

quench

cocktails made w/ fresh juice

mojito	10
bacardi rum fresh lime mint	
cosmopolitan	10
cointreau cranberry lime absolute citron	
lynchburg lemonade	10
jd triple sec lemon	
the claudette	10
absolute citron chambord lemon mint	
classic sour	7
amaretto or vodka whiskey strong sweet sour	
ice wine martini	14
vqa ice wine vodka peach schnapps	

wines by the glass

sauvignon blanc j. bouchon	9
pinot grigio argento	9
dry riesling vineland vqa	10
chardonnay jackson triggs	10
viognier yalumba	12
chardonnay parducci	11
chardonnay martin ray	16
merlot jackson triggs	10
chianti straccali	10
pinot noir henry of pelham vqa	14
cabernet sauvignon jackson triggs	10
shiraz-cabernet penfold's	12

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

starts

rocket salad	9
arugula candied pecan baby beets niagara cider vinaigrette (low fat, low cholesterol)	
lemon parmesan & pepper fries	7
house cut potato lemon aioli	
caesar salad	10
romaine hearts grana padano classic anchovy-garlic dressing	
big bowl caesar salad w/ grilled chicken or wild salmon	17
roasted spring vegetable soup	9
parmesan herb cashew pesto	
soup du jour	7
chef crafted market inspired	
trios signature crab cakes	18
maryland lump crab micro greens spicy rémoulade (carb conscious)	

sandwiches

classic club house	15
fresh house smoked and roasted turkey bacon vine ripe tomato	
slow roasted beef wrap	12
smoked beef onion avocado oven roasted tomato aioli cilantro	
angus beef burger w/ bacon & cheese	16
hand cut fries tomato onion lettuce	
grilled chicken panini	14
garlic aioli oven dried tomato caramelized onions brie	
panzerotti	12
parma ham shallot confit arugula pesto grana padano tomato	
steak sandwich	14
flank steak iceberg oven roasted tomatoes blue cheese onion spread house cut fries	

big bowl salads & bistro plates

chopped salad	15
iceberg roasted peppers olives artichokes tomato avocado black pepper orange vinaigrette	
baby spinach salad	11
poached pear crumbled goats cheese double smoked bacon dressing	
 nicoise salad	16
ahi tuna egg olives french beans arugula extra virgin olive oil lemon [low fat]	
big bowl caesar salad	17
w/ grilled chicken or wild salmon	
loaded steak salad	16
grilled skirt steak blue cheese dressing vine ripe tomatoes maple pepper bacon (carb conscious)	
beer battered haddock and chips	18
wild canadian haddock tartar sauce lemon malt vinegar	
rigatoni & sausage	19
fresh pasta spinach tomato fresh parmesan or skip the sausage, add mushrooms	
tomato braised duck mafalda	21
fresh rolled pasta roasted mushrooms arugula grana padano	
 pad thai noodles	15
chili cilantro chicken prawns [low cholesterol, low fat]	
 b.c. wild sockeye salmon	26
coconut 5 spice rice asparagus sesame citrus relish	
chicken masala coorg	21
lemon chutney chili naan cumin raita 5 spice jasmine rice	
cheese & spinach ravioli	16
roasted mushrooms thyme goat cheese spinach grilled leeks	
pan fried rainbow trout	21
summer vegetables grilled mini red potatoes charred lemon house made tzatziki	