

## SHARE

**TUNA POKE IN A JAR** 🌱 rare ahi tuna, avocado, nori crisps, ginger, spring onions, ponzu (90 Cals per serving, 3 servings) 13%

**KOREAN FRIED CAULIFLOWER** 🌱 spicy gochujang pepper sauce, jalapeno lime dip (250 Cals per serving, 3 servings) 11

**CALAMARI** + tempura shrimp, sriracha aioli & sweet chili sauce (300 Cals per serving, 3 servings) 14%

**BRUSCHETTA** (130 Cals per serving, 3 servings) 10%

**DRY RIBS** biryani (530 Cals per serving, 3 servings) or salt & pepper (510 Cals per serving, 3 servings) 13

**SUSHI CONES** tempura shrimp, fresh avocado, nori, ponzu (210 Cals per serving, 3 servings) 15%

**SPICY TUNA ROLL** 🌱 hand-rolled tempura sushi, spicy ahi tuna, soy sauce (220 Cals per serving, 2 servings) 13%

**TABLESIDE FRESH SMASHED GUACAMOLE** 🌱 fresh white corn chips & salsa fresca (210 Cals per serving, 3 servings) 11½

**MOSAIC DIP** 🌱 goat cheese, mushrooms, tomatoes, warm grilled pita, white corn chips (220 Cals per serving, 4 servings) 14%

**SWEET CHILI CHICKEN** (400 Cals per serving, 3 servings) 13%

**CHICKEN WINGS** (360-620 Cals per serving, 3 servings) 14%  
add veggies & dip (60 Cals) 1½

**LETTUCE WRAPS** 🌱 fresh veggies, cashews, chow mein noodles, ginger soy glaze (140 Cals per serving, 3 servings) 15  
add chicken (40 Cals per serving, 3 servings) 5%

**DOUBLE CHEESE NACHOS** 🌱 (480 Cals per serving, 4 servings) 18%  
**FOR ONE OR TWO** (500 Cals per serving, 2 servings) 14½  
add beef (490 Cals) or pulled chicken (240 Cals) 5%  
add fresh guacamole (90 Cals) 3

## PIZZA

**RUSTIC ITALIAN** prosciutto & pancetta, caramelized onions, pulled short rib (150 Cals per serving, 8 servings) 17%

**MARGHERITA** 🌱 fresh basil, bocconcini, rustic tomato sauce, olive oil (110 Cals per serving, 8 servings) 14%

## SOUPS + SALADS

**BROCCOLI CHEESE SOUP** (360 Cals) 8 OR  
**FEATURE SOUP** (150-410 Cals) 8  
our soups are served with a garlic ciabatta baguette (280 Cals)

**STARTER MARKET SALAD** 🌱 artisan greens, fresh veggies, edamame, toasted pumpkin seeds (130 Cals) + red wine vinaigrette (130 Cals) 8½

**STARTER CAESAR SALAD** (150 Cals), caesar dressing (200 Cals) 8½

**CAESAR SALAD** (210 Cals), caesar dressing (340 Cals) + garlic ciabatta baguette (280 Cals) 10½ add grilled chicken (270 Cals) 5%

**KALE & QUINOA SALAD** toasted pumpkin seeds, dried currants, grana padano (490 Cals) + lemon vinaigrette (260 Cals) 14%  
add grilled chicken (270 Cals) 5%

**ASIAN CHOPPED SALAD** marinated chicken, crisp veggies, fresh cilantro, toasted sesame seeds (290 Cals) + sesame dressing (190 Cals) 18½

**STEAK SALAD** marinated sirloin, fresh greens, quebec goat cheese, grape tomatoes (270 Cals), spicy vinaigrette with a hint of clamato (60 Cals) + goat cheese crostini (140 Cals) 22

**SALMON & AVOCADO COBB SALAD** fresh salmon, crisp iceberg lettuce, bacon, cage-free boiled egg, feta (1030 Cals) + peppercorn ranch & sundried tomato dressing (280 Cals) 19%

