

wines by the glass

sauvignon blanc j. bouchon	9	merlot jackson triggs	10
pinot grigio argento	9	cabernet sauvignon jackson triggs	10
chardonnay jackson triggs	10	chianti straccali	10
dry riesling vineland vqa	10	shiraz-cabernet penfold's	12
chardonnay parducci	11	pinot noir henry of pelham vqa	14

ice cold beer on tap

sapporo 8 | guinness 8 | mill street organic 7 | mill street tank house ale 7
stella artois 8 | alexander keiths 7 | sam adams 7 | steam whistle pilsner 7

lunch

our chef is inspired by great seasonal produce, top quality meats & fresh sustainable seafood,
indulging his passion the menu changes weekly


shares

lemon parmesan & pepper fries house cut potato lemon aioli	7
thai style chicken wings sweet chili green onion garlic & ginger	16
house made potato chips caramelized onion dip	6
hummous & babaganoush dip artisan breads	8



starts

rocket salad arugula candied pecan baby beets niagara cider vinaigrette (low fat, low cholesterol)	9
'living' butter lettuce salad oven cured tomato spring seedlings radish sherry vinaigrette (carb conscious)	11
classic caesar salad romaine hearts grana padano classic caesar dressing garlic croutons	10
scotch broth rich broth pearl barley spring's garden vegetables local hazelnut pesto	9
soup du jour chef crafted market inspired	7
trios signature crab cakes maryland lump crab micro greens spicy remoulade (carb conscious)	18

sandwiches

- classic club house 15
fresh house smoked and roasted turkey | bacon | vine ripe tomato
-  lemon grilled albacore tuna 17
olive tapanade | mayo | arugula | grilled sourdough
- angus beef burger w/ bacon & cheese 16
hand cut fries | tomato | onion | lettuce
- beef brisket panini 16
slow braised beef | onion | herb pesto | hot mustard
- grilled ontario lamb burger 17
spring lamb | tomato jam | cambozola | dijonaise | onion ring | artisan bun

big bowl salads

- chopped salad 15
iceberg | roasted peppers | olives | artichokes | tomato | avocado |
black pepper orange vinaigrette
w/ grilled chicken or wild salmon
-  big bowl classic caesar salad 17
romaine hearts | grana padano | classic caesar dressing | garlic croutons
w/ grilled chicken or wild salmon
- big bowl rocket salad 15
arugula | candied pecan | baby beets | niagara cider vinaigrette
w/ grilled chicken or wild salmon
(low fat, low cholesterol)
- loaded steak salad 16
grilled skirt steak | blue cheese dressing | vine ripe tomatoes | maple pepper bacon
(carb conscious)
-  nicoise salad 16
albacore tuna | egg | olives | french beans | arugula | extra virgin olive oil | lemon
[low fat]

bistro bests

- beer battered haddock and chips 18
wild canadian haddock | tartar sauce | lemon | malt vinegar
- rigatoni & sausage 19
fresh pasta | wilted spinach | braised tomato | fresh parmesan
or skip the sausage, add roasted mushrooms
- wok fried shanghi noodles 19
xo sauce | egg noodles | chili | cilantro | chicken | prawns
(low fat, low cholesterol)
- crispy whitefish curry 19
jasmine rice | pineapple chutney | red onion raita | lemon black pepper naan