



LITTLE PLATES

ASIAN BBQ PORK RIBS GF	19
HALF RACK OF TENDER RIBS WITH ASIAN BBQ SAUCE SERVED WITH SESAME GINGER SLAW	
BAKED FETA GFR	17
ARTICHOKES, CHERRY TOMATOES, KALAMATA OLIVES, FRESH HERBS SERVED WITH CRUSTY BREAD	
ISLAND CORN CHOWDER GFR CUP 8 BOWL	14
CREAMY VEGETARIAN CORN AND POTATO CHOWDER SERVED WITH A BISCUIT	
SEAFOOD CHOWDER GFR CUP 12 BOWL	18
CREAMY POTATO CHOWDER BRIMMING WITH A VARIETY OF SEAFOOD SERVED WITH A BISCUIT	
GREEK CHICKEN SOUVLAKI GFR	22
TZATZIKI, NAAN, ARTICHOKE FETA SALAD	

SHAREABLES

MEZZA PLATE GFR	18
SPANISH HUMMUS, FALAFEL, NAAN, PAPPADUM, TOMATO CUCUMBER SALAD, OLIVES	
DALI NACHOS GF (ADD CHICKEN 6)	22
CHORIZO, OLIVES, SWEET PEPPERS, JALAPENOS, ONIONS, CHEESE BLEND, ENCHILADA SAUCE SERVED WITH SALSA AND SOUR CREAM	
CHARCUTERIE BOARD GFR	35
VARIETY OF MEATS, CHEESES, PICKLED VEGETABLES, TOMATO JAM, OLIVES SERVED WITH BAGUETTE AND FOCACCIA	
THAI RED CURRY MUSSELS GFR	17
COCONUT MILK, LEMONGRASS SERVED WITH FRENCH BREAD	
SPINACH & ARTICHOKE DIP	18
SERVED WITH BAGUETTE AND NAAN	

FLATBREADS GFR

GREEK VEGGIE	19
PESTO, SPINACH, PICKLED ARTICHOKE, RED PEPPERS, TOMATOES, RED ONIONS, FETA, WHITE CHEDDAR	
BBQ CHICKEN	19
CHIPOTLE BBQ SAUCE, BACON, WHITE CHEDDAR, SAUTEED RED ONIONS, HERBS	
SICILIAN	19
TOMATO SAUCE, ITALIAN SAUSAGE, PROSCIUTTO, ROASTED RED PEPPER, FRESH BASIL, MOZZARELLA	

BIG PLATES

REUBEN PANINI	21	BUTTER CHICKEN GFR	20
HOUSE-MADE CORNED BEEF AND SAUERKRAUT, SWISS CHEESE, TANGY HOUSE SAUCE ON RYE BREAD SERVED WITH GARDEN SALAD		TRADITIONAL CURRY SAUCE SERVED WITH BASMATI RICE, PAPPADUM, NAAN, VEGETABLES	
CHICKEN PARMESAN PANINI	17	SMOKED SALMON BAGEL	23
CHICKEN, ITALIAN HAM, WHITE CHEDDAR, PESTO, TOMATO SAUCE, PARMESAN SERVED WITH GARDEN SALAD		DILL CAPER CREAM CHEESE, RED ONION, LETTUCE, TOMATO, SERVED WITH GARDEN SALAD	
BURGER GFR	22	STEAK SANDWICH	27
LETTUCE, TOMATO, ONION, BACON, AGED CHEDDAR, TOMATO JAM, CHIPOTLE GREEN PICKLE MAYO GARDEN SALAD OR PATATAS BRAVAS		6oz SIRLOIN WITH MUSHROOMS, ONIONS, PEPPERCORN SAUCE SERVED WITH VEGETABLES AND PATATAS BRAVAS	
COCONUT FISH TACO	21	VEGAN CURRY VEGETABLES GF	20
HADDOCK, CHIPOTLE MANGO CHUTNEY, PINEAPPLE SALSA, QUESO FRESCO, LIME COCONUT MILK CREMA SERVED WITH GARDEN SALAD		RICE NOODLES WITH COCONUT CURRY SAUCE SERVED WITH PAPPADUM	
		SPANISH CHICKEN PENNE	22
		MANZANILLA OLIVES, SOFRITO, CILANTRO, PARMESAN	

