



SALADS

chopped salad	18
romaine lettuce, grilled chicken, smoked bacon, blue cheese, tomatoes, roasted corn, blueberries, apple, avocado, parsley, maple vinaigrette	
caesar salad	12
romaine lettuce, brioche croutons, shaved parmesan, creamy caesar dressing	
power bowl	16
quinoa, avocado, mixed greens, roasted beets, roasted sweet potato, candied pumpkin seeds, chick peas, dried cranberries, avocado-lime dressing	
+ steak 10 * + grilled chicken 7 + salmon / shrimp 10 *	

STARTERS

soup of the day	8
crispy calamari	15
crispy fried calamari tossed with fresno chilis, scallions, salt and vinegar aioli dip	
wings	15
finished with hot sauce and melted blue cheese crumble, ranch dip	

PLATES

bbq steak tips *	22
creamy mashed potato, pan roasted brussels sprouts	
fish and chips	19
beer battered haddock, fresh coleslaw, fries, salt and vinegar aioli	
buttermilk fried chicken	20
french fries, traditional coleslaw, chicken sausage bourbon gravy	
sirloin mac 'n' cheese	20
elbow pasta casserole, mornay sauce, shaved sirloin, blue cheese crumble, caramelized onion, parmesan herbed breadcrumb topping	

SANDWICHES

salmon burger	17
panko breaded and fried salmon cake patty, sliced cucumber, chipotle dressed cole slaw, fries	
turkey blta	16
roasted turkey, smoked bacon, romaine lettuce, tomato, avocado, citrus aioli, pressed sourdough, fries	
milkweed burrito	12
choice of buffalo chicken or pulled pork: grilled flour tortilla, rice, black beans, roasted corn, pico de gallo, avocado & jack cheese	
cubano	17
ham, pulled pork, swiss cheese, pickles, dijon mustard, pressed ciabatta, fries	
delle ave royale *	16
griddled 6oz beef patty, toasted brioche bun, romaine, spiced pickle, grilled onion, white cheddar, secret sauce, fries	
falafel gyro	16
white cabbage, tomatoes, cucumber, red onion, tahini, ful, fries	
country fried chicken sandwich	16
toasted brioche bun, coleslaw, sliced empire apple, spiced pickle, ranch, fries	
grilled cheese	12
white cheddar, swiss & provolone, toasted sourdough, fries	
+ tomato & avocado	+2

SIDES

french fries / sweet fries	7
hand cut fries, parmesan, truffle	10
mashed potato	7
beef or chicken empanada	7
pan roasted brussels sprouts	8

menu items marked with an asterisk () may be served raw or cooked to order to your specifications, consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food born illness

before placing your order, please inform your server if a person in your party has a specific food allergy