

## **APPETIZERS**

### **DAILY SOUP ... \$7**

*housemade daily with fresh local ingredients*

### **GF HOUSE SALAD ... \$8**

*seasonal fresh vegetables and mixed greens,  
housemade tarragon and whole grain mustard vinaigrette*

### **CAESAR SALAD ... \$11**

*fresh romaine hearts, double smoked bacon,  
herbed croutons and shaved parmesan*

### **GF V MARINATED BEETROOT & BOCCONCINI ... \$12**

*pesto, balsamic, toasted almonds and baby spinach*

### **HOUSE SMOKED TROUT BRUSCHETTA ... \$12**

*caponata and C'est Bon goat cheese*

### **GF SHRIMP AND MANGO COCKTAIL ... \$13**

*toasted sesame dressing and arugula*

### **GF TUNA SASHIMI ... \$16**

*sesame -soy, wasabi, pickled ginger and daikon*

### **CRISPY CALAMARI ... \$12**

*tender squid lightly floured and seasoned,  
petite salad and black pepper lime aioli*

### **GF P.E.I. MUSSELS ... \$13**

*steamed in white wine, red onion,  
garlic tomatoes and chimichurri*

### **V FOSTER'S MEZZE PLATTER ... \$14**

*edamame hummus, caponata, tabbouleh,  
grilled naan bread and kalamata olives*

*Extra Naan \$2*

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## ENTRÉES

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**BUTTERMILK FRIED CHICKEN ... \$23**

*boneless chicken breast,  
chimichurri sautéed vegetables, gnocchi,  
cilantro-chipotle cream sauce*

**GF ZUCCHINI LINGUINI ... \$19**

*cherry tomatoes, mushrooms, red onion, and peppers,  
tossed with olive oil, pesto, tomato sauce and parmesan cheese  
Add tofu \$6, chicken \$8, shrimp \$10, salmon \$12*

**GF JERK ROASTED ATLANTIC SALMON ... \$26**

*coconut curried vegetables and rice noodles  
v with jerk roasted tofu*

**CALF'S LIVER & ONIONS ... \$23**

*pan seared liver, bacon and veal glaze,  
mashed potatoes and seasonal vegetables*

**GF PAN SEARED RAINBOW TROUT ... \$25**

*roasted mini potatoes, bacon, spinach and coriander-carrot puree*

**CHEF'S PASTA SPECIAL ... \$22**

*featuring fresh ingredients changing daily*

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## ENTRÉE SALADS

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**GF HOUSE SALAD... \$13**

*add tofu \$6, chicken \$8, shrimp \$10, salmon \$12*

**CAESAR SALAD ... \$16**

*add tofu \$6, chicken \$8, shrimp \$10, salmon \$12*

**CRAB CAKES "MEXICAN STYLE" ... \$23**

*guacamole, ancho chili sauce,  
arugula-mango salad, honey-lime dressing and toasted papitas*

**GF COBB SALAD ... \$20**

*grilled chicken breast, mixed greens, avocado,  
hard boiled egg, bacon, gorgonzola cheese, red wine vinaigrette*

**GF GRILLED SIRLOIN NIÇOISE SALAD ... \$25**

*6 oz sirloin, green beans, new potatoes,  
cherry tomatoes, grilled vegetables, arugula,  
balsamic vinaigrette, hard boiled egg*