**SEARED GINGER TUNA SALAD** 🌱 rare ahi tuna, edamame, daikon, avocado, cashews (500 Cals) + cucumber ponzu emulsion (70 Cals) 21

soy protein option (200 Cals) available upon request

## STEAKS

**SIRLOIN** 7 oz certified angus beef (cab®) (370 Cals) 27  
add madagascar peppercorn brandy sauce (240 Cals) 3½

**HONEY GARLIC SIRLOIN** 9 oz, our unforgettable marinated sirloin (360 Cals) 29%

**MUSHROOM SIRLOIN** 7 oz cab® sirloin, creamy madeira sauce + pan roasted cremini mushrooms (730 Cals) 31

**NEW YORK** 10 oz (580 Cals) 35

**PEPPERCORN NEW YORK** 10 oz with madagascar peppercorn brandy sauce (820 Cals) 37%

**TENDERLOIN FILET** 6 oz, classic grilled filet with red wine demi glace (590 Cals) 36

**SIRLOIN & SHRIMP** 7 oz cab® sirloin + garlic butter shrimp (520 Cals) 35

OUR FISH IS SOURCED FROM ENVIRONMENTALLY RESPONSIBLE FISHERIES

## MAINS

**MUSTARD & DILL SALMON** fresh salmon, green beans & mushroom salsa + baby potatoes (780 Cals) 28

**LEMON HERB SALMON** fresh salmon, ancient grains, lemon herb sauce + fresh seasonal vegetables (850 Cals) 28

**CHIPOTLE MANGO CHICKEN** sweet & smoky dry rub, lemon quinoa, seasonal vegetables, fresh avocado & salsa fresca (1070 Cals) 23%

**OVEN ROASTED FREE-RUN CHICKEN** seasoned flour, herbed goat cheese, lemon herb sauce, fresh seasonal vegetables, ancient grains (1090 Cals) 25

**SLOW-ROASTED BABY BACK RIBS** fall off the bone tender, roasted baby potatoes + fresh seasonal vegetables  
half rack (1130 Cals) 25%  
full rack (1800 Cals) 32

**CHICKEN + RIBS** half rack of ribs, spice rubbed chicken, roasted baby potatoes + fresh seasonal vegetables (1450 Cals) 29  
add second chicken breast (270 Cals) 5%

100% OF OUR STEAKS COME FROM CANADIAN RANCHES. OUR STEAKS ARE "AAA" GRAIN FED, AGED A MINIMUM OF 32 DAYS FOR SUPERIOR FLAVOUR & TENDERNESS

served with fresh seasonal vegetables (110 Cals)  
+ your choice of side:  
roasted baby potatoes (320 Cals)  
stuffed baked potato with mashed potatoes, cream cheese, green onion & bacon (380 Cals)  
lemon quinoa (390 Cals)

ADD ON . . .  
mushroom skillet (700 Cals) 6  
garlic butter shrimp (170 Cals) 8%  
madagascar peppercorn brandy sauce (240 Cals) 3½

## PASTA + RICE

**CHICKEN MADEIRA RIGATONI** pan roasted chicken, creamy mushroom & madeira wine sauce, fresh rosemary, lemon butter (1460 Cals) + garlic ciabatta baguette (280 Cals) 21

**HERB ALFREDO** grana padano, penne, asiago cream, chives (1170 Cals) + garlic ciabatta baguette (280 Cals) 14%  
add chicken (100 Cals) 5%

**SHRIMP LINGUINE** half baby lobster tail, shrimp, rustic tomato sauce (1010 Cals) + garlic ciabatta baguette (280 Cals) 24%

**CHICKEN ENCHILADAS** guacamole, sour cream & salsa fresca (870 Cals) 19%

**GINGER TERIYAKI RICE BOWL** 🌱 fresh asian veggies, chipotle yogurt (640 Cals) 15  
add chicken (120 Cals) or steak (200 Cals) 5%

