

Lunch

... SOUP ...

ORGANIC ROASTED SWEET POTATO AND CURRY

5.50

BROWN ALE CHILI

Ontario AAA beef and rich brown ale marry with spices in this bold chili. Topped with sour cream and grated cheddar then served with crispy tortilla strips.

7.00

SOUP OF YESTERDAY

Made yesterday, perfected today!

6.50

... SALADS ...

GARDEN HARVEST GRILLED VEGETABLE AND BEAN
\$9.95

ZESTY CHICKEN AND ROMAINE
\$10.95

POTATO CHEVRE COBB SALAD
\$10.95

POPPY SEED CHICKEN SALAD ON CRUNCHY GREENS
\$10.95

... BEVERAGES ...

COMPLIMENTARY AT LUNCH!

All non alcoholic fountain drinks as well as tea and coffee are on us at lunch!

FREE!!!

GREEN GODDESS SHAKE

The Shires green smoothie with added probiotics, minerals, vitamins, whey protein, grated ginger, acai, spirulina, almond milk and a dash of beet and cabbage juice

7.25

... ENTREES ...

– On the lighter side... –

GARDEN HARVEST CHEVRE WRAP

Roasted autumn vegetables, crispy greens, grated beet and carrot, red onion and Monforte Chevre with a ginger and poppy seed dressing.
8.75

CHEVRE TARTLET WITH TOMATO PLUM JAM

Delicate butter crust, chervre, chive and selected spices baked and served with organic tomato and yellow plum jam.
8.95

CHICKEN AND POPPYSEED SALAD WRAP

Our house made chicken salad dressed in poppyseed and served with crunchy greens, shredded beet, carrot and red onion wrapped in a spinach wrap.
9.75

– Bold and Hearty... –

HOUSE ROASTED TURKEY CLUB

Roasted turkey, lettuce, tomato, double smoked bacon, old white cheddar and sun dried cranberry aioli on focaccia
10.95

DUCK PASTRAMI ON RYE

Ontario duck pastrami cut thin and served on rye bread with an orange zest dijon
11.50

MICROBREW BATTERED COD SANDWICH

Served with sharp cheese, tarter sauce and coleslaw on a focaccia
9.75

PORTER BRAISED PULLED PORK

You may need a power washer and a full roll of paper towels after this one! Piled high on a fresh focaccia, 6 ounces of porter braised pulled pork, crispy fries, coleslaw and secret sauce.
9.75

ANGRY CRISPY CHICKEN

A full 6oz chicken breast coated with our secret special breading topped with zesty house made hot sauce, old cheese and served on a toasted bun
9.75