



*A restaurant for people with great taste!*

## DESSERTS

<b>White Chocolate Cheesecake</b> Warmed in phyllo pastry with Scottish honey and fresh strawberries	<b>14.95</b>
<b>Profiteroles</b> Filled with ice cream, coconut and raisins, covered with hot caramel-pecan sauce	<b>8.95</b>
<b>Hot Chocolate Fudge Cake</b>	<b>7.95</b>
<b>Sugar Crusted Apple Pear Tart</b> With roasted almonds, raisins, grated cinnamon, frozen vanilla bean yogurt and JEFF The Cranmaple Syrup	<b>8.95</b>
<b>Warm Bittersweet Ganache Tart</b> With hot-dipped chocolate ice cream & Amaretto fudge glaze	<b>8.95</b>
<b>Baked Maple Cashew, Walnut &amp; Pecan Barguette</b> With ice cream & vanilla bean maple syrup	<b>8.95</b>
<b>Daily Dessert Special...always delectable &amp; delicious!</b> Ask your server for today's special	<b>7.95</b>
<b>Premium Ice Cream</b> Bordeaux Cherry, French Vanilla, French Chocolate, or Mix 'n' Match	<b>3.95</b>
<b>Frozen Yogurt</b> Strawberry or Vanilla	<b>3.95</b>
<b>Fresh Seasonal Berries</b> With honey and cinnamon vanilla yogurt for dipping	<b>6.95</b>

## BEVERAGES

All coffee available in regular or decaf

<b>JEFF The Coffee</b>	<b>1.95</b>
<b>Cappuccino</b>	<b>4.95</b>
<b>Espresso</b>	<b>3.95</b>
<b>Latté</b>	<b>4.95</b>
<b>Fresh Steamed Loose Tea (DOUBLE SIZED POT)</b> Earl Grey, Earl Grey Decaffeinated, Chocolate Chai, Chamomile Mint Herbal, Lemon Green, Lovers Leap, Orange Pekoe, Vanilla Cream Black & Berry Berry Herbal, Organic Jasmine Green	<b>2.95</b>
<b>Hot Steamed Chocolate</b>	<b>3.95</b>
<b>Fountain Soda Pop</b> Cola, Diet Cola, Ginger Ale, 7-Up, Orange, Soda & Tonic	SMALL <b>1.45</b> LARGE <b>1.95</b>
<b>Milk</b>	<b>1.95</b> <b>2.95</b>
<b>Juice</b> Orange, apple, cranberry, pineapple, grapefruit, tomato, Clamato iced tea or lemonade	<b>1.95</b> <b>2.95</b>
<b>Sparkling San Pellegrino Spring Water</b>	500 ML <b>5.29</b> 1 LITRE <b>7.95</b>
<b>Bottled Spring Water</b>	<b>2.95</b>
<b>Surfer Dude</b>	<b>1.25</b>



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## APPETIZERS

<b>Bruschetta</b> With whole-wheat baguette, sundried tomato in olive oil, roasted garlic, herbs and fresh Parmesan cheese	<b>9.95</b>
<b>Fresh Mussels</b> With steamed root vegetables, Canadian Chardonnay, fresh cilantro & garlic	<b>13.95</b>
<b>Cuernos de Picadillo</b> Whole wheat tortilla wraps stuffed with Spanish spiced ground lamb w/black olives and sultana raisins, served with hot salsa	<b>8.95</b>
<b>Black Tiger Shrimp</b> With sweetened coconut, lime, roasted red chilies & sweet rice vinegar	<b>13.95</b>
<b>Navajo Flat Breads</b> Hand rolled whole wheat flat bread. Choose your favourite!	
• Roasted cherry tomatoes, black olives, red onion and Monterey Jack cheese	<b>7.95</b>
• Goat cheese, ricotta, black olives and roasted garlic	<b>8.95</b>
• Grilled chicken, sweet roasted peppers, garlic and sundried tomatoes	<b>10.95</b>
• Cajun chickpea hummus, grilled shrimp, roasted artichokes, shitake mushrooms and tomato salsa	<b>9.95</b>
<b>Asian Blue Crab Cakes</b> With banana-curry puree and cranberry yogurt	<b>13.95</b>
<b>New Zealand Calamari</b> Dusted with whole wheat flour and tandoori spice, served with grilled lime and soya sesame seed sauce	<b>13.95</b>
<b>Risotto Fritters</b> With red onions, roasted peppers, French Brie, fried corn-dusted tomatoes and tart onion salsa	<b>7.95</b>

