

Garlic Prawns

Six Tiger Prawns Sautéed In Olive Oil with Garlic and Spices, Served with Garlic Toast \$8.25

Dry Garlic Ribs

Bone In Garlic Ribs Tossed In Cracked Black Pepper, Sea Salt and Garlic \$9

Edamame

Soya Beans with Coarse Sea Salt \$6.50

Crab and Spinach Dip

Served Bubbling Hot with Fresh Bread \$8.75

Green Coconut Curry Prawns

Six Tiger Prawns, Peppers, Onions & Carrots Simmered In A Green Curry Coconut Sauce. Served with Na'an Bread. We can substitute chicken for the prawns if you like. \$8.75

Alfredo Chicken Dip

Pan seared chicken breast, mushrooms, bell peppers, and Spanish Onion in an herbed Parmesan cream sauce. Served with grilled Foccacia for dipping. \$8.50

Baked Bruschetta

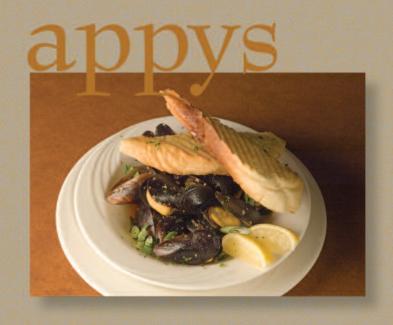
Bruschetta stuffed bun. Baked with Mozzarella and Served with Balsamic Glaze \$7

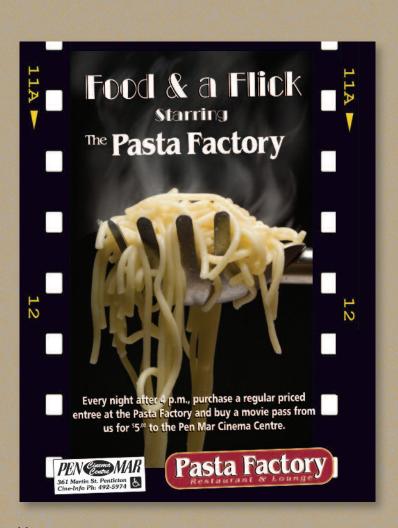
Steamed Mussels

1 lb Mussels Steamed In White Wine Cream Sauce or a Mediterranean Tomato Sauce. Served With Garlic Toast \$9.50

Grilled Na'an Bread

Two Pieces of Na'an Bread Served with Tzatziki \$5.50







Minestrone Soup

\$5 Large \$4 Small

Greek Salad

Traditional Greek Salad Served with Na'an Bread and Tzatziki \$8. As a side salad \$6.50

Caesar Salad

\$5.75 half \$8 full

Spinach Salad

Baby Spinach Tossed In Balsamic Dressing and Topped with Mushrooms, Red Onion, Sun dried Cranberries and Toasted Almonds \$8

Insalata Mista

Mixed Green Salad with Shredded Carrot and Choice of Dressing \$4.95

Insalata Di Pollo

Mixed Greens and Garden Veggies Topped with A Grilled Chicken Breast, Served with Honey Mustard Dressing \$9.50

Mandarin Chicken Salad

Mixed Greens, Toasted Almonds, Chow Mein noodles, Bell Peppers, Spanish onion and julienne carrots, Oriental Dressing, Chicken & Mandarin Oranges \$9.50

lunch features 11:30-2:30

Soup and Mista Salad

A bowl of soup served with a Mista. \$6.95 Substitute Greek, Caesar or Spinach Salad for \$1.50

1/2 Order Lasagna, Canneloni, Spinach and CheeseTortellini

Served with Caesar Salad.

\$9

½ Order Seafood Cannelloni or Seafood Lasagna

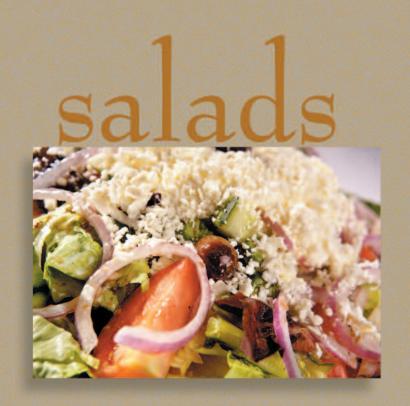
Served with Caesar Salad

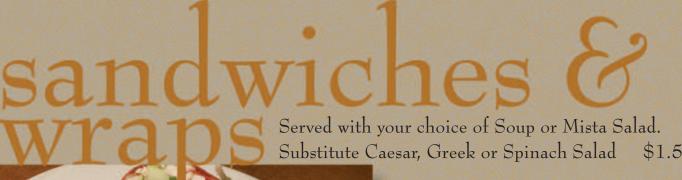
\$10

1/2 Order Pasta

With your choice of sauce.

