



LUNCH MENU

LUNCH COMBINATIONS

Soup and Salad. Any cup of Soup with a Salad of your choice. \$11.50

Sandwich and Salad. Any small Salad served with Sandwich of your choice. \$11.50

Soup and Sandwich. Any cup of Soup with a Sandwich of your choice. \$12.00

Substitute French Onion extra \$1.50 for combinations

*** All Salad Combinations do not include Chicken Breast

*** Add Salmon or Chicken Breast to a Salad Combination for extra \$5.50

SALADS

House Salad Organic Mixed Greens tossed with your choice Balsamic Raspberry Dressing or our Signature Pomegranate Vinaigrette served with Cherry Tomatoes and Cucumbers. **Full \$8.75 / Half \$5.50**

Caesar Salad Crisp Romaine tossed with our house made Caesar Dressing, Herbed Croutons, and topped with Parmesan Cheese. **Full \$8.75 / Half \$5.50**

With a **Grilled** or **Grilled Cajun:**

4oz **Wild Pacific Salmon Fillet** \$5.50

OR a 6oz **Chicken Breast** \$5.50

Spinach Salad Grapefruit and Orange Segments, Sun Dried Cranberries, Toasted Almonds, Naan Bread and our Zesty Thai Vinaigrette. \$16.00

7 Herb Salad Tomatoes, Chickpeas, Black Olives and Feta Cheese all tossed with Mixed Greens and our Signature Pomegranate Vinaigrette. Topped with Maple Pecans. \$16.00

SOUPS

Butternut Squash Silky smooth with a Crème Fraiche design. Bowl \$6.50 / Cup \$5.50

Oven Baked French Onion with Herbed Croutons and Melted Swiss Cheese. \$7.50

PANINIS & SANDWICHES

Chicken Breast Club House Maple Smoked Bacon, Fresh Lettuce, Tomato and Dijonaise on Toasted Multigrain. \$12.00

Vegetarian Panini Roasted Red Peppers, Black Olives, Artichokes, Sun Dried Tomato, Fresh Basil, Feta Cheese and Dijonaise on Focaccia. \$10.50

Chicken Panini Marinated Chicken Breast, Cheddar Cheese, Lettuce and Tomato with Dijonaise on Focaccia. \$10.50

Montreal Smoked Meat Panini Spicy Mustard, Sun Dried Tomato, Fresh Tomato, and Mozzarella Cheese on Focaccia. \$10.50

Bocconcini Panini Bocconcini Cheese, Tomato and Fresh Basil with a Pesto Aioli on Focaccia. \$10.50

Chicken Quesadilla Peppers and Onions with Mozzarella, Cheddar and Parmesan Cheese. \$10.50

Vegetarian Quesadilla. Peppers, Onions, Fresh Tomatoes, Mixed Organic Greens and Mozzarella, Cheddar and Parmesan Cheese. \$9.50

STEW, PASTA AND CURRIES

Guinness Stew Delicious Beef Stew slow braised in Guinness with Carrots and Pearl Onions served with Mashed Potatoes and Herbed Vegetables. \$14.00

Authentic Curry for One Your choice of Spicy Lamb, Chicken, Vegetable or Chickpea Curry with Basmati Rice, Sambal Salad and warm Naan Bread. \$14.00

Curry Chicken Alfredo Creamy Cheddar Alfredo Sauce tossed with Curried Coconut Chicken and Penne Pasta. \$14.00

Mediterranean Penne Pasta Roasted Red Peppers, Sun Dried Tomatoes, Broccoli, Mushrooms, Olives and Garlic tossed with Extra Virgin Olive Oil, Marinara Sauce and Fresh Herbs, topped with Feta. \$14.00

BURGER PLATTERS

All Burgers are served with a signature sauce, as well as Lettuce, Tomato, Red Onion, Pickle and Fries.

Substitute: Caesar Salad or Organic Greens for \$1.25

-**Beef Burger** with Spicy Chipotle Aioli. \$11.00

-**Chicken Burger** with Spicy Chipotle Aioli. \$12.50

-**Pacific Salmon Burger** with Lemon Aioli. \$12.50

-**Vegetarian Burger** with Pesto Aioli. \$10.00

-**Tuna Burger** served rare with Cusabi Aioli \$12.50

Customize your burger with

Cheddar, Mozzarella, Swiss, Feta, Sautéed Onions, Crispy Bacon, Mushrooms, Salsa, Guacamole. \$1.00 each

OTHER MAINS

Chicken Tenders Hot and tasty Breaded Chicken Filets served over Fries with a Trio of Dips. \$10.00

Fish and Chips A piece of Beer Battered Cod, served with Crispy French Fries and our house made Tartar Sauce. \$9.50 **Extra Piece of Cod.** \$4.50

Signature Calamari over Crispy Rice Noodles tossed in a Garlic Chili Oil and drizzled with Sweet Soya. \$12.00

Thai Prawns 8 prawns in our Red Thai Curry Sauce with Basmati Rice, Naan Bread and Apricot Chutney. \$13.50

Charbroiled Wild Salmon Wild Salmon Charbroiled with a Lemon, Caper and White Wine Sauce served with Mashed Potatoes and Herbed Vegetables \$12.00

Curry Chicken Crepe Topped with Apricot Chutney and served with our Organic Green Salad. \$10.50

BRUNCH

Enigma Omelet 3 Egg Omelette with Cheddar and Mushrooms, served with Hash Browns. \$10.00 Add side of Bacon \$1.75

Cinnamon French Toast Sandwiched with Bananas and topped with Maple Pecan Syrup. \$9.00

ASK YOUR SERVER FOR THE DAILY FEATURES