

START & SHARE

DIRTY FRIES (*GF)

Banana peppers / guac / pico / queso / cajun spice - 18

SWEET POTATO FRIES (*GF)

Chipotle mayo - SM 9 - LG 16

TRUFFLE FRIES (*GF)

Parmesan / sea salt - 18

PORTOBELLO MUSHROOM FRIES

Truffle aioli - 18

POUTINE (*GF)

Curds / gravy - SM 12 - LG 18

ONION RINGS

Ranch - SM 12 - LG 16

NACHOS (*GF)

Jalapeños / pico / salsa / sour cream - SM 16 - LG 22

***add bacon** - 4

***add chicken** - 7

CHICKEN WINGS (*GF)

Friggin hot / medium / BBQ / Thai chili / lemon pepper / cajun / sea salt & pepper / sour cream - half lb 12 - one lb 18 ***add ranch / blue cheese** - .50

CALAMARI

Crispy jalapeños & onions / chipotle mayo - 19

BRUSCHETTA

Pico / basil / parmesan / balsamic syrup - 17

CRAB SPRING ROLLS

Sweet chili / hoisin - 17

MUSSELS & FRIES

Garlic confit cream **OR** coconut green curry - 24

CHARCUTERIE

Artisan cheeses / cured meats / giardiniera / candied walnuts - for two 33

***make this for three** - 12

SPICY TUNA POKE (*GF)

Avocado / cucumber / cilantro / lime / maple sriracha / black sesame - 19

GARLIC FETA AND NAAN

Whipped feta / grilled naan - 16

FLATBREAD PIZZA PLANK

Three cheese / truffle arugula - 16

****FRYERS ARE NOT GUARANTEED GLUTEN FREE****



START & SHARE - PLANT BASED

DIRTY FRIES

Banana peppers / tempeh bacon / vegan queso / cajun spice - 18

SWEET POTATO FRIES

Chipotle mayo - SM 9 - LG 16

TRUFFLE FRIES

Truffle oil / cheeze - 18

PORTOBELLO MUSHROOM FRIES

Truffle aioli - 18

POUTINE

Mozzarella / gravy - SM 12 - LG 18

ONION RINGS

Garlic ranch - SM 12 - LG 16

MOZZARELLA STYX

Heart of palm / marinara - 19

CAULIFLOWER WINGS

Friggin hot / medium / BBQ / Thai chili / lemon pepper / cajun / sea salt & pepper - half pound 12 - one pound 16

BRUSCHETTA

Pico / basil / cheese / balsamic - 17

CRISPY BRUSSEL SPROUTS

Sea salt & pepper / barrel balsamic - 17

SPICY ARTICHOKE DIP

Focaccia / crispy kale - 18

SOUPS & GREENS

SOUP

Garlic toast - cup 6 - bowl 12

CHOWDER

Garlic toast - cup 9 - bowl 16

CAESAR

Parmesan / bacon / croutons - SM12 - LG 18

WEDGE

Iceberg / tomatoes / cucumbers / bacon / blue cheese / ranch dressing - 15

BEET & STRAWBERRY

Mixed greens / tomatoes / cucumbers / carrots / goat cheese / barrel balsamic / walnuts - SM 14 - LG 18

***ADD CHICKEN** - 7

SOUPS & GREENS - PLANT BASED

SOUP

Garlic toast - cup 6 - bowl 12

BEET & STRAWBERRY

Mixed greens / tomatoes / cucumbers / carrots / chz / barrel balsamic - 17

RAINCOAST GREENS

Cucumber / tomatoes / carrots / red onions / barrel balsamic - 15

CASUAL FAVOURITES

FRIES INCLUDED WITH ALL PLATES

TACO FLIGHT (3)

Beer battered haddock **OR** crispy chicken / slaw / mango salsa / pickled onions / black sesame / spicy mayo - 24 ***only one protein**

