

COCKTAILS

		BLOOD ORANGE MIMOSA PROSECCO WITH FRESH BLOOD ORANGE JUICE	14
Juices		Bellini Prosecco with peach purée	14
Organic Orange or Grapefruit	12	Sangria Roja	14
Fully Green cucumber, celery, kale, spinach & parsley	12	PV BLOODY MARY	14
Morning Do	12	ST. GEORGE GREEN CHILI VODKA & ROBUST MIX	
GREEN APPLE, CUCUMBER, LEMON, GINGER & MINT		THE SPRITZ GIN, APEROL, GRAPEFRUIT, ELDERFLOWER & PROSECCO	15
THE TRIANGLE CARROT, GREEN APPLE & GINGER	12	Morning Buzz	14
Fresh Cracked Coconut Water	12	ESPRESSO, KAHLUA, VODKA & TOUCH OF CREAM	
Appetizers		Salads & Entrees	
Muffins & Scones choice of one: mixed berry muffin, apricot muffin or blackberry scone	9	LOBSTER & CRAB SALAD GF LOBSTER TAIL, CRAB, BUTTER LETTUCE, TOMATO MANGO, AVOCADO, RUSSIAN DRESSING	46
English Pea Soup v/gf	12	CHOPPED BEET SALAD GF ORGANIC CHOPPED LETTUCES, BEETS, GARBANZO BEANS,	20
GARDEN GAZPACHO v/gf	12	GREEN BEANS, TOMATO & FETA CHAMPAGNE SHALLOT VINAIGRETTE	
HOUSE-MADE GUACAMOLE V/GF SERVED WITH SLICED CARROT & TORTILLA CHIPS	12	ORGANIC KALE & QUINOA SALAD GF CITRUS SEGMENTS, GRILLED RED ONION, PINE NUTS	20
BURRATA WITH HEIRLOOM TOMATO GF EXTRA-VIRGIN OLIVE OIL, SEA SALT & FRESHLY GROUND PEPPER	20	OVEN-DRIED TOMATOES, SHAVED PARMIGIANO & CRISPY LEEKS HONEY MUSTARD VINAIGRETTE	- (
AHI TUNA TARTARE* HAND CHOPPED SUSHI GRADE TUNA, CUCUMBERS	25	GRILLED ÖRA KING SALMON GF SUSTAINABLY RAISED IN NEW ZEALAND ORGANIC MARKET VEGETABLES, ORGANIC BROWN RICE	36
& AVOCADO		Parmigiano Crusted Halibut	40
Fried Calamari house made cocktail sauce	18	GRASS FED FILET MIGNON*	55
SAUTÉED CALAMARI* WHITE WINE GARLIC TOMATO BROTH. GARLIC CROSTINI	18	BROCCOLINI & FRENCH FRIES GREEN PEPPERCORN SAUCE	
Breakfast		CHICKEN PAILLARD GF ORGANIC MARKET VEGETABLES AND BROWN RICE	30
Eggs Benedict	25	LEMON CAPER SAUCE	
CANADIAN BACON ON ENGLISH MUFFIN, HOLLANDAISE ORGANIC BABY GREEN SALAD		BUCCATINI WITH LOBSTER & BLUE CRAB MEAT SPICY BLISTERED CHERRY TOMATO, BASIL & ROASTED GARLIC SAUCE	46
SMOKED SALMON BENEDICT NOVA SCOCIA LOCKS ON ENGLISH MUFFIN, HOLLANDAISE ORGANIC BABY GREEN SALAD	25	BUTTERNUT SQUASH TORTELLINI RICOTTA, JULIENNE MUSTARD GREENS	26
NEAPOLITAN OMELET BURRATA, TOMATO, AVOCADO & HERB-PESTO OLIVE OIL ROASTED POTATOES & BAGUETTE TOAST	17	WHITE WINE SAGE CREAM SAUCE RIGATONI BOLOGNESE BEEF RAGU & PARMIGIANO	28
Huevos Rancheros Crispy Tortillas, two eggs over easy, black bean purée Cheddar Cheese, ranchero salsa & avocado	17	BISTRO BURGER * GROUND CHUCK & BRISKET, JALAPENO JACK CHEESE LETTUCE & TOMATO. VEGAN BUN. FRENCH FRIES	22
SMOKED SALMON PLATE TOASTED BAGEL, CREAM CHEESE, TOMATO, ONION CAPERS & LEMON	25	VEGAN 'IMPOSSIBLE' BURGER V PLANT-BASED VEGAN BURGER, LETTUCE, TOMATO AVOCADO SPREAD. VEGAN BUN. FRENCH FRIES	22
GRAND MARNIER FRENCH TOAST FRESH STRAWBERRIES & POWDERED SUGAR	19		