



LITTLE PLATES

ASIAN BBQ PORK RIBS	16
HALF RACK OF TENDER RIBS WITH ASIAN BBQ SAUCE SERVED WITH SESAME GINGER SLAW	
BAKED FETA GFR	16
FETA, GREEN AND BLACK OLIVES, FRESH THYME, BASIL, CHERRY TOMATOES, OLIVE OIL, LOCAL HONEY SERVED WITH CRUSTY BREAD	
PANZANELLA SALAD GFR	15
HEIRLOOM TOMATOES, HERBED CROUTONS, MOZZARELLA, RED ONION, GARDEN GREENS, BASIL VINAIGRETTE	
SEAFOOD CHOWDER GF CUP 10 BOWL	16
CREAMY POTATO CHOWDER BRIMMING WITH A VARIETY OF SEAFOOD SERVED WITH A BISCUIT	

FLATBREADS GFR

GREEK VEGGIE	18
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	
SMOKED SALMON	20
LOCAL SALMON, ARUGULA, DILL CREAM CHEESE, RED ONION, PICKLED RADISH, CAPER DILL VINAIGRETTE	

BIG PLATES

SMOKED SALMON BAGEL	20
ATLANTIC SALMON, DILL CREAM CHEESE, RED ONION, CAPERS, EGG SALAD, LETTUCE, TOMATO SERVED WITH GARDEN SALAD	
BURGER GFR	18
LETTUCE, TOMATO, ONION, BACON, WHITE CHEDDAR, TOMATO JAM, CHIPOTLE GREEN PICKLE MAYO GARDEN SALAD OR PATATAS BRAVAS	
FISH TACO	16
HADDOCK, PINEAPPLE SALSA, TACO SAUCE, MOZZARELLA, CHEDDAR SERVED WITH GARDEN SALAD	
CHICKEN MAC & CHEESE	16
PANCETTA, ROASTED RED PEPPERS, MUSHROOMS SERVED WITH GARLIC BREAD	

BUTTER CHICKEN GFR	20
TRADITIONAL CURRY SAUCE SERVED WITH BASMATI RICE, PAPPADUM, NAAN, VEGETABLES	
CHICKEN PARMESAN PANINI	17
ITALIAN HAM, PESTO, TOMATO SAUCE, PARMESAN SERVED WITH GARDEN SALAD	
STEAK SANDWICH	27
6OZ SIRLOIN WITH MUSHROOMS, ONIONS, PEPPERCORN SAUCE SERVED WITH PATATAS BRAVAS	
THAI CURRY VEGETABLES GF	18
RICE NOODLES WITH A VEGAN COCONUT CURRY SAUCE AND PAPPADUM	

SHAREABLES

MEZZA PLATE GFR	16
SPANISH HUMMUS, FALAFEL, NAAN, PAPPADUM, TOMATO CUCUMBER SALAD, OLIVES	
DALI NACHOS GF (ADD CHICKEN 4.5)	20
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, FOCACCIA, NAAN	
ISLAND MUSSELS GFR	16
STEAMED IN WHITE WINE, GARLIC, LEMON, THYME	
CRAB & ARTICHOKE DIP	16
SERVED WITH BAGUETTE AND NAAN	

SALADS

APPLE & GOAT CHEESE GF	16
SPICED WALNUTS, SPRING GREENS, MAPLE VINAIGRETTE	
CAESAR GFR	14
CRISPY BACON AND CROUTONS	
GARDEN GF	13
MIXED GREENS, GARDEN VEGETABLES, HONEY-SAGE VINAIGRETTE	
GREEK GF	15
ROMAINE, KALAMATA OLIVES, RED ONION, CUCUMBER, TOMATO, GREEK ARTICHOKE VINAIGRETTE	
ADD SMOKED SALMON	7
ADD CHICKEN	4.5

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	8	24	49	KLEINE ZALZE CABERNET SAUVIGNON	8	27	55
MEZZACORONA PINOT GRIGIO	9	29	59	MCGUIGAN 'THE PLAN' SHIRAZ	9	26	54
VILLA MARIA SAUVIGNON BLANC	10	37	76	TRUMPETER MALBEC	9	28	58

BOTTLES

ROSE	BTL	SPARKLING	BTL
B & G PASSPORT, FRANCE	43	HOLA BRUT CAVA, SPAIN	50
RED		WHITE	
MARQUIS DE CACERES RESERVA, SPAIN	71	MARQUES DE VIZHOJA TORRE LA MOREIRA ALBARINO	60
SEVEN DEADLY SINS ZINFANDEL, CALIFORNIA	65	THIRTY BENCH REISLING, CANADA	52
JOST GREAT BIG FRIGGIN RED BLEND, CANADA	47	MER SOLEIL SILVER CHARDONNAY, CALIFORNIA	75

SPIRITS 1 oz

BOMBAY SAPPHIRE GIN	5.75	CLUB RYE WHISKEY	5.75
BLUE LOBSTER VODKA	5.75	MAKER'S MARK	8.00
GREY GOOSE	9.00	BULLEIT BOURBON	8.25
CAPTAIN MORGAN RUM WHITE OR DARK	5.75	BALLANTINE'S SCOTCH	8.00
CAPTAIN MORGAN SPICED	6.50	JAMESON'S IRISH WHISKEY	6.50
CROWN ROYAL	6.50	BOWMORE 12 YEAR SCOTCH	11.50

DRAUGHT BEER

COPPER BOTTOM	BROADSIDE APA, RABBLERouser RED, CENTENNIAL STOCK BLONDE	8.00
LONE OAK	FIXED LINK PILSNER, YANKEE GALE APA	8.00
MOLSON	COORS LIGHT, HEINEKEN, FINE CO. RADLER	8.00

BEER AND COOLERS

LONE OAK	HOLLYWOOD IPA	473 ml can	9.00
PEI BREWING CO.	BLUEBERRY ALE, 1772	473 ml can	9.00
COLLIDING TIDES	GIN OR VODKA, ROTATIONAL FLAVOURS	355 ml can	7.00
STRONGBOW		500 ml can	10.00
REWIND	ROTATIONAL FLAVOURS	355 ml can	7.00
GUINNESS		473 ml can	9.00
GLUTENBERG GLUTEN-FREE		473 ml can	9.00
COORS LIGHT		341 ml btl	5.75
MOOSEHEAD LIGHT		341 ml btl	5.75
ALPINE		343 ml btl	5.75
UPSTREET	COMMONS, RHUBY SOCIAL	473 ml btl	9.00

NON – ALCOHOLIC

PEPSI, DIET PEPSI, 7UP, GINGER ALE, SODA WATER, TONIC WATER	3.00
UPSTREET NON-ALCOHOLIC BEER (0.4%)	7.50
PERRIER	5.00
COFFEE OR TEA	3.25
CAPPUCCINO	4.00
FRENCH VANILLA COFFEE	4.25
LATTE	4.25
HOT CHOCOLATE WITH WHIPPED CREAM	4.50
GINGER BEER	6.00
VIRGIN COCKTAIL	8.00