

## S H A R E

**TUNA POKE** 🌱 rare ahi tuna, avocado & ginger with roasted nori & wonton crisps (150 Cals per serving, 3 servings) 16

**CALAMARI** + tempura shrimp, sriracha aioli & sweet chili sauce (300 Cals per serving, 3 servings) 16

**BRUSCHETTA** 🍷 (130 Cals per serving, 3 servings) 12

**DRY RIBS** salt & pepper (510 Cals per serving, 3 servings) 14

**SUSHI CONES** tempura shrimp, fresh avocado, nori, ponzu (210 Cals per serving, 3 servings) 16½

**SPICY TUNA ROLL** 🌱 hand-rolled tempura sushi, spicy ahi tuna, soy sauce (220 Cals per serving, 2 servings) 15½

**FRESH SMASHED GUACAMOLE** 🍷 smashed to order, fresh white corn chips & salsa fresca (210 Cals per serving, 3 servings) 12¾

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

**CHICKEN WINGS** (360-620 Cals per serving, 3 servings) served with peppercorn ranch (150 Cals) 15  
*add veggies (30 Cals) 1½*

**LETTUCE WRAPS** 🍷 fresh veggies, cashews, chow mein noodles, ginger soy glaze (140 Cals per serving, 3 servings) 15¾  
*add chicken (140 Cals) 6*

**DOUBLE CHEESE NACHOS** 🍷 (480 Cals per serving, 4 servings) 19¾

**FOR ONE OR TWO** (500 Cals per serving, 2 servings) 15  
*add beef (490 Cals) or pulled chicken (240 Cals) 6*  
*add fresh guacamole (130 Cals) 3*

## P I Z Z A

**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) 15¾

## S O U P S + S A L A D S

**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) 9

**STARTER CAESAR SALAD** (150 Cals), caesar dressing (200 Cals) 9

**CAESAR SALAD** (210 Cals), caesar dressing (340 Cals) + garlic ciabatta baguette (280 Cals) 11½  
*add grilled chicken (270 Cals) 6* *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) 6* *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) 22½

**SALMON & AVOCADO COBB SALAD** fresh salmon, crisp iceberg lettuce, bacon, cage-free soft boiled egg, feta (1030 Cals) + peppercorn ranch & sundried tomato dressing (280 Cals) 21

**SEARED GINGER TUNA SALAD** 🌱 rare ahi tuna, edamame, daikon, avocado, cashews (520 Cals) + cucumber ponzu emulsion (70 Cals) 22

## S T E A K S

**STEAK FRITES** 7 oz certified angus beef (cab®) sirloin, chimichurri, arugula, fries (1260 Cals) 26

**SIRLOIN** 7 oz cab® (370 Cals) 28¾  
*add madagascar peppercorn brandy sauce (240 Cals) 3½*

**HONEY GARLIC SIRLOIN** 9 oz AAA, our unforgettable marinated sirloin (360 Cals) 31

**MUSHROOM SIRLOIN** 7 oz cab® sirloin, creamy madeira sauce + pan roasted cremini mushrooms (730 Cals) 32½

**NEW YORK** 10 oz AAA (580 Cals) 37

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

**TENDERLOIN FILET** 6 oz, classic grilled filet with red wine demi glace (590 Cals) 39¾

**SIRLOIN & SHRIMP** 7 oz cab® sirloin + garlic butter shrimp (520 Cals) 37

### OUR FISH IS SOURCED FROM ENVIRONMENTALLY RESPONSIBLE FISHERIES

## M A I N S

**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) 28½

**CHIPOTLE MANGO CHICKEN** sweet & smoky dry rub, ancient grains, seasonal vegetables, fresh avocado & salsa fresca (960 Cals) 25¾

**OVEN ROASTED FREE-RUN CHICKEN** seasoned flour, herbed goat cheese, lemon herb sauce, fresh seasonal vegetables, ancient grains (1090 Cals) 26

**SLOW-ROASTED BABY BACK RIBS** fall off the bone tender, roasted baby potatoes & creamy cabbage slaw  
half rack (1260 Cals) 26  
full rack (1930 Cals) 33

