



REGULAR MENU

Mon-Fri from 11am

Sat & Sun 4pm-close



Wings



Zesty Chicken Quesadilla

APPETIZERS

Wings our signature crispy wings. Served with crudites & blue cheese dip. Choice of sauce 18.95 (570 Cals)

Zesty Chicken Quesadilla cajun dusted chicken, green pepper, red onion, cheddar, mozzarella, black beans, cilantro, avocado & pico de gallo 19.95 (1020 Cals)

Pulled Pork Quesadilla 19.95 (970 Cals)

Vegetarian Quesadilla 19.95 (860 Cals)

Wagyu Beef Pot Stickers pan seared dumplings with soy & spicy poke dipping sauces. Green onion garnish 16.95 (520 Cals)

Warm Spinach Dip tender spinach, spices, creamy cheeses, toasted pita 17.95 (1050 Cals)

Dusted Calamari served with cocktail sauce 17.95 (410 Cals)

Sauced Chicken Tenders tossed, hand breaded tenders, veggie sticks & blue cheese dip. Choice of sauce 17.45 (1415 Cals)

Philly Flatbread shaved prime rib, green bell pepper, red onion & mozzarella; with garlic aioli drizzle and dip 18.95 (1210 Cals)

Bruschetta Flatbread tomato, basil, red onion, garlic, goat cheese, mozzarella, balsamic reduction 15.95 (830 Cals)

Choice of Sauce: Mild & Sweet: BBQ (60 Cals), Honey Garlic (60 Cals), Garlic Parm (40 Cals) **With a Kick** Medium (50 Cals), Honey Hot (60 Cals), Thai Sauce (80 Cals), Poke Sauce (90 Cals) **Classic Heat** Hot (10 Cals), Hot Sriracha Chili Garlic (80 Cals)



BBQ Chicken Cobb Salad

SOUPS & SALADS

Creamy Broccoli Cheddar Soup creamy blend of broccoli & cheddar 8.95 (360 Cals)

Tuscan Tomato Bean Soup hearty beans, vegetables & tuscan herbs 8.95 (120 Cals)

BBQ Chicken Cobb Salad BBQ chicken, romaine, bacon, boiled egg, tomato, cucumber, goat cheese & pea shoots. Choice of dressing 24.95 (1060 Cals)

Teriyaki Salmon Salad grilled salmon, teriyaki glaze, romaine, tomato, cucumber, broccoli, mushroom & pea shoots. Choice of dressing 27.95 (480 Cals)

Mediterranean Salad cucumber, tomato, feta, red onion, green pepper, romaine & kalamata olives, with our signature homemade dressing 15.95 (340 Cals)

Caesar Salad romaine, bacon, seasoned croutons & parmesan with our signature creamy dressing 14.95 (430 Cals)

Dressings: Choose from: Ranch (180 Cals), Italian Vinaigrette (370 Cals), Creamy Southwest (430 Cals), Creamy Garlic & Parmesan (430 Cals) or Clover Honey & Mustard Seed Vinaigrette (40 Cals)

Add to your Mediterranean or Caesar Salad

Chicken 7.5 (230 Cals) Salmon 10 (250 Cals)
Shrimp 9 (120 Cals) Steak 11 (190 Cals)

LUNCH SPECIALS

14⁹⁵

Half Flatbread and Salad choose from Philly or bruschetta flatbread. Served with Mediterranean or Caesar salad (440-600 Cals)

BLT (Bacon Lettuce and Tomato Sandwich) crisp bacon, lettuce & tomato on wheat toast. Served with side mayo & fries (610 Cals)

Garden Vegetable Wrap avocado, chickpeas, roasted red pepper, goat cheese, pickled vegetables & tzatziki on a sundried tomato tortilla. Served with fries (660 Cals)

AVAILABLE MONDAY TO FRIDAY 11am – 3pm

15⁹⁵

Haddock and Chips battered golden brown haddock (1 piece) with crispy fries, tartar sauce and coleslaw (980 Cals)

Symposium Single Burger & Fries made in house with premium ground chuck. Served on a soft bun with tomato, lettuce, onion and pickle (300 Cals)

Chicken Tenders & Fries juicy strips coated in seasoned breading. Served with spiced aioli (1670 Cals)

Substitute Fries with: Mediterranean side Salad (-120 Cals), Caesar side Salad (-60 Cals), Tuscan Bean soup (-100 Cals) or Broccoli Cheddar soup (+140 Cals)

17⁹⁵

Soup and Salad large Broccoli Cheddar Soup or Tuscan Tomato Bean Soup, with choice of Mediterranean or Caesar salad (260-560 Cals)

Philly Cheese Steak shaved prime rib, sauteed with onions, green peppers & swiss cheese. Garlic aioli drizzle on a ciabatta bun. Served with fries (740 Cals)

Chicken Parmesan Sandwich lightly breaded chicken breast coated in marinara sauce topped with mozzarella cheese on soft ciabatta bun. Served with fries (1400 Cals)

Signature Spicy Halal

No substitutions will be made for ingredients.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. Any add-ons or substitutions add indicated calories to total calorie count. indicates vegetarian menu item. All items identified with are made gluten free; however due to the possibility of cross contact with items we consider those items gluten-friendly. Please notify management if you have allergies.

