

Appetizers and Soups

Chef's Daily Soup	6
A fresh blend of flavours, sometimes puréed and sometimes clear	
Traditional Baked Onion Soup	9
with melted Gruyère cheese	
Atlantic Lobster Bisque	9
with saffron crème fraîche	
Grilled Butter Prawns	15
Jumbo shrimp dressed on a bed of black orzo	
Anti pasto	16
Chorizo sausage, pesto Bocconcini, herbed prawn salad and sliced artisan cheeses	
Smoked Beef Tenderloin Carpaccio	7
with shaved parmesan and spicy olive oil	

The Salad Bowl

🍴 Mixed Market Salad	
Local baby organic Greens with vine ripened tomatoes and tangy marinated cucumbers	
appetizer size	8
meal size	11
Traditional Caesar Salad	13
Crisp Romaine, double smoked bacon, fresh shaved Parmigiano Reggiano and croutons with traditional dressing	
appetizer size	10
meal size	13
with grilled breast of chicken	16
with grilled prawns	18
Warm Oriental Chicken Salad	16
Grilled chicken breast tossed with vermicelli and Asian vegetables in a tangy vinaigrette	
🍴 Baby Organic Spinach with Warm Fig and Cranberry Compote	16
Dressed with candied pecans and cider vinaigrette	
🍴 Grilled Flat Bread and Tomato Salad	15
With Parqueoliva extra virgin olive oil and reduced balsamic vinegar	

🍴 Denotes selections that are suitable for vegetarians.

Bistro Plates

Filet Mignon

Fire grilled with button mushroom,
leek and fresh tomato compote
5 oz 29 8 oz 34

*Pairs well with Cabernet/Merlot, Sauvignon Blanc
or craft brewed India Pale Ale*

Heritage Braised Lamb Shanks

Slow cooked with Heritage Dark Lager,
fresh herbs and root vegetables
32

Pairs well with Zinfandel, Valpolicella or Dark Lager

Fresh Roasted Rainbow Trout Fillets

with lemon tarragon butter, grilled vegetables
and whipped Yukon gold potatoes
28

*Pairs well with Gewürztraminer, White Zinfandel
or Heritage Session Ale*

The Captain's Seafood Platter

Grilled skewer of jumbo prawns, baked sea scallops,
roasted trout with tarragon butter
38

Pairs well with Riesling, Pinot Noir or Wheat Ale

New York New York

Fire grilled with sherry brown butter
8 oz 33 12 oz 37

*Pairs well with Shiraz, Chardonnay
or craft brewed India Pale Ale*

Seared Ontario Berkshire Pork Tenderloin

with caramelized pears and torched gorgonzola
29

*Pairs well with Gewürztraminer, Chianti Reserva
or Kilkenny Cream Ale*

Sgt. Major's Supreme of Free Range Chicken

Marinated in pale ale and served with corn,
fresh sage and wild rice salsa
29

*Pairs well with Pinot Gris, Chianti Reserva
or craft brewed India Pale Ale*

Thai Curry Linguini

Buckwheat soba noodles with sugar snap peas,
baby bok choy, Kaffir lime leaves and
mushrooms in Chile coconut sauce
29

Pairs well with Riesling, Pinot Gris or Heritage Session Ale

All of the above Bistro plates are served with appropriately chosen potatoes and fresh seasonal vegetables.

Sensational Sandwiches

Navan Bacon and Grilled Chicken Club

Fresh grilled chicken breast, hothouse tomatoes, butter lettuce,
double smoked bacon and Emmenthal cheese
full club 16 ½ club 12

Open face AAA New York Striploin Steak

served with Heritage Dark beer battered onion rings
17

Certified Angus Burger

7 oz seasoned ground sirloin with double smoked Navan bacon and melted gouda
served with sautéed mushrooms and caramelized red onions
16

Pressed Paninis

Duck Confit with cranberry chutney
15

Tandoori Trout with cilantro yogurt
14

Shaved Flat Iron Steak and Mushroom with jalapeño jack sauce
16

All of the above sandwiches are accompanied by your choice of Mixed Organic Salad
or Celery-Apple Slaw or Fresh cut French Fries

Taxes and gratuities not included

A 15% gratuity will automatically be added to cheques for tables with 10 or more guests.

Small Plates and Samples

All plates are prepared in sample sized portions unless otherwise stated.

Our sample size menu is designed to add greater variety to your dining experience and to offer sharing opportunities.

Mariposa Farms Duck Leg Confit	14
with citrus salsa and basmati rice	
Pan seared Medallions of AAA Beef Tenderloin	16
with horseradish mousseline and Cabernet reduction	
Grilled Double Chop Lamb Loin	17
with fried cauliflower, herbed mushroom and roasted eggplant chutney	
Create a Surf & Turf	27
Any dish above with a serving of seared sea scallops or PEI Mussels	
Baked Black Cod Fillet	15
with cumin butter sauce on cilantro yam mash	
PEI Mussels with Green Thai Curry	13
served on the half shell with roasted coconut	
Seared Sea Scallops	13
with lime and cracked black pepper	
Mini Angus Beef Burger	8
with double smoked Navan bacon	
Mini Lamb Kafta Burger	8
with spiced cucumber and cilantro yogurt	
Mini Ginger Chicken Burger	8
with curried aioli	
🍴 Balsamic Grilled Portabella Burger	8
with Tournevent Chevre Noir on multigrain kaiser	
Mini Burger Combo	15
Enjoy a combination of any two mini burgers on the same plate	
🍴 Grilled Tomato and Curried Lentils	12
with parmesan polenta and roasted red pepper coulis	
🍴 Fresh cut French fries	5
with Keltic Sea salt and chili aioli	
🍴 Roasted sweet potato fries	5
dusted with Chinese five spice	

🍴 Denotes selections that are suitable for vegetarians.