



STARTERS

DAILY MARKET SOUP 8.00

TOMATO SOUP

Basil and low-fat greek yogurt 8.00

GARDEN SALAD

Field greens, cucumber, tomato, carrot,
honey-grapefruit vinaigrette 6.50

BLUE CHEESE CAESAR

Romaine, focaccia croutons, bacon, stilton
blue cheese 7.50

YELLOWFIN TUNA TATAKI

Edamame aioli, sesame ginger soy drizzle
17.00

BISON POUTINE

Local free range braised bison short rib,
québec cheese curds, demi-glace 15.00

CALAMARI

Roasted garlic and chipotle dip 13.00

POTSTICKERS

Vegetable gyoza, minted soybean dipping
sauce, sesame chili oil and ginger soy drizzle
14.00

ENTRÉES

SATVINDERS BUTTER CHICKEN

Grain fed chicken slow braised in a special blend of spices, cumin scented basmati rice, garlic naan bread 21.00

SALMON COBB

Smoked bacon, chopped egg, avocado, goat's cheese, tomato and balsamic vinaigrette 18.50

ROSEMARY CHICKEN FLATBREAD

Red pepper and tomato sauce, spinach, goat cheese, mozzarella, grilled chicken, skyhawk rosemary olive oil and tomato basil salsa 16.50

SANDWICHES

All sandwiches come with a choice of: arugula salad, caesar salad, soup, sea salted fries or add a poutine for 1.50

STRIPLOIN STEAK SANDWICH

Rosemary sourdough loaf, caramelized red onion, portobello 18.50

BARBEQUE BLUE BURGER

8oz house made burger, mesquite barbecue sauce, stilton blue cheese, maple brushed bacon, grilled red onions 17.50

REUBEN

Toasted marble rye, smoked meat, fennel sauerkraut, gruyere and red pepper sauce 17.50

TURKEY BLT

Lemon mustard aioli on filone, lettuce, tomato, maple brushed bacon 17.50

CHICKEN TACO

Soft corn tortilla, shredded lettuce, jack cheese, roasted pepper, chipotle aioli, salsa and guacamole 15.50

VEGETARIAN ANTIPASTO PANINI

Zucchini, portobello, artichoke, red onion, roasted red pepper sauce, swiss cheese 13.50