



## BREAKFAST

- \$7 GRANOLA**  
Yogurt, Berries, Granola
- \$9 BAKED FRENCH TOAST**  
Our Baked Delicacy Served with Fresh Fruit and Syrup
- \$11 SKINNY START**  
Egg White Omelet, Garden Salad, Multigrain Toast, Butter & Jam
- \$12 SHAKSHUKA**  
3 Eggs Poached in Spicy Tomato Sauce. Served with Toast
- \$12 EGGS AND TOAST**  
3 Eggs, Side Salad, Cut Fruit, Potatoes, Toast

## SHARING BITES

- \$6 POTATO PEROGIES**  
Pillows of Fried Dough Filled with Potatoes Served with Sour Cream
- \$6 SPRING ROLLS**  
Cabbage and Vegetable with Sesame Soy Dipping Sauce
- \$7 GRAVLOX TOASTS**  
Toast Rounds with Dill Mayo and Homemade Gravlox
- \$7 NACHOS AND CHEESE**  
Corn Chips, Salsa, Cheddar Cheese & Guacamole
- \$6 SALMON DUMPLINGS**  
Fresh Salmon, Fresh Herbs in a Delicate Dough with Plum Sauce

## BREADS AND BUNS

ALL SANDWICHES AND WRAPS ARE PREPARED IN OUR PANINI MACHINE AND SERVED WITH SIDE GREEN SALAD (FOR MULTIGRAIN BREAD ADD \$1)

- \$12 WASABI TUNA**  
Wasabi Mayo, Tuna, Tomato, Greens
- \$11 THE VEG**  
Grilled Zucchini & Peppers, Tomato - Basil Jack Cheese, Pesto, Greens
- \$12 SAM'S GRILLED CHEESE**  
Homemade Preserves, Challah Bread, Apple & Camembert Cheese
- \$11 THE TOFU**  
BBQ Tofu, BBQ Vinaigrette, Greens, Tomato, Crispy Onions
- \$12 CAPRESE**  
Pesto, Fresh Mozzarella, Tomatoes, Greens
- \$11 FRENCH**  
Black Olive Tapenade, Avocado, Apple, Gouda, Greens
- \$10 EGGS AND GREENS**  
Pesto, Egg Salad, Greens
- \$13 "CRAB" CAKE**  
Spicy Mayo, Greens, Tomato. Served on a Burger Bun.
- PORTOBELLO**  
**\$12** Dijon Mayo, Greens, Tomato, Swiss Cheese, Avocado. Served on a Burger Bun.
- \$13 SALMON BURGER**  
Lime Chili Mayo, Greens, Tomato. Served on a Burger Bun.

**\$5**  
**SOUP**  
OF THE DAY

**\$12**  
**★ PASTA ★**  
SERVED WITH A CUP OF SOUP OR SIDE SALAD

## FROM THE GARDEN

- \$11 GRILLED PEAR SALAD**  
Greens, Grilled Pears, Goat Cheese, Walnut Brittle, Honey Mustard Vinaigrette
- \$11 TOFU "STEAK" SALAD**  
Romaine, Tomato, Tofu Steak, Crispy Onions, Potato Crisps, BBQ Vinaigrette
- \$13 HARVEST TWIST**  
Greens, Sweet Potato, Grilled Peppers, Feta, Toasted Pumpkin Seeds, Balsamic Vinaigrette
- \$15 PANTRY CHOP CHOP**  
Choice of Crab or Tofu with Corn, Cherry Tomatoes, Avocado, Lettuce, Cucumbers, Chickpeas, Cheddar Cheese, Crispy Tortilla Strips with South West Chili Ranch Dressing or Low-fat Sugar Free Herb Vinaigrette
- \$14 SALMON NICOISE**  
Greens, Olives, Tomato, Cucumber, Green Beans, Hard Boiled Egg, Salmon, Red Wine Vinaigrette
- \$15 SEASONAL SALAD**  
Please Ask Your Server

CATCH OF THE  
**\$18 DAY FISH \$18**  
SERVED WITH A  
**GREEN SALAD & RICE**

**Quiche**

**\$12**  
ASK YOUR SERVER FOR THE FLAVOUR TODAY, SERVED WITH A CUP OF SOUP OR SIDE SALAD.

## PIZZAS AND MORE

- \$12 GRILLED PIZZA**  
Crispy Flat Pizza, Tomato Sauce, Cheese Toppings (Choose 2, each additional topping add \$1) Mushrooms, Crispy Onions, Tomatoes, Greens, Olives
- \$13 PEARS AND BLUE PIZZA**  
Fresh Pears, Garlic, Blue Cheese, Walnut Brittle with a Cheddar Sprinkle
- \$13 CLASSIC TUNA MELT**  
Sharp Mustard, Tuna, Cheddar Cheese
- \$13 ITALIAN TUNA MELT**  
Pesto, Tuna, Fresh Mozzarella, Tomatoes