## SOUPS

	CUP	BOWL
<b>Roasted Vegetable &amp; Pearl Barley</b>	<b>4.25</b>	<b>6.25</b>
<b>Curried Pumpkin &amp; Sweet Potato</b>	<b>4.25</b>	<b>6.25</b>
<b>Seared Scallops &amp; Sweet Coconut</b>		<b>10.95</b>

## SALADS

	SMALL	LARGE
<b>The Kitchen</b> Mixed greens, roasted chick peas, radish, red onion and honey poppy-seed dressing	<b>5.95</b>	<b>7.95</b>
<b>Grilled Vegetable</b> Mixed greens with mushrooms, red onion, zucchini, sweet red peppers, green peppers, eggplant, asparagus, turnip, cherry tomatoes and aged balsamic vinegar		<b>11.95</b>
<b>Marinated Artichoke &amp; Grilled Scallop</b> Mixed greens, seasoned rice vinegar, fresh cilantro & grilled lemon & lime		<b>13.95</b>
<b>Yucatan Peninsula Caesar</b> Baked croutons & fresh Parmesan cheese	<b>6.25</b>	<b>8.75</b>
<b>Baby Spinach</b> Mixed greens with pure maple syrup, apple cider vinegar, cranberries, red onion, shitake mushrooms, caramelized Georgian pecans & fresh berries	<b>8.95</b>	<b>10.95</b>

### ADD ANY OF THESE OPTIONS TO YOUR SALAD

• Lamb Sirloin	<b>7.95</b>
• Fresh Herb Chicken	<b>5.75</b>
• Black Tiger Shrimp	<b>6.75</b>
• Canadian Sea Scallops	<b>8.95</b>
• PEI Mussels	<b>3.25</b>
• Grilled or Blackened Peameal Bacon	<b>3.75</b>
• Coarse Ground Pork Sausage	<b>5.95</b>
• Feta or Goat Cheese	<b>2.95</b>

## RICE

All of our rice dishes are prepared as vegetarian entrées.  
We offer you the option of adding meat or seafood to your selection.

<b>Barley Risotto</b> Grilled vegetables, black beans, sundried cranberries, Middle-Eastern pesto, fresh Parmesan cheese, Louisiana sauce & fresh roasted pecans	<b>17.95</b>
<b>Mediterranean Basmati Rice</b> With feta, black olives, roasted vegetables, raisins, red pepper jelly and fresh mint	<b>16.45</b>
<b>Curry Jasmine Rice</b> With almonds, roasted vegetables, fresh pineapple, coconut, raisins, grilled bananas, sweet fruit chutney and wildberry yogurt	<b>16.45</b>
<b>Whole Grain Brown Rice "Herbed Hoppin' John"</b> Black-eyed peas, roasted vegetables & salsa	<b>13.95</b>
<b>Grilled Pear &amp; Pecan Risotto</b> With Sambuca and balsamic vinegar, spinach, roasted vegetables, Georgian pecans and parsnip frites	<b>19.95</b>
<b>Mushroom Risotto</b> With Shiitake and Button mushrooms, sweet onions, garlic and herbs	<b>14.95</b>
<b>Black Bean White Rice</b> With roasted vegetables, black beans, tofu, sweet roasted peppers and apricot compote	<b>13.95</b>
<b>ADD TO ANY RICE OR PASTA DISH</b>	
• Lamb Sirloin	<b>7.95</b>
• Fresh Herb Chicken	<b>5.75</b>
• Black Tiger Shrimp	<b>6.75</b>
• Canadian Sea Scallops	<b>8.95</b>
• PEI Mussels	<b>3.25</b>
• Grilled or Blackened Peameal Bacon	<b>3.75</b>
• Coarse Ground Pork Sausage	<b>5.95</b>

## PASTA

All of our pasta dishes are prepared as vegetarian entrées.  
We offer you the option of adding meat or seafood to your selection

