

GREAT BEGINNINGS

OUR SOUPS	9
cream of mushroom carrot ginger	
squash zucchini garden vegetable	
FRENCH ONION SOUP	12
BREADED MOZZARELLA STICKS	13
SPINACH RICOTTA WONTONS	13
SALMON FLATBREADS	15
BRUSCHETTA (3)	9
+ cheese add 3.00	
VIETNAMESE SPRING ROLLS (2)	12
grilled kani, fresh vegetables	
SALMON POPPERS	15
EGG ROLLS	8

THE BREAD BASKET

AVOCADO VEGGIE PANINI	22
greens, sautéed pepper & onion, cheese mix, tomato pesto sauce. drizzled with chipotle mayo	
PHILLY STEAK SANDWICH / WRAP	25
grilled fresh tuna, mushrooms & onions + add cheese \$3	
CRISPY SALMON BLT	23
battered salmon topped with lettuce & tomato on a ciabatta	
BURGER 'N BEYOND	23
veggie burger, sautéed onion, avocado, cheese, poached egg	
MEDITERRANEAN WRAP	20
grilled veggies, sautéed onions, pesto, cheese	
GRILLED SALMON WRAP	25
grilled salmon fillet, grilled veggies, house sauce	
TUNA WRAP	18
+ spicy tuna \$20	
GREEK WRAP feta, olives, tomatoes, cucumber, peppers	22
VEGGIE OMELETTE WRAP	20
SPINACH FETA WRAP	20
roasted peppers, mozzarella, red onion, portobello mushroom	
TUNA MELT	19
PORTOBELLO GRILLED CHEESE	22
pesto sauce, cheese mix.	

GARDEN FRESH

CRISPY FUSION greens, crispy sweet potato, edamame, cucumber, crispy onion, carrot, marinated mushroom. Asian dressing	23
MARKET SALAD romaine, portobello mushroom, roasted beets, chickpeas, green beans, avocado, salad topping	22
PEACHES 'N GREENS	23
mixed greens, grill peaches, fruit, feta, candied nuts	
GRILLED ROCKPORT SALAD	23
romaine, grilled pear, grapes, raisins, feta, cashews	
THE POWER BOWL mixed greens, quinoa, chickpeas, roasted beets, radishes, blueberries, almonds, hemp hearts	22
MORNING GLORY SALAD	24
mixed greens, grilled pineapple, grapefruit, mango, avocado, goat cheese (warm breaded on request)	
HEARTY QUINOA SALAD	21
mixed greens, apples, pomegranate seeds, sunflower seeds	
TEX MEX MIX crispy sweet potato, smoked corn, quinoa, avocado, cucumber, tomato, beans, hemp hearts	22
SPINACH SALAD baby spinach, sliced mushrooms, mandarins, red onion, sunflower seeds	20
SPINACH COMBO baby spinach, sweet potato, portobello mushrooms, quinoa, sundried tomatoes, seeds	22
GREEK SALAD romaine, black olives, tomatoes, cucumber, peppers, feta, vinaigrette anchovies on request	23
CLASSIC CAESAR SALAD	20
freshly grated parmesan upon request	

SALAD TOPPERS

Warm Breaded Goat Cheese	9
Feta Cheese	9
Blue Cheese	9
Grilled Fresh Tuna	11
Grilled Fresh Salmon	12
Grilled Tofu	7
Scoop of Solid WhiteTuna	8
Slice of Lox	7
Poached Eggs (2)	8

EGGS YOUR WAY

served with choice of side salad or fries

Top Any Egg:

\$4 each: Onions / Peppers / Portobello Mushrooms / Tomatoes

\$5 each: Feta / Mozzarella

Omelette/Scrambled/Poached/Over Easy
Egg White add \$3

BASIC 16

GREEK feta, onions, peppers, olives 20

SMOKED SALMON pieces of lox & onions 21

SHAKSHUKA two poached eggs in a rich tomato sauce. 22
+ specify: mild or spicy

SHAKSHUKA with Feta 24

ON THE SIDE

REGULAR FRIES 7

POTATO WEDGES 9

SWEET POTATO FRIES 9

SPICEY FRIES 8

BASMATI RICE 7

GRILLED VEGETABLE 8

KIDS CORNER

GRILLED CHEESE 15

PANCAKES regular or chocolate chip 14

PIZZA BAGEL 15

FRENCH TOAST 14

MACARONI & CHEESE 17

PIZZA AND PANZAROTTI

CLASSIC mozzarella cheese & house tomato sauce 19

SUNNY SIDE 23

over easy egg, sundried tomato, arugula, pesto, three cheese mix

MEDITERRANEAN 22

mozzarella, feta, grilled eggplant, peppers, sundried tomatoes

PORTOBELLO 23

grilled portobello mushrooms, sundried tomatoes, sautéed onions,
marinara pesto sauce, mozzarella cheese

