

# LUNCH MENU



## TAPAS

<b>Asian Ribs</b>	St Louis pork ribs tossed in a sweet chili soy and cilantro glaze served over toasted sesame udon noodle vegetable salad.	<b>11.97</b>
<b>Panko Tuna</b>	Nori wrapped fresh tuna loin, sesame panko crusted, flash fried rare, served with seaweed salad, wasabi aioli, citrus soy and red onion pickled ginger.	<b>14.97</b>
<b>Bruschetta</b>	Our daily bread grilled with basil pesto, topped with sauteed vine ripened tomatoes, roasted garlic, shallots and shaved parmesan.	<b>7.97</b>
<b>Grilled Calamari</b>	Lemon grilled calamari stuffed with shrimp and sun dried tomatoes, sliced over basil and olive vegetable ratatouille with balsamic and red pepper drizzles.	<b>11.97</b>
<b>Edamame</b>	Young soy beans steamed and tossed with Thai ginger infused salt.	<b>6.97</b>
<b>Fruit &amp; Brie</b>	Chilled seasonal fresh fruit and berries served with lemon grilled endive, blueberry cinnamon compote and balsamic reduction topped with macadamia nut crusted brie.	<b>11.97</b>
<b>Chips &amp; Dip</b>	Warm blend of Italian cheeses, artichokes, sun dried tomatoes and pieces of tender crab, served with grilled flat bread.	<b>13.97</b>

## SOUP & SALAD

<b>Seafood Chowder</b>	Rich creamy seafood broth with fennel, carrots, squash, leeks and potatoes with fresh daily seafood.	<b>Tapas 7.97 Large 10.97</b>
<b>Soup Tureen</b>	Our daily soup.	<b>Tapas 4.97 Large 7.97</b>
<b>Baby Greens</b>	Young greens topped with cherry tomatoes, cucumber, red onion, sweet peppers, shaved butternut squash and candied pecans, dressed with sun dried tomato herb vinaigrette.	<b>Tapas 5.97 Grande 8.97</b>
<b>Mediterranean</b>	Grilled seasonal vegetables tossed with Kalamata olives, cucumber, cherry tomatoes, red onion, artichokes and goat feta over spinach.	<b>Tapas 6.97 Grande 9.97</b>
<b>Caesar</b>	Crisp romaine hearts tossed in a lemon and roasted garlic Caesar dressing topped with basil wheat croutons, prosciutto crisp, roasted roma tomatoes and shaved parmesan.	<b>Tapas 5.97 Grande 8.97</b>
<b>Roasted Beet &amp; Orange</b>	Herb roasted beets tossed with orange segments and sweet red onion in honey balsamic vinaigrette, served over baby greens and spinach topped with pistachio dusted goat cheese.	<b>Tapas 6.97 Grande 9.97</b>
	<b>add grilled chicken breast or garlic prawns</b>	<b>5.97</b>
	<b>blackened mahi mahi</b>	<b>8.97</b>

## KIDS MENU

**10 and under**

**7.97**

**served with your choice of kid's size milk, juice or soda** (milk or juice refills **1.00**)

<b>Pasta</b>	with choice of alfredo, tomato or rose sauces.	
<b>Fruit &amp; Yogurt Bowl</b>	fresh fruit topped with yogurt and honey.	
<b>Scrambled Eggs</b>	with buttered toast.	
<b>Chicken Fingers</b>	with plum sauce.	
<b>Cheese Pizza</b>	with bacon and pineapple.	
<b>Plain Burger</b>	with ketchup.	
<b>Cheese Burger</b>	with ketchup.	
<b>add kids side of roast baby potatoes, steamed broccoli or side salad</b>		<b>1.97</b>
<b>Vanilla Ice Cream</b>	3 scoops	<b>2.97</b>