Mon-Fri from 11am
Sat & Sun 4pm-close

REGULAR MENU



SIGNATURE SANDWICHES

🍔 **Philly Cheese Steak** shaved prime rib, sauteed with onions, green peppers & swiss cheese. Garlic aioli drizzle on a ciabatta bun 25.95 (620 cals)

New York Strip & Swiss premium 5 oz NY Striploin (med-rare) with melted swiss, sauteed mushrooms & onions, and garlic aioli on a toasted potato bun. 25.95 (840 Cals)

Chicken Bacon Club grilled chicken, bacon, lettuce, tomato, on ciabatta bread 24.95 (450 Cals)

🌿 **Garden Vegetable Wrap** avocado, chickpeas, roasted red pepper, goat cheese, pickled vegetables & tzatziki on a sundried tomato tortilla 19.95 (540 Cals)

Fish Tacos haddock, pickled slaw, lettuce & tzatziki drizzled with thai sauce 22.95 (680 Cals)

HANDHELDS

California Sandwich char-grilled chicken, guacamole, bacon, black beans, cheddar, tomato, lettuce, onion, & spicy aioli, on a potato bun. 25.95 (860 Cals)

🍷 **Crispy Chicken** hand breaded chicken breast fried to a golden crunch. Topped with lettuce, tomato & mayo. Served on a toasted potato bun. 19.95 (640 cals)

🍷 **Crispy Chicken Parmesan** hand breaded chicken breast fried to a golden crunch, then coated in zesty marinara. Topped with a thick melt of premium mozzarella and nestled inside a toasted potato bun. 19.95 (750 Cals)

🍷 **Louisiana Hot & Crispy Chicken** crispy chicken tossed in fiery hot sauce. Topped with lettuce, tomato, & savoury garlic aioli on a toasted potato bun. 19.95 (660 Cals)

Fish Sandwich crispy, golden battered haddock topped with melted cheddar and creamy tartar sauce. Served on a toasted potato bun. 19.95 (740 Cals)

BURGERS

🍔 **Mushroom Double Swiss** swiss cheese, sauteed mushrooms, lettuce, pickles, onions, BBQ sauce 24.95 (790 Cals)

Double Cheddar two patties, cheddar cheese, lettuce, pickles, onions & special sauce 24.95 (770 Cals)

Symposium Burger two patties, lettuce, pickles, onions, tomato & signature sauce 22.95 (540 Cals)

Single Burger lettuce, pickles, onions, tomato & signature sauce 16.95 (300 Cals)

🌿 **“Beyond Meat”™ Burger** plant-based protein with lettuce, pickles, onions, tomato & signature sauce. Served with crispy fries 23.95 (380 Cals)

TOPPINGS

Bacon	180 Cals	2.00	Bruschetta Mix	70 Cals	1.25
Mozzarella	80 Cals	2.00	Guacamole	90 Cals	1.25
Cheddar	110 Cals	2.00	Hot Peppers	20 Cals	.95
Swiss	110 Cals	2.00	Roasted Zucchini	20 Cals	.95
Peameal Bacon	40 Cals	2.25	Sauteed Onions	20 Cals	.95
Onion Rings	60 Cals	2.00	Mushrooms	20 Cals	.95



Philly Cheese Steak

Sandwiches & Handhelds served with Mediterranean side Salad*

*Substitute Mediterranean side Salad with: Caesar side Salad (+60 Cals), Fries (+120 Cals) or Tuscan Tomato Bean Soup (-40 Cals)

Substitute Sweet Potato Fries (+160 Cals) or Onion Rings (+140 Cals) +1.50 each, Poutine (+240 Cals) +3.00



Chicken Parmesan, Original Crispy Chicken & Louisiana Hot & Crispy



Mushroom Double Swiss Burger

All our Burgers are made in house with premium ground chuck & served with crispy fries*

*Substitute Fries, at no charge, with Mediterranean side Salad (-120 Cals), Caesar side Salad (-60 Cals) or Tuscan Tomato Bean Soup (-80 Cals).