**RED THAI CURRY** stir-fried veggies (580 Cals), jasmine rice (350 Cals) + curry-buttered naan (400 Cals) 16  
add chicken (100 Cals) or shrimp (110 Cals) 5%

**BEEF VINDALOO** marinated sirloin, yogurt drizzle (870 Cals), jasmine rice (350 Cals) + curry-buttered naan (400 Cals) 19%

soy protein option (200 Cals) available upon request

WE ALWAYS USE CAGE-FREE EGGS & FREE-RUN CHICKEN FROM CANADIAN FARMS, RAISED WITHOUT THE USE OF HORMONES OR STEROIDS

not all ingredients are listed, please advise your server about food sensitivities & ensure you speak to a manager regarding severe allergies

## BURGERS

beef burgers are served on a toasted sesame brioche bun & topped with lettuce, tomatoes, red onions & pickles + served with fries (660 Cals) unless a substitution is requested  
substitute gluten-free bun (-20 Cals) 1

**BLACKENED CHICKEN BURGER** crisp pancetta bacon, cheddar, roasted garlic mayo (820 Cals) 16½

**PORTOBELLO VEGGIE BURGER** 🌱 marinated full mushroom cap, aged white cheddar & fresh herbs (630 Cals) 15½

**THE BURGER** hand-formed chuck & brisket patty, red relish, pickled mustard seed mayo (770 Cals) 15½  
add your favourite toppings 1½ each  
bacon (270 Cals)  
aged white cheddar (90 Cals)  
sautéed mushrooms (60 Cals)

**LETTUCE "BUN" BURGER** our hand-formed burger, fresh iceberg lettuce (520 Cals) 16½

**LOADED BURGER** aged white cheddar, american cheddar, sautéed mushrooms, bacon & bbq sauce (1270 Cals) 18%

OUR BURGERS ARE HAND-FORMED USING CHUCK AND BRISKET FROM CATTLE RAISED WITHOUT THE USE OF HORMONES OR STEROIDS

## HANDHELDS

served with fries (660 Cals) unless a substitution is requested

**STREET TACOS** pulled chicken, soft corn taco shells, refried beans, chipotle yogurt, salsa fresca (440 Cals) 14%

**FISH TACOS** chipotle lime haddock, soft corn taco shells, corn salsa, avocado, sour cream (610 Cals) 15

**GREEK CHICKEN WRAP** marinated chicken, tomatoes, kalamata olives, capers, tzatziki, crumbled feta cheese (830 Cals) 16

**SOUTHERN FRIED CHICKEN SANDWICH** cabbage slaw, cheddar cheese, quick pickle (1300 Cals) 16½

**BEEF DIP** house-roasted beef, pretzel bun, sautéed mushrooms, horseradish aioli, swiss cheese, au jus (950 Cals) 16%

**DOUBLE STACKED TURKEY CLUB** roasted turkey, crisp bacon, fresh lettuce, tomato, mayo, cheddar, toasted multi-grain (650 Cals) 15%

**LUNCH COMBO** choose any two of the following 13%  
soup (100-270 Cals) side salad (170-230 Cals)  
half turkey club (330 Cals) half beef dip (480 Cals)

**CHICKEN TENDERS** (1050-1140 Cals) 15

**BUTCHER'S CUT STEAK SANDWICH** cab® sirloin, open faced with sautéed mushrooms, caramelized & crispy onions, fresh arugula, sriracha bbq, garlic ciabatta (540 Cals) 21½

substitute sweet potato fries (750 Cals) 3  
substitute soup (100-270 Cals) 2  
substitute salad (170-230 Cals) 2

🌱 vegetarian items

🌊 OCEAN WISE. A SUSTAINABLE CHOICE

Informed Dining 📄 nutritional information available

adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day; however, individual needs vary