

SHARE

TUNA POKE 🌱 rare ahi tuna, avocado, nori crisps, ginger, spring onions, ponzu (90 Cals per serving, 3 servings) 15¼

KOREAN FRIED CAULIFLOWER 🌱 spicy gochujang pepper sauce, jalapeno lime dip (230 Cals per serving, 3 servings) 11¾

CALAMARI + tempura shrimp, sriracha aioli & sweet chili sauce (300 Cals per serving, 3 servings) 15¼

DRY RIBS biryani (530 Cals per serving, 3 servings) or salt & pepper (510 Cals per serving, 3 servings) 13¾

CHICKEN WINGS (360-620 Cals per serving, 3 servings) 14½ *add veggies & dip (60 Cals) 1½*

SUSHI CONES tempura shrimp, fresh avocado, nori, ponzu (210 Cals per serving, 3 servings) 15¾

SPICY TUNA ROLL 🌱 hand-rolled tempura sushi, spicy ahi tuna, soy sauce (220 Cals per serving, 2 servings) 15

TABLESIDE FRESH SMASHED GUACAMOLE 🌱 fresh white corn chips & salsa fresca (210 Cals per serving, 3 servings) 12½

MOSAIC DIP 🌱 goat cheese, mushrooms, tomatoes, warm baked naan, white corn chips (200 Cals per serving, 4 servings) 15¾

BRUSCHETTA 🌱 (130 Cals per serving, 3 servings) 11¼

NASHVILLE HOT CHICKEN buttermilk fried chicken, spicy pepper sauce & quick pickles (370 Cals per serving, 3 servings) 15

LETTUCE WRAPS 🌱 fresh veggies, cashews, chow mein noodles, ginger soy glaze (140 Cals per serving, 3 servings) 15 *add chicken (40 Cals per serving, 3 servings) 5¾*

DOUBLE CHEESE NACHOS 🌱 (480 Cals per serving, 4 servings) 18¾ **FOR ONE OR TWO** (500 Cals per serving, 2 servings) 14¾ *add beef (490 Cals) or pulled chicken (240 Cals) 5¾* *add fresh guacamole (130 Cals) 3*

PIZZA

RUSTIC ITALIAN prosciutto & pancetta, caramelized onions, pepperoncinis, pulled short rib (150 Cals per serving, 8 servings) 17¾

MARGHERITA 🌱 fresh basil, bocconcini, rustic tomato sauce, olive oil (110 Cals per serving, 8 servings) 15¼

SOUPS + SALADS

BROCCOLI CHEESE SOUP (360 Cals) 8½ **OR** **FEATURE SOUP** (140-410 Cals) 8½ *our soups are served with a garlic ciabatta baguette (280 Cals)*

STARTER MARKET SALAD 🌱 artisan greens, fresh veggies, edamame, toasted pumpkin seeds (130 Cals) + red wine vinaigrette (130 Cals) 8½

STARTER CAESAR SALAD (150 Cals), caesar dressing (200 Cals) 8½

CAESAR SALAD (210 Cals), caesar dressing (340 Cals) + garlic ciabatta baguette (280 Cals) 11 *add grilled chicken (270 Cals) 5¾* *add salmon (300 Cals) 9*

KALE & QUINOA SALAD toasted pumpkin seeds, dried currants, grana padano (490 Cals) + lemon vinaigrette (260 Cals) 15 *add grilled chicken (270 Cals) 5¾* *add salmon (300 Cals) 9*

STEAK SALAD marinated sirloin, fresh greens, quebec goat cheese, grape tomatoes (270 Cals), spicy vinaigrette with a hint of clamato (60 Cals) + goat cheese crostini (140 Cals) 22

SALMON & AVOCADO COBB SALAD fresh salmon, crisp iceberg lettuce, bacon, cage-free boiled egg, feta (1030 Cals) + peppercorn ranch & sundried tomato dressing (280 Cals) 20½

SEARED GINGER TUNA SALAD 🌱 rare ahi tuna, edamame, daikon, avocado, cashews (500 Cals) + cucumber ponzu emulsion (70 Cals) 21½

soy protein option (200 Cals) available upon request

STEAKS

SIRLOIN 7oz certified angus beef (cab®) (370 Cals) 27¾ *add madagascar peppercorn brandy sauce (240 Cals) 3½*

HONEY GARLIC SIRLOIN 9oz AAA, our unforgettable marinated sirloin (360 Cals) 29¾

MUSHROOM SIRLOIN 7oz cab® sirloin, creamy madeira sauce + pan roasted cremini mushrooms (730 Cals) 31¾

NEW YORK 10oz AAA (580 Cals) 36½

PEPPERCORN NEW YORK 10oz AAA with madagascar peppercorn brandy sauce (820 Cals) 39¾

TENDERLOIN FILET 6oz AA classic grilled filet with red wine demi glace (590 Cals) 38

SIRLOIN & SHRIMP 7oz cab® sirloin + garlic butter shrimp (520 Cals) 36½

OUR FISH IS SOURCED FROM ENVIRONMENTALLY RESPONSIBLE FISHERIES

MAINS

SPANISH COD & SHRIMP seared cod filet with mediterranean tomato broth & poached baby shrimp, salsa verde (770 Cals) 28

LEMON BASIL SALMON fresh salmon, ancient grains, lemon herb sauce + fresh seasonal vegetables (850 Cals) 28

CHIPOTLE MANGO CHICKEN sweet & smoky dry rub, lemon quinoa, seasonal vegetables, fresh avocado & salsa fresca (960 Cals) 25

OVEN ROASTED FREE-RUN CHICKEN seasoned flour, herbed goat cheese, lemon herb sauce, fresh seasonal vegetables, ancient grains (1090 Cals) 25