*Substitute Sweet Potato Fries (+40 Cals) or Onion Rings (+20 Cals) for 1.50 each. Substitute with Poutine (+120 Cals) for 3.00

SIDES

Poutine Fries 11.95 (490 Cals)

Truffle Parm Fries 11.95 (770 Cals)

French Fries 5.95 (530 Cals)

Side Caesar Salad 7.95 (200 Cals)

Side Mediterranean Salad 8.45 (140 Cals)

Onion Rings 6.95 (240 Cals)

Roast Potatoes 5.75 (360 Cals)

Seasonal Vegetables 5.75 (190 Cals)

Sweet Potato Fries 6.95 (640 Cals)



REGULAR MENU

Mon-Fri from 11am

Sat & Sun 4pm-close



New York Steak



Guinness Ribs



Golden Battered Fish & Chips



Zucchini Noodles

STEAK & RIBS & CHICKEN

New York Steak 10 oz steak grilled to order, topped with garlic herbed compound butter. Served with roast potatoes and seasonal vegetables 36.95 (920 Cals). Add Shrimp +9

BBQ Ribs a full rack of "fall off the bone" back ribs basted in BBQ sauce. Served with fries and coleslaw 36.95 (2400 Cals)

🍖 **BBQ Ribs & Wings** ½ rack of ribs & one pound of plump wings. Tossed in your choice of sauce. Served with fries and coleslaw 35.95 (2200 Cals)

Guinness Short Ribs low-braised in a rich Guinness stout. Served with roast potatoes and vegetables 36.95 (1020 Cals)

🍗 **Chicken Parmesan Dinner** breaded chicken, melted mozzarella, & fettuccine in tomato basil sauce 25.95 (1690 Cals)

🍗 **Chicken Souvlaki Dinner** chicken skewers, herbed rice, tzatziki sauce and mediterranean salad 26.95 (830 Cals)

🍗 **Chicken Tenders & Fries** premium hand-breaded tenders tossed in your favorite flavour. Served with cool blue cheese dip and house-made slaw. 20.45 (1670 Cals)

SEAFOOD FAVOURITES

🍷 **Golden Battered Fish & Chips** 2 English style battered haddock fillets with fries, house-made coleslaw and tartar sauce 24.95 (1400 Cals)

🍷 **Seafood Pasta** sauteed shrimp, mussels, salmon, clams, & fettuccine noodles in rosé sauce 29.95 (1220 Cals)

Halibut Gnocchi pan fried, blackened halibut served over potato gnocchi. Served with sauteed tomatoes and mushrooms in a rosé sauce 32.95 (1720 Cals)

🍷 **Grilled Teriyaki Salmon** gingery teriyaki sauce, green onion & sesame seeds. With rice & vegetables 28.95 (1080 Cals)

SIGNATURE PASTAS & BOWLS

🌿 **Zucchini Noodles** with olives, feta, tomatoes & garlic toast 19.95 (480 Cals) 🍷 Gluten friendly without garlic toast.

🌶️ **Jambalaya** julienned chicken, tender shrimp and smoky pork sausage with red onion, green pepper and fluffy rice combine with our house made spicy tomato sauce. 26.95 (1260 Cals)

🌿 **Fettuccine Alfredo** fettuccine pasta, creamy alfredo sauce, mushrooms, basil & garlic toast 19.95 (1640 Cals)

Teriyaki Chicken Rice Bowl stir-fried chicken, vegetables, & pineapple in a ginger teriyaki sauce. Tossed with rice. Green onion & sesame seed garnish 24.95 (1050 Cals)

🌶️ **Spicy Gnocchi Arrabbiata** pillowy potato gnocchi tossed in a fiery house-made marinara sauce. Sautéed with onions, bell peppers, mushrooms, and grape tomatoes. Served with garlic toast 19.95 (700 Cals)

Add to Fettuccine Alfredo or Zucchini Noodles 🍗 Chicken 7.5 (230 Cals), Shrimp 9 (120 Cals), Salmon 10 (250 Cals), or Steak 11 (190 Cals)

EARLY BIRD DINNER 24⁹⁵ 3pm-6pm

Appetizer Choice: Broccoli Cheddar Soup, 🌿 Tuscan Tomato Bean Soup, 🌿 Mediterranean Side Salad or Caesar Side Salad

Entrée Choice: New York Steak (5 oz) with roast potatoes & vegetables, Chicken Souvlaki Skewers (2) with rice and mediterranean salad, Fish & Chips 1 piece haddock fillet with coleslaw or 🌿 Gnocchi Pasta

Dessert Choice: Sticky Toffee or Tres Leches Milk Cake

Early Bird Dinner cannot be combined with any other offer. Menu subject to change.

Specials by the glass: PBR Draught 5 House Wine 5 Sapporo & Stella Artois Draught 7