

SHARE

TUNA POKE 🌱 rare ahi tuna, avocado, nori crisps, ginger, spring onions, ponzu (90 Cals per serving, 3 servings) 12.99

KOREAN FRIED CAULIFLOWER 🌱 spicy gochujang pepper sauce, jalapeno lime dip (230 Cals per serving, 3 servings) 11.99

CALAMARI + tempura shrimp, sriracha aioli & sweet chili sauce (300 Cals per serving, 3 servings) 13.99

BRUSCHETTA 🌱 (130 Cals per serving, 3 servings) 10.99

CHICKEN WINGS (360-620 Cals per serving, 3 servings) 13.99
add veggies & dip (60 Cals) 1.5

DRY RIBS biryani (530 Cals per serving, 3 servings) or salt & pepper (510 Cals per serving, 3 servings) 12.99

SUSHI CONES tempura shrimp, fresh avocado, nori, ponzu (210 Cals per serving, 3 servings) 15.99

SPICY TUNA ROLL 🌱 hand-rolled tempura sushi, spicy ahi tuna, soy sauce (220 Cals per serving, 2 servings) 13.99

TABLESIDE FRESH SMASHED GUACAMOLE 🌱 fresh white corn chips & salsa fresca (210 Cals per serving, 3 servings) 11.99

MEDITERRANEAN DIP 🌱 hummus, garlic cream, chickpeas, tomatoes, fresh herbs & rosemary flatbread (340 Cals per serving, 3 servings) 11.99

NASHVILLE HOT CHICKEN buttermilk fried chicken, spicy pepper sauce & quick pickles (370 Cals per serving, 3 servings) 14.99

LETTUCE WRAPS 🌱 fresh veggies, cashews, chow mein noodles, ginger soy glaze (140 Cals per serving, 3 servings) 13.99
add chicken (40 Cals per serving, 3 servings) 5.99

DOUBLE CHEESE NACHOS 🌱 **SHARE PLATTER** (480 Cals per serving, 4 servings) 19.99

FOR ONE OR TWO (500 Cals per serving, 2 servings) 14.99

add beef (490 Cals) or pulled chicken (240 Cals) 5.99
add fresh guacamole (130 Cals) 3

SOUPS + SALADS

BROCCOLI CHEESE SOUP (360 Cals) 7.99 OR **FEATURE SOUP** (140-410 Cals) 7.99
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) 7.99

STARTER CAESAR SALAD (150 Cals), caesar dressing (200 Cals) 7.99

CAESAR SALAD (210 Cals), caesar dressing (340 Cals) + garlic ciabatta baguette (280 Cals) 10.99
add grilled chicken (270 Cals) 5.99 *add salmon (300 Cals) 8.99*

KALE & QUINOA SALAD toasted pumpkin seeds, dried currants, grana padano (490 Cals) + lemon vinaigrette (260 Cals) 14.99
add grilled chicken (270 Cals) 5.99 *add salmon (300 Cals) 8.99*

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) 20.99

SALMON & AVOCADO COBB SALAD fresh salmon, crisp iceberg lettuce, bacon, cage-free boiled egg, feta (1030 Cals) + peppercorn ranch & sundried tomato dressing (280 Cals) 20.99

SEARED GINGER TUNA SALAD 🌱 rare ahi tuna, edamame, daikon, avocado, cashews (500 Cals) + cucumber ponzu emulsion (70 Cals) 21.99

soy protein option (200 Cals) available upon request

STEAKS

SIRLOIN 7oz certified angus beef (cab®) (370 Cals) 26.99
add madagascar peppercorn brandy sauce (240 Cals) 3

HONEY GARLIC SIRLOIN 9oz, our unforgettable marinated sirloin (360 Cals) 29.99

MUSHROOM SIRLOIN 7oz cab® sirloin, creamy madeira sauce + pan roasted cremini mushrooms (730 Cals) 29.99

NEW YORK 10oz (580 Cals) 33.99

PEPPERCORN NEW YORK 10oz with madagascar peppercorn brandy sauce (820 Cals) 36.99

SIRLOIN & SHRIMP 7oz cab® sirloin + garlic butter shrimp (520 Cals) 34.99

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) 26.99

LEMON BASIL SALMON fresh salmon, ancient grains, lemon herb sauce + fresh seasonal vegetables (850 Cals) 25.99