**tax not included**

# LUNCH MENU

## PANNINIS & SANDWICHES



served with Caesar salad, baby greens or daily soup

<b>Grilled Vegetable Pannini</b>	Grilled vegetables, roasted roma tomatoes, bocconcini cheese, parmesan and basil pesto on multigrain bread.	<b>9.97</b>
<b>Smoked Beef Pannini</b>	Smoked beef, gruyere cheese, tomato and sauerkraut with grainy Dijon aioli on sourdough bread.	<b>10.97</b>
<b>Salmon Pannini</b>	Home cured salmon, avocado, red onion and parmesan cheese with lemon aioli on multigrain bread.	<b>10.97</b>
<b>Basic Burger</b>	8oz ground prime rib patty served on a Kaiser bun with grainy Dijon aioli, garnished with lettuce, tomato, red onion and a pickle.	<b>9.97</b>
<b>Minstrel Burger</b>	Our basic burger topped with roasted mushrooms, maple pepper bacon, three cheese blend and crispy onions.	<b>13.97</b>
<b>Bacon, Egg &amp; Avocado Kaiser</b>	Maple pepper bacon, 2 fried eggs, avocado, romaine lettuce and tomato on Kaiser bun with grainy aioli.	<b>9.97</b>
<b>Mahi Mahi Burger</b>	Cajun spice grilled mahi mahi filet served on a Kaiser bun with lemon aioli, pea shoots, tomato salsa and avocado.	<b>14.97</b>
<b>Minstrel Wrap</b>	Grilled chicken breast, pancetta, avocado, tomato, red onion, greens, three cheese blend and Dijon aioli wrapped in a grilled tortilla.	<b>12.97</b>
<b>Mushroom Quesadilla</b>	Roasted mushrooms, basil pesto, red peppers, tomato salsa, feta and three cheese blend.	<b>10.97</b>
	<b>add sliced chicken breast</b>	<b>1.97</b>
<b>Steak Sandwich</b>	Char-grilled 6oz rib eye steak smothered with creamy wild mushroom sauce served over daily bread with Dijon aioli, sliced tomato, mixed greens and crispy onions, with roasted baby potatoes.	<b>17.97</b>

## ENTREES

<b>Salmon Bocconcini</b>	Tahitian lime pepper grilled salmon topped with crispy onions served over vine ripened tomatoes, bocconcini cheese, baby greens and red onions drizzled with balsamic reduction and basil pesto olive oil.	<b>17.97</b>
<b>Hara Masala Curry</b>	Seasonal vegetables simmered in a cilantro and spinach flavored cashew and yogurt curry sauce, served with lemongrass basmati rice, cucumber raita and poppadom crisp.	<b>12.97</b>
	<b>add chicken breast or tiger prawns</b>	<b>5.97</b>
<b>Cali Fritatta</b>	Baked omelette with bacon, roasted shallots, avocado, vine ripened tomatoes and three cheese blend, served with toast points and roasted baby potatoes.	<b>10.97</b>
<b>Breakfast Burrito</b>	Three eggs scrambled with red onion and chorizo sausage wrapped in a grilled tortilla with tomato salsa and three cheese blend served with roasted baby potatoes.	<b>10.97</b>
<b>Thai Noodles</b>	Chicken breast, tiger prawns, scallops and mixed vegetables with egg noodles in a medium spiced coconut peanut sauce with fresh cilantro, bean sprouts, toasted peanuts and lime.	<b>15.97</b>
<b>Chicken Fusilli</b>	Sauteed bacon, chicken and wild mushrooms with roasted peppers, fresh herbs and roasted shallots, in a white wine roasted garlic cream finished with smoked gruyere and green onions.	<b>13.97</b>
<b>Penne Arrabiata</b>	Chorizo sausage, roasted garlic, shallots, fresh herbs with lean ground beef in a spicy chipotle tomato sauce finished with aged white cheddar.	<b>12.97</b>
<b>Fresh Mussels</b>	Large bowl of fresh P.E.I mussels steamed with white wine, garlic, cherry tomatoes, fresh basil and green onions served with garlic grilled bread.	<b>13.97</b>
<b>Pasta Feature</b>	Chef's daily inspiration.	<b>market price</b>
<b>Brunch Feature</b>	Our weekend and holiday special.	<b>market price</b>

**tax not included**