

WINTER 2018 MENU

APPETIZERS

Cauliflower Wedges

beer battered cauliflower, coconut red curry sauce, chive-coriander crème fraîche

\$16

Israeli Cous Cous Salad

shaved brussel sprouts, red cabbage, spinach, roasted broccoli, slivered almonds, parmesan, cranberry puree

\$15

Groovy Caesar

fried capers, bacon, croutons, asiago, garlic aioli

\$15

Scallops

honey roasted carrot medallions, kale chips, leek-parsley pesto, brie

\$17

Naan

always changing, always fresh

\$16

Soup Du Jour

always changing, always fresh

\$9

Beet Salad

trio of pickled, roasted, & shredded beets, ginger-maple vinaigrette, red onion, greens, candied walnuts, goat cheese

\$16

Meat and Cheese Board

smoked salmon, beef carpaccio, pickled parsnip, deep fried olives, roasted garlic-horseradish puree, crostini's

\$23

LUNCH MAINS

Groovy Cobb

black bean & corn salsa, cherry tomatoes, fried tortilla, red peppers, hard-boiled egg, spicy avocado sour cream (choice of chili seasoned chicken or fish)

\$20

Egg'cellent Feature

always changing, always fresh

\$16

Chicken Wrap

panko crusted chicken, sautéed mushrooms, caramelized onion, swiss cheese, garlic aioli, greens (choice of side)

\$18

Meatball Sandwich

open-faced on toasted focaccia, tomato-basil sauce, asiago, crispy onions (choice of side)

\$18

Roasted Cauliflower Panini

spinach, mozzarella, grilled red onion, grilled zucchini, roasted garlic-rosemary aioli (choice of side)

\$17

Risotto

curried carrot infused, sweet red pepper chutney, feta cheese

\$17

Mac n' Cheese

bacon, jalapeno, white cheddar béchamel, cavatappi pasta

\$18

Spicey Black Bean & Quinoa Burger

pesto aioli, roasted red peppers, goat cheese, pickled carrots (choice of side)

\$17

DINNER MAINS

Pork Roulade

stuffed with caramelized onions, spinach, goat cheese, & roasted garlic, creamy herbed barley, honey glaze

\$29

Spaghetti & Meatballs

mozzarella stuffed beef meatballs, tomato-basil sauce, asiago, wilted spinach

\$26

Risotto

curried carrot infused, with sweet red pepper chutney & feta cheese (add scallops \$8 each)

\$25

Roasted Salmon

wild rice pilaf, warm puttanesca sauce with tomato, olives, capers, red onion, garlic

\$32

Sweet Potato Gnocchi

chorizo, leeks, jalapeno, kale, in a pesto cream

\$30

Beef Tip Stew

carrots, potato, celery, blueberries, & rosemary-red wine jus with garlic toast

\$30

8oz Beef Tenderloin

thick cut potato-bacon poutine with brie & seasonal vegetables

\$40

Chicken Scaloppini

panko crusted chicken breast, mushroom-balsamic cream, roasted potatoes, seasonal vegetables

\$28