CHIPOTLE MANGO CHICKEN sweet & smoky dry rub, lemon quinoa, seasonal vegetables, fresh avocado & salsa fresca (960 Cals) 24.99

OVEN ROASTED FREE-RUN CHICKEN seasoned flour, herbed goat cheese, lemon herb sauce, fresh seasonal vegetables, ancient grains (1090 Cals) 24.99

SLOW-ROASTED BABY BACK RIBS fall off the bone tender, roasted baby potatoes & creamy cabbage slaw
half rack (1260 Cals) 25.99
full rack (1930 Cals) 31.99

CHICKEN + RIBS half rack of ribs, spice rubbed chicken, roasted baby potatoes & creamy cabbage slaw (1520 Cals) 29.99
add second chicken breast (190 Cals) 5.99

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

100% OF OUR STEAKS COME FROM CANADIAN RANCHES. OUR STEAKS ARE "AAA" 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) 8
madagascar peppercorn brandy sauce (240 Cals) 3

PASTA + RICE

CHICKEN MADEIRA RIGATONI pan roasted chicken, creamy mushroom & madeira wine sauce, fresh rosemary, lemon butter (1460 Cals) + garlic ciabatta baguette (280 Cals) 19.99

HERB ALFREDO grana padano, penne, asiago cream, chives (1170 Cals) + garlic ciabatta baguette (280 Cals) 14.99
add chicken (100 Cals) 5.99

SHRIMP LINGUINE half baby lobster tail, shrimp, rustic tomato sauce (1010 Cals) + garlic ciabatta baguette (280 Cals) 23.99

CHICKEN ENCHILADAS guacamole, sour cream & salsa fresca (870 Cals) 18.99

MISO RAMEN 🌱 miso broth, traditional ramen noodles, chili garlic, sesame oil, gai lan, shiitake mushrooms, scallions & soft boiled egg (490 Cals) 15.99
add pork belly (240 Cals) 4.99
add shrimp (120 Cals) 5.99

RED THAI CURRY stir-fried veggies (580 Cals), jasmine rice (350 Cals) + curry-buttered naan (260 Cals) 15.5
add chicken (100 Cals) or shrimp (110 Cals) 5.99

BEEF VINDALOO marinated sirloin, yogurt drizzle (870 Cals), jasmine rice (350 Cals) + curry-buttered naan (260 Cals) 19.99

soy protein option (200 Cals) available upon request

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) 15.99

PORTOBELLO VEGGIE BURGER 🌱 marinated full mushroom cap, aged white cheddar & fresh herbs (630 Cals) 14.99

THE BURGER hand-formed chuck & brisket patty, red relish, pickled mustard seed mayo (770 Cals) 14.99
add your favourite toppings 1.5 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) 15.99

LOADED BURGER aged white cheddar, american cheddar, red relish, pickled mustard seed mayo, sautéed mushrooms, bacon & bbq sauce (1270 Cals) 17.99

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) 13.99

FISH TACOS chipotle lime haddock, soft corn & wheat taco shells, corn salsa, avocado, spicy sour cream (580 Cals) 14.99

SOUTHERN FRIED CHICKEN SANDWICH cabbage slaw, cheddar cheese, quick pickles (1300 Cals) 15.99

BEEF DIP house-roasted beef, pretzel bun, sautéed mushrooms, horseradish aioli, swiss cheese, au jus (950 Cals) 15.99

DOUBLE STACKED TURKEY CLUB roasted turkey, crisp bacon, fresh lettuce, tomato, mayo, cheddar, toasted multi-grain (650 Cals) 14.99

LUNCH COMBO half sandwich with side soup or salad 13.99
soup (100-270 Cals) side salad (170-230 Cals)
half turkey club (330 Cals) half beef dip (480 Cals)

CHICKEN TENDERS (800-890 Cals) 14.99

BUTCHER'S CUT STEAK SANDWICH cab® sirloin, open faced with sautéed mushrooms, caramelized & crispy onions, fresh arugula, sriracha bbq, garlic ciabatta (540 Cals) 19.99

substitute sweet potato fries (750 Cals) 2.5
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