



A restaurant for people with great taste!

DESSERTS

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

BEVERAGES

All coffee available in regular or decaf

JEFF The Coffee	1.95
Cappuccino	4.95
Espresso	3.95
Latté	4.95
Fresh Steamed Loose Tea (DOUBLE SIZED POT) 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	2.95
Hot Steamed Chocolate	3.95
Fountain Soda Pop Cola, Diet Cola, Ginger Ale, 7-Up, Orange, Soda & Tonic	SMALL 1.45 LARGE 1.95
Milk	1.95 2.95
Juice Orange, apple, cranberry, pineapple, grapefruit, tomato, Clamato iced tea or lemonade	1.95 2.95
Sparkling San Pellegrino Spring Water	500 ML 5.29 1 LITRE 7.95
Bottled Spring Water	2.95
Surfer Dude	1.25



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APPETIZERS

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

SOUPS

	CUP	BOWL
Roasted Vegetable & Pearl Barley	4.25	6.25
Curried Pumpkin & Sweet Potato	4.25	6.25
Seared Scallops & Sweet Coconut		10.95

SALADS

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

ADD ANY OF THESE OPTIONS TO YOUR SALAD

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

RICE

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

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

PASTA

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

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

SANDWICHES

All sandwiches are served with your choice of:
Small Caesar or Kitchen Salad or Roasted Pearl Barley Soup or Fries

Po'Boy Sandwiches on Whole Wheat Baguette With tomato, purple onion, mixed greens and Louisiana cabbage	7.95
ADD TO ANY PO'BOY SANDWICH	
• Corn Dusted Catfish	5.75
• Corn Dusted Oysters	6.75
• Corn Dusted Chicken	6.49
• Corn Dusted Shrimp	6.75
• Corn Dusted Scallops	8.95
• Grilled or Blackened Peameal Bacon	3.75
• Coarse Ground Pork Sausage	5.95
Whole Wheat Flour Tortilla Wraps	7.95
• Brown rice, black-eyed peas, roasted vegetables & tomato salsa	
• Basmati rice, black olives, raisins, roasted vegetables, feta, red pepper jelly & cucumber yogurt	
• Curried rice, almonds, raisins, coconut, fresh pineapple and wildberry yogurt & fruit chutney	
• Black bean rice, grilled vegetables, grilled tofu, sweet roasted peppers and spicy rice vinegar	
Whole Wheat Pita Falafel	7.95
Chickpea hummus, mixed greens, red onion and cucumber yogurt	
ADD TO ANY FALAFEL	
• Lamb Sirloin	7.95
• Fresh Herb Chicken	5.75
• Black Tiger Shrimp	6.75
• Canadian Sea Scallops	8.95
• PEI Mussels	3.25
• Grilled or Blackened Peameal Bacon	3.75
• Coarse Ground Pork Sausage	5.95
• Feta or Goat Cheese	2.95

BURGERS

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

**3 GUYS
AND A STOVE**

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