

# STARTERS

## Sun-dried Tomato and Crispy Prosciutto Flatbread

Crispy flatbread grilled lightly and topped with rustic sun-dried tomato tapenade, crispy prosciutto, and baby arugula drizzled with olive oil.

## Smoked Cauliflower Cheddar Soup

A delicate cream of cauliflower soup topped with aged smoked cheddar.

## Vegetable Soup

A vegetable soup of the ages. Brunoised vegetables in a light but flavour packed tomato and garlic broth garnished with fresh herbs from our garden.

## Fruit Cocktail

# SALADS



## Greek Salad

Fresh romaine and torn iceberg lettuce dressed with a creamy Greek dressing, black olives, diced tomatoes, cucumber, red onions and topped with crumbled feta cheese.

## Caesar Salad

Crisp romaine leaf tossed with bacon, grated Parmesan, and seasoned croutons in a creamy garlic dressing.

## Garden Salad

Mixed leaf lettuce, carrot, radish, red onion, and croutons garnished with cucumber and tomato, and your choice of dressing.

## Crudités

With onion or ranch dip.

Dressing Choices: (Regular) Raspberry Vinaigrette, Balsamic Vinegar and Olive Oil, Thousand Island, Blue Cheese, Catalina, Honey Mustard, Caesar. (Light) French, Italian, Ranch.

All entrées are available in senior or child-size portions.  
Sauce can be served on the side if requested.

# ENTRÉES

## Pan-seared Salmon Escalopes

Pan-seared salmon escalopes cooked with a squeeze of lemon and finished with brown butter sauce. Served with seasonal vegetables and rice.



## Vegetarian Chana Korma

Fresh chickpeas sautéed with onions, garlic, fresh tomatoes, and garam masala spice finished with coconut milk. Served with black rice.

## Fresh Pan-fried Gnocchi Bolognese

Fresh Bolognese sauce tossed with pan-fried gnocchi and fresh arugula garnished with Parmesan cheese and served with garlic bread.

## Napoli Pizza

Personal pizza topped with fresh vegetables and zesty tomato sauce with your choice of goat cheese, blue cheese, or mozzarella.

## Prime Rib Dinner

Roasted prime rib cooked to your liking, Yorkshire pudding, seasonal vegetables, and boiled potato with herbs. Dressed with our signature au jus.

## Rolled Eggplant Menino

Grilled eggplant stuffed with fresh asparagus and ricotta cheese rolled and baked in a rich tomato and garlic sauce topped with fresh mozzarella.

## Roasted Leg of Lamb

Roasted leg of lamb rubbed with rosemary, parsley, sea salt and Dijon mustard served with thyme demi-glace. Served with seasonal vegetables and boiled potato with herbs.

## Tarragon Chicken

Tarragon butter-basted chicken supreme, pan-seared and oven-roasted, with a subtle tarragon jus. Served with seasonal vegetables and rice.

## Fruit Plate

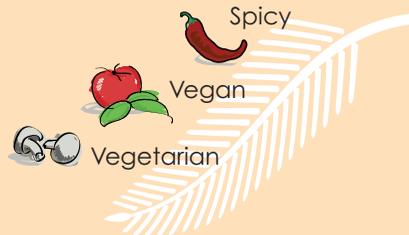
Seasonal fresh fruit served with your choice of orange sherbet, cottage cheese, or fruit yogurt.

## Spa Chicken

For the health conscious, a supreme breast of chicken in olive oil and herbs, chargrilled and accompanied with seasonal vegetables and rice.

## Gourmet Burger of the day

Franks Red Hot, blue cheese, and lemon-pepper aioli burger on a warm, slightly charred pretzel bun. Served with French fries and coleslaw.



# DESSERTS

## Mud Pie

A coffee-flavoured ice cream dessert.

## Rhubarb Tea Cake

A light, moist rhubarb tea cake with poached grenadine rhubarb and crème fraîche.

## Seasonal Fruit Plate

A select assortment of delicious seasonal fruits.

## Old-fashioned Ice Cream Sundae

Scooped vanilla or chocolate ice cream topped with rich whipped cream and a cherry. Your choice of chocolate, butterscotch, or strawberry sauce.

## Calorie-reduced Desserts

Sugar-free Diet Cake  
Calorie-reduced Diet Mousse  
(Ask your server for our flavor choices.)

## Everyday Favourites

Fruit and Cheese Plate / Jello and Cookies  
Freezies / Cream Pudding  
Strawberry Frozen Yogourt / Orange Sherbet

# BEVERAGES

## Cool Downs

Milk, Chocolate Milk, Iced Tea, Coca-Cola,  
Diet Coke, Sprite, Ginger Ale, Root Beer,  
Lemonade

## Warm Ups

Regular: Coffee, Orange Pekoe Tea  
Decaffeinated: Coffee, Orange Pekoe Tea  
Herbal: Assorted - Ask your server.