**CHICKEN + RIBS** half rack of ribs, spice rubbed chicken, roasted baby potatoes & creamy cabbage slaw (1520 Cals) 31½  
*add second chicken breast (190 Cals) 6*

**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, unless otherwise indicated**  
roasted baby potatoes (320 Cals)  
stuffed baked potato with mashed potatoes, cream cheese, green onion & bacon (480 Cals)  
lemon quinoa (370 Cals)

**ADD ON . . .**  
garlic butter shrimp (180 Cals) 9  
cremini mushroom sauce (390 Cals) 3½  
madagascar peppercorn brandy sauce (240 Cals) 3½

## B O W L S

**VEGETARIAN POWER BOWL** 🍷 marinated tofu, shiitake mushrooms, soft boiled egg, fresh vegetables, crisp greens, jasmine rice & spicy mayo (790 Cals) 16  
*add sesame tuna (150 Cals) 7*  
*add chicken (100 Cals) 6*

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

**HERB ALFREDO** grana padano, penne, asiago cream, chives (1170 Cals) + garlic ciabatta baguette (280 Cals) 15¾  
*add chicken (100 Cals) 6*  
*add shrimp (110 Cals) 6*

**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) 16½  
*add pork belly (310 Cals) 6*  
*add shrimp (120 Cals) 6*

**RED THAI CURRY** stir-fried veggies (580 Cals), jasmine rice (350 Cals) + curry-buttered naan (260 Cals) 16½  
*add chicken (100 Cals) 6*  
*add shrimp (110 Cals) 6*

**BEEF VINDALOO** marinated sirloin, yogurt drizzle (870 Cals), jasmine rice (350 Cals) + curry-buttered naan (260 Cals) 21  
*substitute chicken (-130 Cals)*

## H A N D H E L D S

served with fries (660 Cals), unless otherwise indicated

beef burgers are served on a toasted sesame brioche bun & topped with lettuce, tomatoes, red onions & pickles

*substitute gluten-free bun (-20 Cals) 1*

**BLACKENED CHICKEN BURGER** crisp pancetta bacon, cheddar, roasted garlic mayo (820 Cals) 17½

**PORTOBELLO VEGGIE BURGER** 🍷 marinated full mushroom cap, aged white cheddar & fresh herbs (630 Cals) + side fresh market salad (170 Cals) 16½

**THE BURGER** red relish, pickled mustard seed mayo (830 Cals) 16½  
*add your favourite toppings 1½ each*  
*bacon (270 Cals)*  
*aged white cheddar (90 Cals)*  
*sautéed mushrooms (60 Cals)*

**OUR BURGERS ARE 100% CANADIAN CAB® GROUND CHUCK**

**LETTUCE "BUN" BURGER** red relish, pickled mustard seed mayo, fresh iceberg lettuce (580 Cals) + side fresh market salad (170 Cals), gluten conscious 17

**LOADED BURGER** aged white cheddar, american cheddar, red relish, pickled mustard seed mayo, sautéed mushrooms, bacon & bbq sauce (1330 Cals) 19

**FISH TACOS** chipotle lime haddock, soft corn & wheat taco shells, corn salsa, avocado, spicy sour cream (570 Cals) + fresh white corn chips + salsa fresca (240 Cals) 16  
*add fresh guacamole (130 Cals) 3*

**SOUTHERN FRIED CHICKEN SANDWICH** cabbage slaw, cheddar cheese, quick pickles (1300 Cals) 17½

**BEEF DIP** roasted beef, pretzel bun, sautéed mushrooms, horseradish aioli, swiss cheese, au jus (950 Cals) 17½

**DOUBLE STACKED TURKEY CLUB** hand-carved turkey, crisp bacon, fresh lettuce, tomato, mayo, cheddar, toasted multi-grain (650 Cals) 16½

**LUNCH COMBO** half sandwich with side soup or salad 15  
soup (100-270 Cals) side salad (170-230 Cals)  
half turkey club (330 Cals) half beef dip (480 Cals)

**CHICKEN TENDERS** (800-890 Cals) 16

**BUTCHER'S CUT STEAK SANDWICH** cab® sirloin, open faced with sautéed mushrooms, fresh arugula, sriracha bbq, crispy onion rings, garlic ciabatta (880 Cals) 22½

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

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

🍷 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

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