

GROOVY TUESDAY'S *Bistro*

Lunch Menu

Starters

Roasted Beet Salad- arugula, goat cheese, candied pecans, cherry dressing \$12

Caesar- fried capers, herb croutons, parmesan, and bacon \$10

Fried Mozzarella - roasted garlic bulb, marinated tomatoes, toast points \$12

Pan Seared Sea Scallops- roasted peach medallions, cauliflower puree \$ 15

Beef Carpaccio Salad- fennel, arugula, shaved asiago cheese, balsamic vinaigrette \$15

Butternut Squash Bruschetta- Italian sausage, sage, goat cheese \$11

Grilled Calamari - roasted red pepper, cherry tomato & zucchini quinoa \$14

French Onion Soup- crostini, melted mozzarella \$7

Mains

Braised Beef Sambo- BBQ tossed beef brisket, coleslaw, frizzled onions \$14

Mac & Cheese- smoky chipotle ketchup \$11 Add pancetta \$2

Breaded Chicken Sambo- mango, arugula, chipotle aioli, avocado \$13

Cobb Salad – blue cheese stuffed cherry tomatoes, avocado, bacon wrapped asparagus choice of chicken or Shrimp \$16

Fish & Chips- haddock, tartar sauce, coleslaw, fat fries \$15

Egg'Cellent Feature – always changing, always fresh \$13

Canadian 'Eh' Burger- 6oz. lean ground beef, traditional trimmings \$12

BLT- bacon, lettuce and tomato with cheddar cheese + chicken \$5 or egg \$2

Daily soup & burger topping feature. Choice of soup, salad or bistro chips with mains. We are pleased to cater to dietary restrictions.

GROOVY TUESDAY'S *Bistro*

Dinner Menu

Starters

Roasted Beet Salad- arugula, goat cheese, candied pecans, cherry dressing \$12

Caesar- fried capers, herb croutons, parmesan, and bacon \$10

Fried Mozzarella - roasted garlic bulb, marinated tomatoes, toast points \$12

Pan Seared Sea Scallops- roasted peach medallions, cauliflower puree \$ 15

Beef Carpaccio Salad- fennel, arugula, shaved asiago cheese, balsamic vinaigrette \$15

Butternut Squash Bruschetta- Italian sausage, sage, goat cheese \$11

Grilled Calamari - roasted red pepper, cherry tomato & zucchini quinoa \$14

French Onion Soup- crostini, melted mozzarella \$7

Mains

Pork Roulade- kale, roast garlic, mushrooms, sweet potato wedges, pommery demi sauce \$25

Smoked Chicken Ravioli- roast parsnip and bacon cream sauce \$23

8oz Beef Tenderloin- cheddar and jalapeno mash, frizzled onions, thyme & garlic compound butter \$30

Seared Ahi Tuna- ginger, scallion potato cakes, bok choy, asian broth \$32

Eggplant Parmesan- tomato basil sauce, fresh fettuccini \$18

Risotto- squash, cranberry, maple brown butter, toasted pancetta \$20 + scallops or shrimp \$7

Pan Seared Chicken Supreme- stuffed with chive goat cheese, brussel sprouts, bacon, beans & pont neuf potatoes \$23

Daily soup feature available. We are pleased to cater to your dietary restrictions.