SLOW-ROASTED BABY BACK RIBS fall off the bone tender, roasted baby potatoes & creamy cabbage slaw half rack (1260 Cals) 25¾ full rack (1930 Cals) 32½

CHICKEN + RIBS half rack of ribs, spice rubbed chicken, roasted baby potatoes & creamy cabbage slaw (1520 Cals) 31 *add second chicken breast (190 Cals) 5¾*

100% OF OUR STEAKS COME FROM CANADIAN RANCHES. OUR STEAKS ARE GRAIN FED, AGED A MINIMUM OF 32 DAYS FOR SUPERIOR FLAVOUR & TENDERNESS

served with fresh seasonal vegetables (110 Cals) + **your choice of side:**
roasted baby potatoes (320 Cals)
stuffed baked potato with mashed potatoes, cream cheese, green onion & bacon (480 Cals)
lemon quinoa (390 Cals)

ADD ON . . .

mushroom skillet (700 Cals) 6
garlic butter shrimp (180 Cals) 8¾
madagascar peppercorn brandy sauce (240 Cals) 3½

PASTA + RICE

CHICKEN MADEIRA RIGATONI pan roasted chicken, creamy mushroom & madeira wine sauce, fresh rosemary, lemon butter (1460 Cals) + garlic ciabatta baguette (280 Cals) 22

HERB ALFREDO grana padano, penne, asiago cream, chives (1170 Cals) + garlic ciabatta baguette (280 Cals) 15½ *add chicken (100 Cals) 5¾*

SHRIMP LINGUINE half baby lobster tail, shrimp, rustic tomato sauce (1010 Cals) + garlic ciabatta baguette (280 Cals) 24½

CHICKEN ENCHILADAS guacamole, sour cream & salsa fresca (870 Cals) 19¾

MISO RAMEN 🌱 miso broth, traditional ramen noodles, chili garlic, sesame oil, gai lan, shiitake mushrooms, scallions & soft boiled egg (490 Cals) 16 *add pork belly (240 Cals) 5* *add shrimp (120 Cals) 5¾*

RED THAI CURRY stir-fried veggies (580 Cals), jasmine rice (350 Cals) + curry-buttered naan (260 Cals) 16 *add chicken (100 Cals) or shrimp (110 Cals) 5¾*

BEEF VINDALOO marinated sirloin, yogurt drizzle (870 Cals), jasmine rice (350 Cals) + curry-buttered naan (260 Cals) 20

soy protein option (200 Cals) available upon request

WE ALWAYS USE CAGE-FREE EGGS & FREE-RUN CHICKEN FROM CANADIAN FARMS, RAISED WITHOUT THE USE OF HORMONES OR STEROIDS

not all ingredients are listed, please advise your server about food sensitivities & ensure you speak to a manager regarding severe allergies

BURGERS

beef burgers are served on a toasted sesame brioche bun & topped with lettuce, tomatoes, red onions & pickles + served with fries (660 Cals) unless a substitution is requested *substitute gluten-free bun (-20 Cals) 1*

BLACKENED CHICKEN BURGER crisp pancetta bacon, cheddar, roasted garlic mayo (820 Cals) 16¾

PORTOBELLO VEGGIE BURGER 🌱 marinated full mushroom cap, aged white cheddar & fresh herbs (630 Cals) 16

THE BURGER hand-formed chuck & brisket patty, red relish, pickled mustard seed mayo (770 Cals) 16 *add your favourite toppings 1½ each* *bacon (270 Cals)* *aged white cheddar (90 Cals)* *sautéed mushrooms (60 Cals)*

LETTUCE "BUN" BURGER our hand-formed burger, red relish, pickled mustard seed mayo, fresh iceberg lettuce (520 Cals) 16¾

LOADED BURGER aged white cheddar, american cheddar, red relish, pickled mustard seed mayo, sautéed mushrooms, bacon & bbq sauce (1270 Cals) 18¾

OUR BURGERS ARE HAND-FORMED USING CHUCK AND BRISKET FROM CATTLE RAISED WITHOUT THE USE OF HORMONES OR STEROIDS

HANDHELDS

served with fries (660 Cals), unless otherwise indicated

STREET TACOS pulled chicken, soft corn & wheat taco shells, refried beans, chipotle yogurt, salsa fresca (420 Cals) 15½

FISH TACOS chipotle lime haddock, soft corn & wheat taco shells, corn salsa, avocado, spicy sour cream (580 Cals) 15¾

SOUTHERN FRIED CHICKEN SANDWICH cabbage slaw, cheddar cheese, quick pickles (1300 Cals) 17¼

BEEF DIP house-roasted beef, pretzel bun, sautéed mushrooms, horseradish aioli, swiss cheese, au jus (950 Cals) 16¾

DOUBLE STACKED TURKEY CLUB roasted turkey, crisp bacon, fresh lettuce, tomato, mayo, cheddar, toasted multi-grain (650 Cals) 16

LUNCH COMBO half sandwich with side soup or salad 14½
soup (100-270 Cals) side salad (170-230 Cals)
half turkey club (330 Cals) half beef dip (480 Cals)

CHICKEN TENDERS (800-890 Cals) 15½

BUTCHER'S CUT STEAK SANDWICH cab® sirloin, open faced with sautéed mushrooms, caramelized & crispy onions, fresh arugula, sriracha bbq, garlic ciabatta (540 Cals) 21¾

substitute sweet potato fries (750 Cals) 3
substitute soup (100-270 Cals) 2
substitute salad (170-230 Cals) 2

🌱 vegetarian items

🌊 **ocean wise.** A SUSTAINABLE CHOICE

Informed Dining ⓘ nutritional information available

adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day; however, individual needs vary