



LUNCH MENU



IS-TDTRD

SALADS

- MIXED SPRING GREENS** **\$6**
West Coast greens and veggies with our housemade Bumbleberry vinaigrette dressing. **VGN**
- CEASAR SALAD** **\$8**
Meal sized Ceasar with house made dressing on crisp romaine topped with croutons and fresh parmesan cheese. **Add Chicken \$3**
- THAI NOODLE SALAD** **\$8**
Egg noodles tossed in a spicy Asian Vinaigrette, julienne carrots, cucumbers and fresh veggies drizzled with manis. **(vgn version available, sub rice noodles)**
- CHICK PEA SALAD** **\$9**
A delicious mix of chick peas, sunflower seeds, fresh tomato, onions & carrots tossed in a Florentine vinaigrette. Served with papadum **VGN**
- CARIBBEAN RICE & BLACK BEAN SALAD** **\$8**
A combination of rice, black beans, onions tossed in a cumin, Dijon vinaigrette. Served on a bed of mesculen greens . Served with Armenian Flat Bread. **VGN**
- PEAR GUAVA SALAD** **\$10**
Mixed greens, cherry tomatoes, red onion, walnuts & cheese. Drizzled with pear guava dressing.

SOUP: Made in house daily
Cup **\$3.50** Bowl: **\$4.95**

GRG

LIGHT BITES

- SPRING ROLLS (vgn)** Freshly hand made spring rolls with bean sprouts, cabbages, carrots Noodles & garlic. Served with dipping sauces. **\$6** **Extra roll \$2**
- CHICKEN STRIPS** Lightly breaded strips of chicken breast, with plum or honey mustard dipping sauce. **\$8.5**
- CHICKEN SATAY** Chicken thigh meat marinated in curry with mixed spring greens and Thai jasmine rice. Served with peanut sauce, Thai Soy & Sweet Chili sauce. **\$9.5**
- HUMMUS & PITA** Sweet roasted red pepper hummus & pita bread **\$7**
- WONTON PRAWNS** Prawns encrusted in crispy wontons. Dipping sauce **\$8**
- CRUNCHY CALAMARI** Tender calamari, lightly breaded in our own crunchy batter. Served with fresh basil aoli and sweet chili. **\$8**
- CHIPOTLE PRAWNS WITH AVOCADO SALSA VERDE** **\$8**
Delicious Black Tiger Prawns seared in a spicy chipotle seasoning, Served with our Special tomatillo and avocado salsa and a soft taco.
- SWEET POTATO FRIES** with cumin mayo dipping sauce **\$5**

GOURMET BURGERS

All burgers come with Lettuce, Tomato, Special Sauces, Mustard, Onion & Pickle on a Kaiser Bun.
Your choice of Mixed Spring Greens, Caesar, Soup or Homemade Fries

THAI PEANUT BURGER **\$8.95**

Char broiled Chicken breast marinated in Thai Curry, topped with sweet chili mayo and spicy peanut sauce.

MOOSEHEAD BBQ BUFFALO BURGER **\$8.95**

Moosehead BBQ Sauce Buffalo patty, special sauce.

HOT & SPICY VEGGIE BURGER (vgn) **\$8.95**

Spicy lentil patty, lettuce, tomato, loaded with banana peppers, mushrooms, onions & red Thai Sauce.

CAJUN SALMON BURGER **\$8.95**

Wild Salmon filet rubbed with Cajun spices, topped with sweet chili mayo.

BURNIN' RING OF FIRE **\$9.50**

Homemade chuck patty, jalapeno jack cheese, habanera peppers, onions, mushrooms & hot sauce.

VEGGIE MUSHROOM CHEDDAR BURGER **\$8.99**

Veggie burger topped with real cheddar & mushrooms.

BACON MUSHROOM CHEDDAR BURGER **\$8.99**

Delicious homemade chuck patty, smothered with cheddar cheese, mushrooms & bacon.

BRITISH BULLDOG **\$9.99**

Chuck patty, Guinness infused cheddar cheese, bacon Onions, tomato & lettuce.

