

Share

NACHOS \$18 **GF**

baked corn tortilla, cheddar and monterey jack cheese, green onions, jalapeno, tomato, olives, cilantro, sour cream, tomato salsa

Add Fresh Guacamole	\$3
Add Taco Beef	\$4
Add Roast Chicken	\$6

BUFFALO CHICKEN BITES \$15 **GF**

tender chicken thighs, tossed in buffalo chicken sauce with crudité & house made ranch dip

CHICKEN WINGS \$15

housemade hot sauce, teriyaki, or salt & pepper, crisp celery, blue cheese dip

CHORIZO SAUSAGE FLATBREAD \$15 **NEW**

chorizo Sausage, red onion, goats cheese & autumn mushrooms

CRAB DIP \$14 **NEW**

pita crisps

SPICED CAULIFLOWER PAKORA \$14 **V GF**

with a mint tamarind mango dipping sauce

CRISPY CHICKEN TENDERS \$14

spicy plum sauce

WARM NAAN BREAD WITH RED PEPPER HUMMUS \$13 **N**

grilled & drizzled with extra virgin olive oil

EDAMAME \$9 **GF**

wok seared, garlic, chili, lemon soy

CRISPY CHILI SPICED CHICKPEAS FRIES \$9 **V GF NEW**

lemon herb aioli

Bowls

WILD MUSHROOM CASARECCE PASTA \$24 **NEW**

chicken, celeriac, leeks & porcini cream

1LB STEAMED MUSSELS & FRIES \$23 **NEW**

'congolese' spiced tomato fennel broth

COCONUT YELLOW PRAWN CURRY \$23 **GF NEW**

stir fry vegetables, jasmin rice

PAD THAI WITH SPICED TEMPEH \$21 **V GF**

rice noodles sautéed with onion, bean sprouts, garlic chives, cashews and lime in a sweet & sour sauce

SPICY TUNA POKE BOWL \$18 **GF DF**

albacore tuna, brown rice, salad with shredded nori, carrots, avocado, edamame, wakame salad & wasabi aioli

Sushi

Available Tuesday, Wednesday, Saturday 12-8PM.
Thursday, Friday 12-9PM.

STEAK AND SUSHI \$27

marinated steak, ponzu sauce, spicy tuna sushi press

FASHION ROLLS

SUSHI TOWER \$19

fresh wild salmon & tuna sashimi, avocado, crab, cucumber mix, massago, spicy mayo, unagi sauce

VOLCANO \$16.85

prawn tempura, spicy tuna, spicy mayo, unagi sauce

SALMON DRAGON \$16.85

salmon, crabmeat, avocado, masago, mayo, unagi sauce

TUNA DRAGON \$16.85

tuna, crabmeat, avocado, masago, mayo, unagi sauce

ROLLS

PRAWN TEMPURA \$8.00

CHICKEN TERIYAKI \$8.00

CALIFORNIA \$6.85

YAM TEMPURA \$5.99

Soups & Salads

SOUP OF THE DAY \$9

THE GRIND \$19

grilled chicken breast, mesclun greens, pumpkin-sunflower seeds, dried cranberry mix, feta cheese, herb vinaigrette

Starter Size \$13

AUTUMN SALAD \$15 **GF NEW**

roasted pear, hazelnut, arugula, goats cheese & fig balsamic dressing

COBB SALAD \$15 **GF**

hearts of butter lettuce, crumbled blue cheese, maple bacon, diced celery & red onion, avocado, egg, ranch dressing

Starter Size \$10

SUPER FOODS 2.0 \$14 **V GF**

baby kale, tri-colour quinoa, sunflower seeds, shredded carrots, red cabbage, edamame, avocado, miso pickled ginger tamari dressing

Starter Size \$9

ROASTED PUMPKIN SOUP \$10 **NEW**

prosciutto crisps, croutons and toasted pumpkin seeds

Add Grilled Chicken \$7

Add Grilled Salmon \$6

Sautéed Prawns \$6

Cooked Cajun Style \$1

Burgers & Sandwiches

SHAVED PRIME RIB BEEF DIP \$21

horseradish aioli, crispy onions on garlic toasted baguette, au jus

3 BAJA COD TACO PLATE \$18 **GF**

avocado, slaw and chipotle aioli

GRILLED CHICKEN CLUBHOUSE SANDWICH \$17

double smoked bacon, lettuce tomato, mayonnaise, multigrain or sourdough bread

"BUBBA'S" CLASSIC BURGER \$16

ketchup, mustard, sharp cheddar, bacon, lettuce, tomato, onion

PORTABELLA MUSHROOM BURGER \$15 **N GF**

tomato & pepper jam, red onion, feta

Served with your choice of fresh greens, caesar salad, or house cut kennebec fries.

Gluten free bun \$2

Our burger patties are made in-house.

Entrées

Available after 5PM

BRAISED VEAL OSSO BUCCO \$36 **GF NEW**

saffron risotto, caramelized onion & roasted carrot

Suggested wine pairing - Masi Campofiorin

MORROCAN SPICED LAMB SHOULDER \$32 **DF NEW**

Israeli cous cous, apricot jus

Suggested wine pairing - Rodney Strong Zinfandel

PAN SEARED STEELHEAD \$27 **GF NEW**

wasabi mashed potatoes, glazed baby bok choy, soy brown butter beurre blanc

Suggested wine pairing - 8th Generation Riesling

DUCK LEG CONFIT \$27 **GF DF NEW**

lentil cassoulet, sautéed brussel sprouts, red wine jus

Suggested wine pairing - Misty Cove Pinot Noir

MEDITERRANEAN VEGETABLE LASAGNA \$22 **V GF NEW**

grilled vegetables, spicy tomato sauce, soy cheese

Suggested wine pairing - Sasyr Sangiovese, Syrah

SURF & TURF - CANADIAN AAA **GF NEW**

4 grilled garlic herb prawns, garlic mashed potatoes

6 oz SIRLOIN \$28

10 oz RIB EYE \$42

Suggested wine pairing - Vanessa Right Bank Meritage

*Look for the suggested wine pairings on our white and red by the glass lists

Desserts

PUMPKIN CHEESECAKE \$9 **NEW**

amaretti & cinnamon chantilly

DARK & LIGHT CHOCOLATE **GF NEW**

MOUSSE PARFAIT \$8

WARM APPLE STRUDEL \$9 **NEW**

caramel sauce & vanilla gelato

GELATO & SORBET \$8 **NEW**

changes regularly

TRADITIONAL CRÈME BRULEE \$9 **NEW**

GF GLUTEN FREE **V** VEGAN **DF** DAIRY FREE **🍃** VEGETARIAN