SALADS

BOWL DEL SOL GF	18
QUINOA, CHICKPEAS, ROASTED SWEET POTATOES, TOMATOES, RED ONIONS, CUCUMBERS, ARUGULA, SRIRACHA TAHINI DRESSING	
CAESAR GFR	16
PANCETTA AND CROUTONS	
GARDEN GF	16
MIXED GREENS, GARDEN VEGETABLES, HONEY-SAGE VINAIGRETTE	
GREEK GF	18
ROMAINE, KALAMATA OLIVES, RED ONION, CUCUMBER, TOMATO, FETA, GREEK ARTICHOKE VINAIGRETTE	
ADD SMOKED SALMON	9
ADD CHICKEN	6
ADD COCONUT BREADED HADDOCK	9

GFR – GLUTEN FREE ON REQUEST \$3
GF – GLUTEN FREE



HOUSE WINE

WHITE	5 oz	½ L	LITRE	RED	5 oz	½ L	LITRE
KLEINE ZALZE CHARDONNAY	9.00	29	57	KLEINE ZALZE CABERNET SAUVIGNON	9.50	30	60
MEZZACORONA PINOT GRIGIO	10.00	31	62	MCGUIGAN 'THE PLAN' SHIRAZ	9.50	27	54
VILLA MARIA SAUVIGNON BLANC	12.50	42	83	TRUMPETER MALBEC	10.50	38	76

BOTTLES

ROSE	BTL	SPARKLING	BTL
B & G PASSPORT, FRANCE	45	HOLA BRUT CAVA, SPAIN	51
RED		WHITE	
MARQUIS DE CACERES RESERVA, SPAIN	71	MARQUES DE VIZHOJA TORRE LA MOREIRA ALBARINO	60
SEVEN DEADLY SINS ZINFANDEL, CALIFORNIA	66	THIRTY BENCH REISLING, CANADA	57
JOST GREAT BIG FRIGGIN RED BLEND, CANADA	52	MER SOLEIL SILVER CHARDONNAY, CALIFORNIA	75

SPIRITS 1 oz

BOMBAY SAPPHIRE GIN	6.00	CLUB RYE WHISKEY	6.00
BLUE LOBSTER VODKA	6.00	MAKER'S MARK	8.25
GREY GOOSE	9.25	BULLEIT BOURBON	8.50
CAPTAIN MORGAN RUM WHITE OR DARK	6.00	BALLANTINE'S SCOTCH	8.25
CAPTAIN MORGAN SPICED	6.75	JAMESON'S IRISH WHISKEY	6.75
CROWN ROYAL	6.75	BOWMORE 12 YEAR SCOTCH	11.75

DRAUGHT BEER

UPSTREET	80 BOB RED ALE, WHITE NOIZE IPA, COMMONS PILSNER	8.50
LONE OAK	FIXED LINK PILSNER, YANKEE GALE APA	8.50
MOLSON	COORS LIGHT, HEINEKEN, FINE CO. RADLER	8.50

BEER, COOLERS, AND CIDERS

LONE OAK	HOLLYWOOD IPA	473 ml can	9.75
LONE OAK	SELTZER	333 ml can	7.50
PEI BREWING CO.	BLUEBERRY ALE, 1772	473 ml can	9.75
COLLIDING TIDES	GIN OR VODKA, ROTATIONAL FLAVOURS	473 ml can	9.75
STRONGBOW	CIDER	500 ml can	10.00
LITTLE PIG CIDERY	DRY CIDER	375 ml btl	8.25
REWIND	ROTATIONAL FLAVOURS	355 ml can	7.25
GUINNESS		473 ml can	9.75
GLUTENBERG GLUTEN-FREE		473 ml can	9.75
COORS LIGHT		341 ml btl	6.00
MOOSEHEAD LIGHT		341 ml btl	6.00
ALPINE		343 ml btl	6:00
UPSTREET	RHUBY SOCIAL, BLUE MEANIE	473 ml btl	9.75

NON – ALCOHOLIC

PEPSI, DIET PEPSI, 7UP, GINGER ALE, SODA WATER, TONIC WATER	3.50
UPSTREET NON-ALCOHOLIC BEER (0.4%)	7.75
PERRIER	5.00
COFFEE OR TEA	3.50
CAPPUCCINO, LATTE	4.25
MOCHA, FRENCH VANILLA, OR HAZELNUT CAPPUCCINO OR LATTE	4.50
HOT CHOCOLATE WITH WHIPPED CREAM	4.75
ORANGE OR APPLE JUICE BOTTLE	4.25
GINGER BEER	6.00
VIRGIN COCKTAIL	8.00
FIJI	5.00
SAN PELLEGRINO 750ML/500ML	8.00/5.00