We use 100% ground chuck steak in all our burgers

BEEF BURGER & FRIES **\$5.50**

Juicy homemade chuck patty on kaiser bun, lettuce, tomato, onion & pickle. Soup or Homemade Fries

CHEESEBURGER **\$6.75**

Homemade chuck patty topped with cheddar cheese, lettuce, tomato, onion & pickle. Soup or Fries

VEGGIE BURGER **\$5.50**

Veggie patty, special sauce, lettuce, tomato, onion, special sauce & pickle on Kaiser bun. Soup or fries

VEGGIE CHEESEBURGER **\$6.75**

Cheddar Cheese on our veggie patty, lettuce, tomato, onion, special sauce & pickle. Soup or fries

SUBSTITUTE A SALAD, FOR SOUP OR FRIES \$1 EXTRA



INTERNATIONAL



WILD MUSHROOM CURRY CHICKEN BOWL **\$10.99**

A flavourful blend of curries and spices to gently tantalize your palette. Chicken, fresh basil & wild mushrooms, over rice.

TOM YUM (vgn) **\$9.99**

A spicy coconut milk based broth with fresh vegetables, served with rice on the side. Add Chicken \$3, Tofu \$2.50 Prawns \$5

PAD THAI **\$10.99**

A spicy house specialty with our own special red curry Pad Thai dressing, stir fried with peppers, carrots, crushed peanuts, cabbage, napa cabbage, sprouts. Topped with fried egg slices. Meal Sized. (VGN version available). Add Chicken \$3, Tofu \$2.50 Prawns \$5

SESAME STIR FRY **\$11.00**

Steamed noodles, Spinach, peppers, mushrooms & bean sprouts stir fried with garlic, sesame oil and sesame seeds. Add tofu \$2.50, Chicken \$3 or Prawns \$5 (Sub rice for noodles = vgn)

CURRIED CHAMPIGNONS (vgn) **\$10.99**

Oyster, Shitake, Crimini and Chinese mushrooms, fresh basil, carrots, celery simmered in a flavourful blend of curries. This is a vegetarian version of the Wild Mushroom Curry Bowl – as requested.



SANDWICHES

Your choice of Mixed Spring Greens, Caesar, Soup or Homemade Fries
With all items below

- CLASSIC BLT** \$6.99
Bacon, lettuce, tomato on multigrain - Toasted. Soup Salad or Fries
- GRILLED CHEESE** \$5.99
The classic sandwich made with Cheddar Cheese. Add Onion, or Tomato \$.50 ea. Bacon \$1
- CLUBHOUSE** \$8.50
Chicken, bacon, lettuce, tomato, cheese, mayo & pickle on white or brown bread. Toasted
- REDFISH SANDWICH** \$8.99
Smoked salmon on multigrain bread, sprouts, capers, red onions, sliced cucumbers with a basil aoli.
- GARDEN VEGGIE SANDWICH** \$7.99
Sliced tomato, cucumber, sage derby cheese, carrot, avocado & sprouts, salsa verde with an herb mayo, on multigrain bread. (Vgn –hold mayo & cheese)
- DECADENT DELI SANDWICH** \$9.99
Prosciutto, Brie cheese with grainy mustard, apple, sprouts and onion, served on dark rye bread.
- GOURMET CHICKEN AND CRANBERRY SALSA SANDWICH** \$9.50
Tender chicken breast, Sage Derby Cheddar Cheese, Sprouts, Cranberry Salsa and red onions. Sage Derby Cheddar is infused with sage and spinach On Dark Rye bread.

CIABATTA'S

(A light rectangular sandwich bun. A staple of the Italian diet.)

- CALAMARI CIABATTA** \$8.99
Crunchy calamari sandwich with crisp lettuce, diced red onion and a basil aoli. Served with lemon wedge.
- STEAK CIABATTA** \$10.99
6 oz of juicy New York Striploin flame broiled, thinly sliced, with onions, crisp lettuce and horseradish mayo.
- VEGGIE CIABATTA (VGN)** \$7.99
Avocado, tomato, onion, shaved carrot, cukes, alfalfa sprouts, salsa verde, drizzled with Florentine dressing.
- MEXICAN CHICKEN CIABATTA** \$8.99
Tender slices of chicken breast with, guacamole, fresh salsa, sprouts and onion.

Your choice of Mixed Spring Greens, Caesar, Soup or Homemade Fries

- ASIAN CHICKEN ROLL UP** \$8.50
Chicken marinated in red curry, peppers and rice wrapped in a warm tomato tortilla. Served with delicious Thai dipping sauce.
- REDFISH WRAP** \$8.99
Curry rubbed salmon, rice, mango chutney and raita wrapped in a spinach tortilla, Served with a Thai dipping sauce.
- 4-20 WRAP (vgn)** \$8.99
Hemp seeds in a spicy falafel style scramble, mixed greens, tomato, onions with a black bean salsa & red Thai sauce wrapped in a whole wheat tortilla.

Prices subject to change without notice. Taxes not included. VGN=vegan