

# 9 DAYS LUNCH

*served daily until 4 pm*

## Salads

**Avocado Salad 10**

*crisp romaine, diced avocado, tomatoes, chopped scallions, herb balsamic vinaigrette*

**Caesar Salad 9**

*romaine lettuce, toasted croutons, tomatoes, creamy-style caesar dressing*

**Salad de la Maison 10**

*mesclun greens, carrots, tomatoes, cucumbers, chickpeas, citrus herb vinaigrette*

## Sandwiches & Wraps

*all served with handcut french fries*

**Crispy Fish Sandwich 19**

*crispy fish, tomato, tartar sauce*

**Southwest Wrap 18**

*grilled salmon, roasted corn, black bean relish, in a chipotle tortilla*

**Grilled Portobello Sandwich 14**

*fire grilled, Portobello mushroom, red pepper, grilled red onion, lettuce, pesto aioli*

**Smoked Salmon Wrap 16**

*smoked salmon, cucumber, tomato, grilled onion, tartar sauce*

**Grilled Salmon Sandwich 17**

*grilled onions, lettuce, tomato, pickle, remoulade sauce*

**Grilled Tuna Steak Sandwich 22**

*Grilled onion, tomato, pickle, tartar sauce*

**Veggie Wrap 12**

*spinach tortilla filled with grilled vegetables, garden greens, babaghanoush*

**Black Bean Burger 19**

*lettuce, tomato, avocado, pickle and special sauce*

**Fish 'n' Chips 21**

*breaded white fish served with tartar sauce*

coleslaw 3  
onion rings 5

soup du jour 5 . 7  
soup traditionnelle 7 . 9  
bread & dip 5

handcut fries 5  
sweet potato fries 6

# STARTERS

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## Appetizers

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<b>Coconut Crunch</b> 20 <i>crispy coconut faux shrimp chutney dip</i>	<b>Stuffed Mushroom Caps</b> 13 <i>Spinach, mushrooms and crispy crumbs, topped with balsamic glaze</i>
<b>Cauliflower Sliders</b> 22 <i>tempura cauliflower, avocado, garlic crema coleslaw, pretzel bun</i>	<b>Potato Latke</b> 15 <i>Topped with smoked salmon, cucumber dill sauce</i>
<b>Ceviche De Pescado</b> 16 <i>Seafood ceviche served with avocado and tortilla chips</i>	<b>Avocado Egg Rolls</b> 14 <i>Avocado, tomato, onion with chutney dipping sauce</i>
<b>Sesame Ahi Tuna</b> 20 <i>Seared tuna set on wonton crisp, teriyaki glaze</i>	<b>Risotto Bites</b> 14 <i>Crispy vegetable risotto with herb aioli</i>
<b>Homemade Gnocchetti</b> 15 <i>Tomato, garlic, mushrooms, fresh herbs drizzled with truffle oil</i>	<b>Vegetable Spring Rolls</b> 13 <i>Crispy rolls served sweet and sour sauce</i>

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## Salads

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### Salade de la Maison 15

*Mesclun greens, carrots, grape tomatoes, cucumbers, chickpeas, citrus herb dressing*

### Caesar Salade 15

*Romaine lettuce, toasted croutons, creamy style Caesar dressing*

### Creamy Broccoli Cashew 16

*Blanched broccolini, roasted cashews, golden raisins, creamy dressing on a bed of romaine lettuce*

### Summer Salad 16

*Gourmet greens, strawberries, blueberries, orange segments, toasted almonds, raspberry vinaigrette*

### Spinach Mango Salade 16

*Baby spinach, fresh mango wedges, balsamic glazed pecans, olive oil balsamic dressing*

### Sweet & Tangy Salade 15

*Mixed greens, dried cranberries, carrots, chopped green onions, sunflower seeds, honey red wine vinaigrette*

### Tuna Nicoise 35

*Pan seared ahi tuna, capers, kalamatta olives, egg, boiled potatoes, French green beans & baby greens with honey Dijon vinaigrette*

### Twisted Cobb Salad 39

*Romaine lettuce, grilled salmon filet, grape tomatoes, avocado, hardboiled eggs, croutons with Thousand Island dressing*

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## Soups

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Soup du Jour Cup 5

Soup du Jour Bowl 7



Soup Traditionelle Cup 7

Soup Traditionelle Bowl 9

# ENTREES

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## Les Poissons

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### Sunshine Sea Bass 45

*Citrus braised Chilean sea bass, coconut rice, baby bok choy, and tropical fruit salsa*

### Grilled Halibut 42

*Garlic marinated fillet, rice pilaf, charred garlic oil heirloom tomato and olive relish*

### Pan Seared Barramundi 40

*Marinated fillet, served over rigatoni pasta, sweet cherry tomatoes, red pepper flakes, fresh basil, tossed with garlic olive oil*

### Salmon Balsamico 38

*Balsamic glazed fillet, scalloped potatoes, grilled asparagus, crispy garnish*

### Fish Tacos a la Carlos 39

*Soft corn tortilla shells, filled with crispy seared grouper, diced tomatoes, avocado, shredded lettuce, onions, cilantro, salsa verde, lime wedge*

### Baked Branzino 45

*Pan seared crispy skin fillet, saffron risotto, roasted beets and basil oil*

### Red Snapper Veracruz 42

*Baked red snapper fillet, Veracruz-style basmati rice, grilled zucchini*

### Wasabi Seared Tuna 45

*Seared sushi-grade tuna steak, brown rice, baby bok choy, wasabi aioli, crispy garnish*

### Cedar Plank Salmon 40

*BBQ glazed salmon fillet, grilled to perfection on a cedar plank, scallion pommes puree and roasted beets*

### Dover Sole Meunière 68

*Pan seared fillet, lemon wine sauce, steamed broccolini and truffle roasted fingerling potatoes*

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## Les Classiques

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### Lasagna Roulade 26

*Grilled eggplant and spinach stuffed lasagna noodles, served with a chunky tomato sauce*

### Pasta Pomodorini 24

*Rigatoni pasta, sweet cherry tomatoes, red pepper flakes, fresh basil, tossed with garlic olive oil*

### Penne Almondine 24

*Penne pasta, petite peas, fresh corn, basil leaves, lemon zest, almond sauce*

### Linguini Primavera 24

*Linguini pasta, red peppers, mushrooms, onions, broccolini, carrots, pesto sauce*

### Farfalle al Rocco 24

*Farfalle pasta, roasted butternut squash, spinach, mushrooms, tossed with a garlic sauce*

### Stuffed Shells 30

*Jumbo pasta shells filled with Crab Newburg, served over creamy tomato sauce and blanched asparagus*

### Grilled Vegetable Napoleon 29

*Layered grilled vegetables, served on a polenta cake, tomato coulis, haricot vert*

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## Les Accompaniments

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Baked Potato 7

Pommes Frites 7

Sautéed Mushrooms 9

Haricot Verts 7

Beer Battered Onion Rings 8

Pommes Puree 9

Baked Sweet Potatoes 9

Rice Pilaf 9

Sweet Pommes Frites 9

Tempura Cauliflower 12

Asparagus 11

Broccolini 11

