO WITH SPINACH

Zingy Basil Pesto\* Alfredo Sauce with choice of pasta & starter salad. Served with Garlic Bread. (PESTO CONTAINS PINE NUTS)

**V** Vegetarian **15** Lemon & Herb Chicken Breast **18** Shrimp **20**

### **NEW** BAKED BOLOGNESE

Our Rich and Flavourful Bolognese (Meat) Sauce with choice of pasta, Baked with Plenty of Melted Cheese & starter salad. Served with Garlic Bread.

**18**

## QUESADILLAS

All Quesadillas Served with Choice of Side:  
**Potato Wedges, Garden Salad, or Caesar Salad**

Sub: Poutine +4 Onion Rings +2 Tater Tots +1 Rosemary Fries / Garlic Fries+1  
Add Bacon +2 Extra Cheese +2 Add Mushrooms +2 Add a Dip +1.50  
Add Guac +3 Add Gravy +1.50

## BURGERS, SANDOS AND WRAPS

All Burgers, Sandwiches & Wraps Served with Choice of Side:  
**Potato Wedges, Garden Salad, or Caesar Salad**

Sub: Poutine +4 Onion Rings +2 Tater Tots & Salsa +1  
Rosemary Fries / Garlic Fries+1 Add Bacon +2 Extra Cheese +2  
Add Mushrooms +2 Add a Dip +1.50 Add Guac +3 Add Gravy +1.50

### **THE MUSHROOM ROYALE** **20**

Insanely Juicy Grilled 6oz Prime Rib Patty, Topped with Sauteed Mushrooms, Bacon & Melted Cheese, plus Lettuce, Tomato, Onion Ring, Pickle, House-Made Burger Sauce on a Toasted Sesame Seed Bun and choice side.

### **PRIME RIB CHEESEBURGER** **17.50**

Insanely Juicy Grilled 6oz Prime Rib Patty, Lettuce, Tomato, Onions, Melted Cheese, Pickles, House-Made Burger Sauce on a Toasted Sesame Seed Bun and choice side.

### **SMOKEHOUSE BACON CHEESEBURGER** **18.50**

Insanely Juicy Grilled 6oz Prime Rib Patty, 2 Strips Bacon, Lettuce, Tomato, Onions, Cheese, Pickle, BBQ Sauce & House-Made Burger Sauce on a Toasted Sesame Seed Bun and choice side.

### **NEW** ROAST BEEF FRENCH DIP **17.50**

Slow Cooked & Succulent Rosemary Garlic AAA Roast Beef on a Soft & Crusty Ciabatta Bun slathered in Tangy Horseradish Mayonnaise. Served with Au Jus for dipping, and choice side.

### **CRISPY CHICKEN BURGER** **17.50**

Super Flavourful House-Breaded Chicken Breast Filet, Lettuce, Tomato, Onion, Pickle & Chipotle Mayo, on a Toasted Sesame Seed Bun and choice side..

### **FAR OUT FALAFEL BURGER** **VE** **15**

Fresh, Herbaceous, Flavourful, House-made Falafel, Lettuce, Tomato, Pickles, Onion & Guacamole on a Toasted Sesame Seed Bun and choice side.

### **FAR OUT FALAFEL WRAP** **VE** **16**

Crispy, Herbaceous, House-made Falafel, Lettuce, Tomato, Green Onion, Cilantro, Cucumber, Bell Peppers, Avocado-Ginger Dressing in a Wheat Tortilla with choice side.

### **GARDEN CHICKEN WRAP** **17**

Romaine, Choice of Crispy or Seasoned Broiled Chicken, Lettuce, Tomato, Green Onion, Cilantro, Cucumber, Bell Peppers, Avocado-Ginger Dressing, in a Wheat Tortilla with choice side.

### **CHICKEN BACON CAESAR WRAP** **18**

Romaine, Seasoned Broiled Chicken, Croutons, House-made Caesar Dressing, Bacon, Real Parmigiana Reggiano, in a Wheat Tortilla with choice side.

### **GRILLED CHICKEN** **19**

Juicy Chicken Breast, Bell Peppers, Green Onion, Cilantro, Garlic Sauce & Cheese in a Crispy Flour Tortilla. Served w/ Salsa, Guac & Sour Cream and choice side.

### **GRILLED BEEF** **18**

Tex-Mex Beef, Bell Peppers, Green Onion, Garlic Sauce, Cilantro & Cheese in a Crispy Flour Tortilla. Served w/ Salsa, Guac & Sour Cream and choice side.

### **BLACK BEAN & CHEESE QUESADILLA** **V** **17**

Fried Black Beans, Bell Peppers, Green Onion, Garlic Sauce, Cilantro & Cheese in a Crispy Flour Tortilla. Served with Salsa, Guac & Sour Cream and choice side.

### **VEGAN BEAN QUESADILLA** **VE** **16**

Black Beans, Vegan Queso (CONTAINS NUTS), Tomato, Bell Peppers, Green Onion, Garlic Sauce & Cilantro in a Crispy Flour Tortilla. Served with Salsa & Guacamole and choice side.

## SALADS

Healthy, Nutritious and VERY filling!

### **GARDEN SALAD** **GF** **V** **VE** **STARTER SIZE 7**

Romaine, Tomato, Bell Pepper & Cucumber with House-Made **MEAL SIZE 15**  
Creamy Avocado-Ginger Dressing (VEGAN). Croutons on request only.  
Add Chicken, Bacon, or Falafel +4

### **FIESTA SALAD BOWL** **GF** **V** **VE** **20**

Massive Bowl of Romaine Lettuce, Fried Black Beans, Fresh Veggies, Avocado-Ginger Dressing, Feta Cheese and Topped with Fresh Corn Chips and your choice of Protein: Beef, Chicken, Falafel (vegan/GF) or Double the Beans (vegan/GF). Served with Salsa, Guacamole and Sour Cream.

**VEGAN OPTION:** Remove Cheese & Sour Cream

### **CHICKEN BACON CAESAR SALAD** **GF** **20**

Grilled Seasoned Chicken Breast, Romaine, Real Parmigiana, Bacon, Croutons, Tossed in Creamy House-Made Caesar Dressing.

**GLUTEN FRIENDLY:** Remove Croutons

## DESSERT

**STRAWBERRY SHORTCAKE CAKE**  
**WITH ICE CREAM OR WHIPPED CREAM..... 6.95**