<b>Farfalle</b> With roasted vegetables, herbs, garlic & olive oil	<b>12.95</b>
<b>Penné</b> Whole-wheat pasta, white beans, fresh tomatoes, roasted vegetables, basil, black olives & feta cheese	<b>13.95</b>
<b>Spaghetti</b> Whole-wheat spaghetti with roasted vegetables, whiskey & garlic cream sauce	<b>17.45</b>
<b>Pasta Shells</b> Stuffed with ricotta & spinach, baked with tomato, walnuts and fried parsley	<b>15.95</b>
<b>Handmade Pierogi</b> Stuffed with cider & sea salt mashed potato & aged white cheddar cheese with sweetened caramelized onion, fresh rosemary, grilled artichokes & steamed greens	<b>19.95</b>

## BURGERS

<b>Homemade Beef Burgers on whole-wheat bun</b> w/fresh tomato, red onion, lettuce, sliced dill pickle and condiments	<b>9.25</b>
<b>Vegetarian Grain Burger</b> Tofu, alfalfa sprouts and banana ketchup	<b>8.95</b>
<b>ADD ANY OF THESE OPTIONS TO YOUR BURGER</b>	
• Monterey Jack Cheese, Cheddar Cheese, Salsa or Roasted Garlic	<b>1.00/ea.</b>
• Roasted Mushrooms	<b>2.50</b>
• Roasted Peppers	<b>2.50</b>
• Grilled or Blackened Peameal Bacon	<b>3.75</b>

## ENTRÉES

At 3 Guys and A Stove, all of our entrées are prepared fresh and layered with flavour!

<b>Carolina Catfish</b> Seared with tandoori and cracked cardamom seed served with roasted vegetables and East Indian garbanzo beans & cucumber lime yogurt	<b>21.95</b>
<b>Bay of Fundy Salmon</b> Grilled w/mustard seeds, lime honey w/coconut milk, steamed spinach and roasted almonds served w/whole grain brown rice, black-eyed peas & roasted vegetables	<b>21.95</b>
<b>Atlantic Yellow Fin Tuna</b> Blackened w/goat cheese, shitake mushrooms, roasted garlic & fresh lavender, served w/whole grain brown rice, black-eyed peas and roasted vegetables	<b>31.95</b>
<b>Canadian Pacific Halibut</b> Baked w/spinach, roasted peppers, sesame seed glaze and served w/Asian rice noodles & roasted vegetables	<b>29.45</b>
<b>Caribbean Red Grouper</b> Sautéed w/Georgian pecans, grilled pineapple, lemon grass, corn & black bean relish & served w/whole grain brown rice, black-eyed peas & roasted vegetables	<b>37.45</b>
<b>Black Tiger Shrimp</b> Stuffed w/Asian Blue Crab, wrapped w/blackened peameal bacon and glazed w/Louisiana sauce & served w/whole wheat pasta, roasted vegetables and cream	<b>24.95</b>
<b>Oven Roasted Chicken Breast</b> Skinned stuffed w/ricotta, marjoram & leeks w/JEFF The Cranberry Relish and grilled apples served w/roasted red potatoes and vegetables	<b>19.95</b>
CANADIAN 'AAA' STEAKS ARE SERVED WITH ROASTED RED POTATOES AND VEGETABLES	
<b>Top Sirloin, Baseball-cut</b>	<b>30.95</b>
<b>Charbroiled Center-cut Beef Tenderloin</b>	<b>36.95</b>
STEAKS ARE PREPARED WITH ONE OF THE FOLLOWING OPTIONS:	
• Cracked peppercorn glaze	
• Blackened	
• Roasted Garlic Horseradish, seared red onion and fresh rosemary	
<b>Lamb Meatballs</b> Ontario lamb with Chipotle Greek Feta, couscous, roasted vegetables, black olives, raisins, peaches and cucumber yogurt	<b>15.95</b>
<b>Slow Roasted Lamb Shank</b> Ontario lamb shank seared with roasted mustard seeds & herbs, JEFF The Red Pepper Jelly and fresh mint, served with roasted potatoes and vegetables	<b>24.95</b>
<b>Barbecued Centre Cut Back Ribs</b> With honey blackstrap molasses BBQ sauce & served with roasted red potatoes and vegetables	<b>31.95</b>

**3 GUYS  
AND A STOVE**

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