

WINTER 2019 MENU

APPETIZERS

Mussels

steamed with fennel, leek, garlic-herb cream & topped with fried potato

\$16

Cauliflower Wedges

tempura battered cauliflower tossed in a sticky hoisin-maple glaze, wasabi aioli & Asian coleslaw

\$16

Groovy Caesar

romaine, fried capers, croutons, bacon, asiago

\$15

Shaved Brussels Sprout Salad

braised red cabbage, craisons, slivered almonds, bacon, & cranberry- citrus vinaigrette

\$15

Naan

always changing, always fresh

\$16

Soup Du Jour

always changing, always fresh

\$9

Blackberry Bruschetta

chive whipped cream cheese, blackberry compote, fried pancetta, & basil on focaccia, drizzled with chili infused honey

\$16

Lamb Tacos

braised lamb on soft shells with kimchi, mint sour cream, & pomegranate salsa

\$17

Surf & Turf Board

smoked salmon, beef tartar, blistered tomatoes, roasted garlic, horseradish remoulade, pickled onions, crumbled parmesan, & crostini's

\$26

LUNCH MAINS

Groovy Cobb

chopped romaine, baked egg, roasted grapes, cherry tomatoes, grilled red pepper, sugar snap peas, bacon, & blue cheese(choice of chicken or cod)

\$20

Beef Dip

sliced beef tips, pickled radish, roasted red peppers, spinach, crispy onions, horseradish- pomery aioli, & jus (choice of side)

\$20

Buddha Bowl

quinoa, spicy roasted chickpea's, warm squash-pecan compote, beets, broccoli, pickled parsnip, pomegranate, goat cheese, & maple crème fraiche

\$19

Falafel Wrap

tzatziki, grilled vegetable medley, fried house falafels, & feta (choice of side)

\$17

Pulled Chicken Panini

pple barbeque sauce, greens, caramelized onion & smoked cheddar (choice of side)

\$18

Bolognese

linguini tossed in a hearty beef & chorizo Bolognese with wilted greens & asiago

\$18

Egg'cellent Feature

always changing, always fresh

\$16

Spicy Black Bean- Quinoa Burger

chipotle ranch, tomato, fried jalapenos, mozzarella, & pineapple salsa (choice of side)

\$17

DINNER MAINS

Bolognese

house made pappardelle tossed in a hearty beef & chorizo Bolognese with wilted greens & asiago

\$28

Purple Potato Gnocchi

ried gnocchi with sautéed leeks, kale, onion, sweet peas in a grainy mustard cream

\$25

Risotto

water chestnuts, broccoli, spinach, pesto, asiago, topped with balsamic seared scallops & sprouts

\$35

Lamb Shank

coffee & cocoa braised with rosemary mashed potatoes, Yorkshire pudding, jus, & roasted carrots

\$34

Groovy Veggie Shepard's Pie

mushroom based with lentils, carrots, corn, celery, onions, deconstructed with celery root-potato garlic mashed, red wine jus & crispy onions

\$26

Groovy Fall Stew

earl couscous, cherry tomatoes, grilled zucchini, basil, red peppers, topped with grilled chicken & halloumi cheese & black olive tapenade

\$30

8oz Beef Tenderloin

grilled, with truffle oil-asiago frites & garlic roasted Brussels sprouts

\$40

Orechiette

seared and roasted, with red coconut curry, & pineapple fried rice

\$34