

SALADS

SOUP OF THE DAY 8

Chefs creation

CAESAR SALAD SMALL 6
LARGE 11

Romaine hearts, double smoked bacon, shaved parmesan, lemon, house crouton, house Caesar dressing

SIMPLE SALAD V | GF SMALL 5
LARGE 10

House lettuce blend, heirloom tomato, peppers, cucumber, feta, roasted garlic vinaigrette

COBB SALAD GF 19

House greens topped with double smoked bacon, avocado, green onion, house marinated turkey, crumbled blue cheese, sliced egg, house honey lemon vinaigrette

Add to any salad:

~ 5oz chicken breast | 7

~ 4pcs sauteed shrimp | 8

~ 4oz seared salmon | 9

BOWLS

CHICKPEA & CAULIFLOWER 15
POWER BOWL V | GF

Red and black quinoa, house greens, roasted garlic vinaigrette, slivered almonds, fresh cucumber, house tomato and mango chutney

FAJITA POWER BOWL GF 18

Grilled chicken with house BBQ sauce, steamed brown rice, shaved romaine lettuce, sauteed peppers and onions, fresh house salsa, house burrito sauce

MAKE IT VEGGIE - CHORIZO TEMPEH

GREEK GODDESS 15

Chopped romaine, Kalamata olives, pickled red onion, chickpea croutons, sliced cucumber, diced tomato, lemon roasted potatoes, creamy oregano and feta dressing

FLAMBOROUGH HILLS

WINTER MENU

SANDWICHES

Choice of simple salad, Caesar salad or house cut fries OR have the best of both worlds with half salad & half fries

Upgrade to onion rings or sweet potato fries for \$2

GRILLED CHICKEN CLUB 16

Aged cheddar, smoked bacon, house mayo, lettuce, tomato, choice bread or whole wheat wrap

Gluten free available

BRAISED SHORT RIB 17

Bacon and fig jam, baby arugula, asiago cheese, garlic aioli, whole wheat Vienna bun

CLASSIC BURGER 14

Lettuce, tomato, red onion, pickles, brioche bun, house mayo

Add cheese: Asiago, Cheddar, Swiss or Blue Cheese | 1.50 Add bacon | 1.50

Gluten free available

CHICKEN CRUNCH 15

Marinated and fried chicken thigh, sour cream, mixed cheese, house cheese sauce, fresh salsa, house guacamole, shaved lettuce, whole wheat wrap or brioche bun

Gluten free available

CLASSIC COMFORTS

CHICKEN PARMESAN 18

House tomato sauce with house pasta noodles topped with fresh mozzarella and basil pesto

Gluten free available

BRAISED SHORT RIB GF 24

Roasted fingerling potato, seasonal root vegetables, house made demi-glace

OSSO BUCCO GF 26

Rosemary and thyme scented mashed potato, candied carrots, garlic rapini, finished with our house reduced veal broth which simmers for 24 hours

CURRY GF 15

House simmered coconut curry with choice of Chicken or Lamb with local apples and golden raisins, served with steamed basmati rice

STUFFED ACORN SQUASH 19

VEGAN | GF

Red and black quinoa, brown rice, seasonal root vegetables, pomegranate, chipotle citrus vinaigrette

HADDOCK FISH & CHIPS GF 1 PIECE 13 2 PIECES 18

Cold water Haddock filet, house cut chips, house made coleslaw, fresh lemon, house made tartar sauce

SPAGHETTI & MEATBALLS 17

Slow simmered & house formed meatballs, house made noodles, house made tomato sauce, shaved parmesan
Gluten free available

CHICKEN WINGS GF 1LB 14 2 LBS 26

Gluten free breading, house blue cheese dressing, carrots and celery, choice sauce:

Mild, medium, hot, Chef's EXTRA hot, Cajun, lemon pepper, salt & pepper, honey hot, honey garlic, forty Creek BBQ

FROM SCRATCH SWEETS

PUMPKIN CHEESECAKE GF 9

Ginger scented gluten free graham crust, house whipped cream

CRANBERRY BREAD PUDDNG 9.5

Maple bourbon sauce

CHOCOLATE BROWNIE GF 8.5

House honey comb, house caramel

ALL PRICING SUBJECT TO APPLICABLE TAXES