

STARTERS

House-smoked Salmon

In-house smoked salmon served on pumpernickel crostini with fried capers and remoulade.

Roasted Butternut Squash Soup

Cream of butternut squash served with roasted Brussels sprout chips.

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



Asian Five-spice Nut Salad

Mixed spring greens topped with roasted nuts dusted with Chinese five-spice, sweet mandarin orange segments, and sesame dressing.

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

Maple and Pink Peppercorn Beef Tenderloin

Grilled beef tenderloin medallions served with a "Maple Crown Royal" demi-glace and a pink peppercorn mascarpone rochette. Served with seasonal vegetables and rosemary roasted potato.

Wasabi Green Pea-crust Snapper with Pickled Radish Salad

Pan-seared red snapper crusted with bread crumbs and wasabi peas topped with a pickled radish salad and served with seasonal vegetables and wild rice.

Grilled Halloumi Cheese

Grilled halloumi cheese with roasted bell peppers, onions, and tomatoes dressed with garlic and oregano oil and served with seasonal vegetables and wild rice.

Gourmet Burger of the day

A three-cheese burger topped with cheddar, provolone, Swiss cheese, and lemon-pepper aioli on a warm, slightly charred pretzel bun. Served with French fries and coleslaw.

Goat Cheese-stuffed Pork Tenderloin

Pork tenderloin stuffed with goat cheese and fresh baby spinach, pan-fried and drizzled with demi-glace. Served with potato and seasonal vegetables.

BBQ Smoked Tofu Dinner

Smoked tofu dipped in BBQ sauce on top of roasted mushrooms and crispy onion rings. Served with seasonal vegetables and wild rice.

Smoked Mozzarella Ravioli and Sweet Potato Cream

Smoked mozzarella-stuffed raviolis tossed in a rich, sweet potato cream sauce. Served with garlic bread.

Maple Butter Roasted Chicken

Crispy roasted chicken with thyme and a maple butter glaze served with seasonal vegetables and wild rice.

Fruit Plate

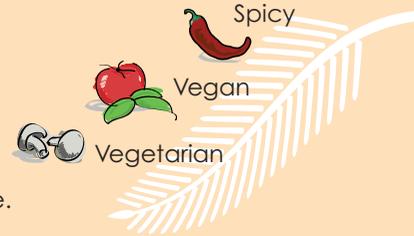
Seasonal fresh fruit served with your choice of orange sherbet, cottage cheese, or fruit yogurt.

Napoli Pizza

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

Spa Chicken

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



DESSERTS

White Chocolate and Orange Torte

White chocolate and fresh orange-zest ganache in a sweet pastry tart.

Red Wine-poached Pear with a Ginger and Cinnamon Custard

Red wine-poached pear topped with warm a ginger and cinnamon custard.

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 flavour 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.