

Socialize & Share

- Montreal Poutine** 12
Cheese curds & house-made gravy on french fries
add maple smoked bacon 2.5
- Chicken Fingers** 13
Served with french fries and honey mustard or plum sauce
- Wings** 14
Crispy chicken wings, tossed in your choice of honey garlic, sweet chili, bbq or hot sauce.
add celery and blue cheese or ranch dip 3
- Classic Nachos** 16
A platter of fresh cooked corn tortilla chips, covered with melted jack and cheddar cheese, black olives, jalapenos, diced tomatoes and green onions. Served with sour cream and house-made salsa
add guacamole 3 | ground beef 5 | pulled chicken 6
personal size Nachos 12

House Soups & Greens

- Chef's Soup** (ask your server) 6
Served with garlic filone
- House Greens** (GF) 13
Heritage mix, radish, carrot, cucumber tossed with your choice of apple cider or balsamic vinaigrette.
- Caesar** 14
Crunchy romaine hearts in classic creamy garlic dressing, house made croutons and shaved parmesan
- Arugula & Quinoa** (GF) 15
Pear, cranberry, goat cheese, quinoa & balsamic vinaigrette
add cajun or grilled chicken 6 | salmon 8
- Soup & Salad** 16
Choice of a side salad with a soup and garlic filone

Flatbread & Lounge


- Margherita** 14
Tomato sauce, mozzarella & bocconcini cheese, fresh basil
- Pepperoni and mushroom** 16
Tomato sauce, mozzarella cheese
- Mediterranean** 17
Tomato sauce, mozzarella cheese, zucchini, eggplant, tomato, pepper and feta cheese
- BBQ Chicken** 18
BBQ sauce, mozzarella cheese, red onions, roasted red peppers and cilantro
upgrade to gluten free option 2

Burgers & Sandwiches

- Gourmet Grilled Cheese Panini** 12
3 cheese – cheddar, mozzarella & swiss served on a sour dough bread grilled to perfection
add cajun or grilled chicken 5
- Crispy Chicken Sandwich** 15
Breaded chicken breast served with bacon, honey mustard, house-made coleslaw and swiss cheese on a kaiser bun
substitute for grilled or cajun chicken
- Grilled Chicken & Brie Panini** 16
Lettuce, tomato, onion, pesto aioli on a ciabatta bun
- The Edge Burger** 14
8oz burger topped with lettuce, tomato, pickle & onion on a kaiser bun
add cheese 2 | bacon 2.5 | mushroom 2 | sunny egg 2
- Vegetarian Burger** 15
Black bean patty, lettuce, tomato, red onion, pickle, hummus & garlic aioli on a kaiser bun
add cheese 2 | mushroom 2 | sunny egg 2
- Burgers & Sandwiches served with french fries or house greens substitute with caesar, soup, or yam fries 4**
- upgrade to gluten free option 2**



Mains & Pastas

- Vegetable Stir-Fry** 16
Mixed vegetable and teriyaki sauce with coconut jasmine rice
add chicken or tofu 6 | prawns 8 | beef 7
- Baked Macaroni & Cheese** 16
Parmesan cheese sauce topped with a panko crumb crust. Served with house greens
- Battered Fish & Chips** 17
Pacific cod served with house-made coleslaw & tartar sauce
add extra piece for 6
- Fettucine Bolognese** 21
A rich blend of lean ground beef & pancetta in a mushroom sauce topped with parmesan cheese & basil. Served with garlic filone
- Steak & Frites** 26
8oz Sirloin steak flame - broiled to your liking. Served with french fries.
substitute garlic mash potatoes 3 or vegetables 4

 Vegetarian item

 Gluten Free

 **ocean wise**. A SUSTAINABLE CHOICE

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This menu is available from noon until 5.00 pm daily