



S I G N S
RESTAURANT MENU
FALL 2014

Soups

Roasted Carrot & Squash Soup

Topped with apple ginger salsa and coriander yogurt

V, VEO, GF, DFO

Soupe du Jour \$5

Ask for today's seasonal selection

Salads

Caesar Salad \$5 & \$9

Romaine lettuce, creamy Caesar dressing, crouton and grated parmesan

Mixed Greens \$5 & \$9

Cucumber, carrot and lemon zest vinaigrette

Black & Orange Salad \$11

Wild rice, black beans, carrot, purple cabbage, sweet potato, sunflower seeds and orange segments tossed with a sun-dried cranberry vinaigrette.

VE, GF, DF

Soba Mango Salad \$11

Chilled buckwheat noodles, fresh mango, cucumber, snow peas, red onion, basil, coriander and mint tossed with sesame-soy dressing

V, DF

UPGRADE YOUR SALAD \$5

Miso roasted tofu (V)

Herb grilled chicken breast

Pan-seared maple-soy salmon

Star anise braised pork belly

Grilled calamari

Grilled shrimp

Lunch

Kicheree \$11

Fragrant vegetable fried rice with smoked trout, hardboiled egg and cilantro yogurt
VO, GF, DFO

Sri Lankan Vegan Chick Pea Curry \$13

With eggplant, potato, green beans and tofu, basmati rice, toasted pappadum
VE, GF, DF

Rice Noodles & Clams \$14

Fresh clams, pork belly, leek and green peppercorns in a dill rose sauce
GF

Butternut Squash Ravioli \$14

Mixed cultivated mushrooms, toasted walnuts and sage, dusted with parmesan
V

Green Curry Mussels \$12

Fresh PEI mussels steamed in a fragrant Thai green curry sauce
GF, DF

Sandwiches (Lunch)

Served with your choice of soup, salad or fries

Cheese burger \$12

All beef burger, cheddar cheese, zucchini pickle, lettuce, tomato

ALT – Avocado Lettuce & Tomato \$12

Deep-fried avocado, lettuce and tomato with chipotle mayo in a ‘butter flap’ bun

V

Grilled chicken sandwich \$12

With bacon, arugula, tomato and herb aioli in a ‘butter flap’ bun

Pork belly Kimchi sandwich \$12

Star anise braised pork belly in a ‘butter flap’ bun

With kimchi and hoisin sauce

V – Vegetarian

VE – Vegetarian Option

VE – Vegan

VEO – Vegan Option

GF – Gluten Free

GFO – Gluten Free Option

DF – Dairy Free

DFO – Dairy Free Option

Dinner

Appetizers

Chick pea fries \$7

With eggplant caviar, tahini sauce and pomegranate berries

VE, GF, DF

Beet Bruschetta \$7

Sweet, hot and sour ruby beet salsa on garlic toast topped with feta

V, VEO

Za'atar Wings \$13

Tossed with lemon, garlic and za'atar.

Served with Zucchini-Mustard pickle and cilantro yogurt

GF

Green Curry Mussels \$7

Fresh PEI mussels steamed in a fragrant Thai green curry sauce

GF, DF

Star Anise Braised Pork Belly Sliders \$12

With Kimchi and hoisin sauce

Grilled Calamari & Shrimp \$17

Herb aioli and fresh foccacia

GFO, DFO

Poutine \$8

Duck Confit Poutine \$10

Rumaki \$9

Bacon wrapped chicken liver with water chestnut and Maple mustard dip

GF, DF

Dinner Mains

Potato crusted Salmon \$25

On sautéed Soy-Dijon greens with dill yogurt and salmon roe
GF, DFO

Juniper braised lamb shank \$26

Roasted parsnip & carrot, celeriac mashed potato, sautéed seasonal greens

Grilled Flat iron Steak & Horseradish salsa \$28

Roasted parsnip & carrot, celeriac mashed potato, sautéed seasonal greens

Chicken Piri-Piri \$23

Crispy skin boneless chicken with roasted pepper Piri-Piri sauce,
Roasted parsnip & carrot, rice, sautéed seasonal greens
GF

Sri Lankan chickpea curry \$18

With eggplant, green beans and tofu. Basmati rice and a toasted pappadum
VE, GF, DF

Rice Noodles & Clams \$18

Fresh clams, pork belly, leek and green peppercorns in a dill rose sauce
GF

Butternut squash ravioli \$17

Mixed cultivated mushrooms, toasted walnuts and sage, dusted with parmesan
V

Venison Shepherd's Pie \$19

Served with mixed green salad

Vegan Zucchini rolls \$19

Stuffed with sweet potato, black beans, spinach and quinoa
Served with sautéed seasonal greens and roasted pear-miso 'gravy'

VE, GF, DF

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Desserts

Nutella Tira Misu \$9

Pumpkin Crème Brulee \$9
with a crunchy pumpkin seed nougatine topping
V, GF

Vegan Chocolate-Avocado Tart \$9
In a pecan-cherry crust
VE, GF, DF

Featured Hot Dessert \$9

Baked fresh to order this takes 30 minutes.
Please order with your meal so we can have it hot and ready.