FISH & CHIPS

Battered **OR** breaded / slaw / tartar - one piece 18 - two piece 27

BEEF BURGER

Red onion / cheddar / lettuce / tomato - one patty 17 - two patties 23
***add bacon - 4**

BISON BURGER

Crispy onion / pepper jack / pickles - one patty 23 - two patties 28

CRISPY CHICKEN WAFFLE

BBQ chicken tenders / cajun spice / pickles / slaw - 21 ***ADD BACON - 4**

CHICKEN TENDERS

Plum - 4 piece 17 - 6 piece 22 ***ADD CHEESE - 4**

CAESAR WRAP

Lemon pepper chicken - 18 ***crispy cajun chicken - 3**

MAINS

BLACKENED SALMON (*GF)

Mango salsa / basmati rice / sautéed greens - 29

BONELESS BEEF SHORT RIB (*GF)

Mashed potatoes / sautéed veg / demi glace - 30

LAMB SHANK (*GF)

Sweet potato mash / sautéed veg / red wine sauce / mint chutney - 33

THAI PEANUT RICE BOWL

Chicken **OR** shrimp / peanut sauce / peppers / broccoli / spinach / edamame / bean sprouts / pickled ginger - 27

COCONUT GREEN CURRY

Chicken **OR** shrimp / peppers / broccoli / carrots / spinach / mango / basmati rice - 27

SEAFOOD LINGUINE

Crab / mussels / shrimp / clams / sweet peppers / baby spinach / sambuca cream - 29

CREAMY SHORT RIB PENNE

Leeks / mushrooms / spinach / peppers / blue cheese - 29

CHICKEN PESTO PENNE

Leeks / sweet peppers / spinach / basil pesto cream - 27

CHICKEN TORTELLINI

Cheese tortellini / chicken / leeks / spinach / mushrooms / garlic alfredo - 28

CAJUN BBQ RIBS

Fries / slaw - half rack 28 - full rack 39

SUBSTITUTIONS

GLUTEN-FREE BUN - 3	POUTINE - 6
PORTO FRIES - 8	SOUP OF THE DAY - 5
GREENS - 3	CHOWDER - 6
CAESAR - 4	SWEET POTATO FRIES (*GF) - 4
ONION RINGS - 5	

MAINS - PLANT BASED

TACO FLIGHT (3)

Beyond meat crumble **OR** breaded portobello / slaw / mango salsa / pickled onions / black sesame / spicy mayo - 22 ***only one protein**

FISH N CHIPS

Crispy eggplant / slaw / tartar - one piece 17 - two piece 25

ANAHEIM BLACK BEAN BURGER

Iceberg / red onion / mango salsa / spicy mayo - one patty 17 - two patties 24

CRISPY CHICK'N WAFFLE

BBQ chick'n / cajun / pickles / slaw - 22

CRISPY SOY CURL BOWL

Spicy red miso / peppers / mushrooms / carrots / soba noodles / sesame - 27

BUDDHA BOWL

Tofu chickpeas / toasted coconut / seeds (pumpkin, sunflower, sesame) / jasmine rice - 27

THAI PEANUT RICE BOWL

Chick'n **OR** tofu / peanut sauce / peppers / broccoli / edamame / baby spinach / bean sprouts / pickled ginger - 27

MEDITERRANEAN FALAFEL BOWL

Mixed greens / cucumbers / carrots / tomatoes / olives / pickled turnips / hummus / naan - 23

VEGAN BEEF & BROCCOLI

Soy / gochujang / ginger / carrot / sesame / jasmine rice - 26

SUBSTITUTIONS

GLUTEN-FREE BUN - 3	POUTINE - 6
PORTO FRIES - 8	SOUP OF THE DAY - 5
GREENS - 3	SWEET POTATO FRIES (*GF) - 4
CAESAR - 4	
ONION RINGS - 5	

SUNROOM HAPPY HOUR

2PM-5PM 8-CLOSE

*NOT APPLICABLE TO EVENTS