
Lunch Menu

Salads

Add chicken \$6 or salmon \$8

*** Mixed Baby Greens \$8**

Tender organic lettuce tossed in our apple cider vinaigrette

Caesar Salad \$10

Crisp romaine, creamy dressing, parmesan crostini and double smoked bacon

*** Beet & Chèvre Salad \$13**

Warm chèvre cheese, beets, and arugula drizzled with a local honey and walnut vinaigrette garnished with pickled golden beets

*** Pan Seared Scallop Salad \$22**

Field greens tossed in a roasted pear vinaigrette with blue cheese, candied pecans, tomatoes, Bermuda onion and cucumber

*** The Wedge \$13**

A crisp iceberg wedge with crumbled blue cheese, cherry tomatoes, diced red onion and crispy bacon drizzled with our homemade blue cheese dressing

*** Mediterranean Cobb Salad \$14**

Marinated feta cheese, artichokes, cherry tomatoes, Kalamata olives, hard-boiled egg and cucumber served with a white balsamic dressing

Main Selections

All sandwich selections are served with your choice of soup, homemade mac and cheese, mixed greens, Caesar salad, creamy bacon & dill red potato salad or homemade chips

Canada 150 Burger \$16

8 oz of fresh ground chuck studded with Canadian cheese curds, topped with a jalapeno-tomato chutney, fresh rocket, red onion and bacon smothered in Canadian cheddar cheese

Baja Fish Tacos \$13

Crispy fried fish of the day with cabbage, red onion, green onion, cilantro, crema and spicy pico de gallo

Turkey Melt \$13

Smoked turkey, bacon and melted white cheddar with lettuce, tomato and red onion on sourdough bread

*** Steak and Frites \$17**

NY strip loin grilled to medium rare, served with white truffle aioli
Substitute any side for \$3

*** Grilled Chicken Power Salad \$15**

Herb grilled chicken breast on a power blend of greens and vegetables, tossed in a creamy yogurt dressing and topped with toasted sunflower seeds

Shaved Beef Hoagy \$14

Slow braised shaved beef with caramelized onions, mushrooms, peppers stuffed into a sourdough bun with melted Swiss cheese

Gourmet Grilled Cheese \$12

With basil pesto, sliced tomato, mozzarella, parmesan, cheddar and fontina cheese on grilled ciabatta bread

Linguini Amatriciana \$15

With local smoked bacon, tomato, chilies, garlic and onion in a light tomato sauce, finished with shaved pecorino

Asian Stir Fry \$14

Your choice of mild, medium or hot, chicken or shrimp with seasonal vegetables over rice vermicelli noodles

Seafood Pasta \$17

Shrimp, mussels, blue crab, Atlantic salmon, julienne vegetables and dill in a Pernod cream

Eggplant Parmesan \$15

Topped with zesty tomato sauce, fresh shaved pecorino and served with crisp, heritage blend greens

*** Blackened Salmon on Greens \$15**

With citrus segments in a pomegranate vinaigrette