ALFREDO 23

alfredo sauce, sautéed mushrooms, caramelized onions, spinach.
three cheese mix

BRUSCHETTA 23

house pizza sauce, tomatoes, red onion, herbs, fresh mozzarella

GREEK 23

mozzarella, feta, olives, onions, peppers, tomatoes

PESTO 23

mozzarella, basil pesto, spinach, red onion, mushrooms

GRILLED VEGETABLE 22

mozzarella, peppers, zucchini, onions

INTERNATIONAL

CHEESE BLINTZES 19

POUTINE french fries topped with gravy & melted cheese 15
+ \$3 each: cheese curds/mushrooms/onions

POTATO SKINS cheese sauce & baco bits 14

EGGPLANT PARMESAN 19

MUSHROOM CREPES 20

QUICHE OF THE DAY 20

STIR FRY served over basmati rice or shanghai noodles or 21
tofu

TUNA SHANGHAI 23

stir fried Shanghai noodles,
topped with a meaty flavoured grill tuna & mushroom mix

PASTA PLEASURES

White / Zoodles

★ add Grilled Salmon / Grilled Tuna \$10

★ can be served with Grated Parmesan Cheese. Please ask

SWEET POTATO RAVIOLI 23

FETTUCCINE PRIMAVERA 23
creamed sauce, grilled veggies

FETTUCCINE CON FUNGI 24
garlic spiced exotic mushroom mix, fine herbs, creamy cheese sauce

FETTUCCINE ALFREDO 23

RAVIOLI CON VODKA 24

PENNE AMATRICIANA 24
lightly battered eggplant, garlic, zucchini, diced onion, tomato
tossed in a tomato basil sauce

PESTO PENNE a la creme 23

PENNE ROSÉ 23
+ spicy rose add 3.00

ZUCCHINI ZOODLE ALFREDO with salmon bits 24

COLD QUENCHERS

FRESH SQUEEZED JUICE orange juice. green goddess 9

FRUIT SMOOTHIE 9

MILK SHAKE vanilla / chocolate / mixed / strawberry / 10
caramel / cappuccino / coffee / cookies'n cream

ICE COFFEE 8

SNAPPLE 6

CHOCOLATE MILK 6

BOTTLED SPARKLING WATER 6

SOFT DRINKS 5

BOTTLED STILL WATER 4

FROM THE SEA

★ Served with House Soup

★ Served with Daily Fresh Side & Market Vegetable
(not including fish 'n chips)

BRANZINO herb infused whole fish 43

PECAN CRUSTED TROUT with honey maple glaze 35

PISTACHIO CRUSTED SALMON 35
with beurre blanc sauce

CEDAR PLANK SALMON maple glaze sauce 35

GRILLED SALMON FILLET 35
honey mustard or teriyaki sauce

SEARED TUNA STEAK 42

SESAME CRUSTED TUNA STEAK 42

CRISPY SALMON FILLET sweet and spicy sauce 35

TILAPIA A LA PROVENÇAL 35
grilled, topped with capers, olives, sautéed onions

TILAPIA BEURRE BLANC white wine butter sauce 35

FISH'N CHIPS 28

HOT QUENCHERS

BREWED COFFEE 4
regular / vanilla / caramel / cinnamon

CAPPUCCINO regular / vanilla / caramel / cinnamon 7

CAFÉ AU LAIT regular / vanilla / caramel / cinnamon 7

ESPRESSO 6

TEA try our selection of herbal teas 4

HOT CHOCOLATE whip cream top 7

AFFOGATTO

ice cream drowned in freshly brewed espresso 10.00

ASK FOR OUR DESSERT MENU