\$6.95







Chicken Caesar Wrap

Caesar Salad, Grilled Chicken Breast, Bacon Bits, Fresh Parmesan and Croutons Wrapped in a Whole Wheat Tortilla \$8.75

Chicken Sandwich

Grilled Chicken Breast On Foccaccia With Lettuce, Tomato And Mayo \$8.75

Martin Street Sandwich

Meatballs Baked With Mozzarella On Foccaccia With Mayo, Lettuce And Tomato \$8.50

Chicken Greek Wrap

Our Greek Salad and Diced Grilled Chicken Wrapped in a Sun dried Tomato Tortilla \$8.75

Steak Sandwich

Grilled 6 oz Steak Served on Garlic Toast \$14.25

BBQ Pulled Pork

Slow cooked BBQ Pork baked with Cheddar Cheese served open faced on French Bread \$8.50

Portabella Mushroom Sandwich

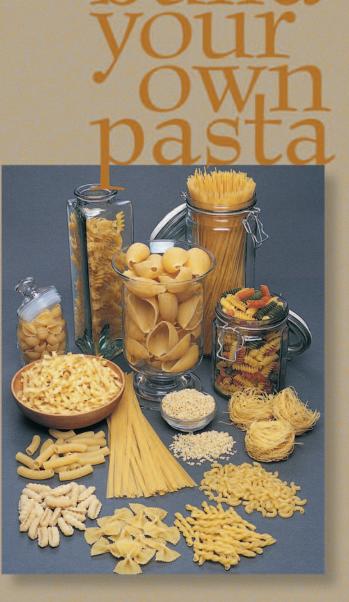
Marinated and grilled Portabella mushroom cap placed between roasted red pepper, spinach, cheddar cheese, with a pesto mayo on Foccaccia. \$9

Chicken Parmesan Sandwich

Chicken breast broiled than baked in a tomato Parmesan sauce topped with mozzarella. Served on Foccacia with Lettuce and Tomato. \$9.50

Pastas

Linguine - Penne - Rotini Whole Wheat Penne Spaghetti - Fettuccine



Full Order \$9.95 Half order \$7.95

Sauces

Rose - Creamy Tomato Sauce

Alfredo - Parmesan Cream Sauce

Teriyaki - Teriyaki Cream Sauce

Tomato Basil

Carbonara - Bacon & Onion in a Parmesan Cream Sauce

Pomodoro - Sundried tomatoes in a Tarragon Rose sauce

Amatriciana - Tomato Sauce with Bacon & Onion

Arrabiata - Hot & Spicy Tomato Sauce

Bombay - Light Tomato Curry Sauce and Red Onion

Pesto - Basil & Garlic Cream Sauce

Napoletana - Zesty Tomato Sauce with Italian Herbs.
Topped with Green Onion

Garlic, Herbs & Olive Oil
Tomato Sauce
Meat Sauce

Extras

Vegetables \$2

Sundried Tomatoes \$2

Sliced Mushrooms \$2

Bake Any Dish with Mozza \$3

Shrimp, Sausage or Chicken \$3½

Extra Sauce \$2

Meatballs \$1 Each or 3 For 2.75

Bread and Dip \$2.50

Garlic Toast \$2.75

Add Tiger Prawns (4) or Baby Scallops \$4

Split Any Meal \$3

Subject to applicable taxes

traditional favourites

Vegetarian Lasagna

Tomato/Pesto Sauce and Vegetables
Baked with Mozzarella Full \$11 Half \$9

Baked Lasagna Full \$12 Half \$10

Cannelloni Forno

Choice of Veal or Ricotta and Spinach, Baked In Rose Sauce. or Try One of Each \$12

Seafood Canneloni

Shrimp, Scallops & Imitation Crab topped with creamy Alfredo Sauce and baked. \$15

Spaghetti & Meatballs

with 3 Homemade Meatballs and Sauce, Try with A Bottle of Chianti... A Perfect Match Full \$11 Half \$9

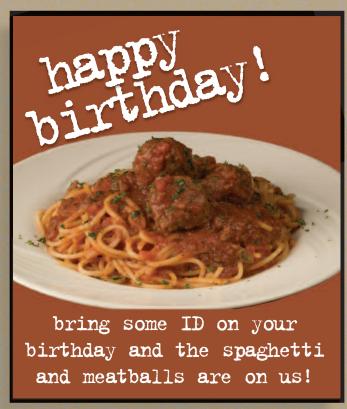
Tortellini

Spinach and Cheese with Your Choice of Sauce Full \$11 Half \$9

Seafood Lasagna

Baby Shrimp, Clams, Immitation Crab in a Rose Sauce Full \$13 Half \$11





Sicilian Penne

Chicken Breast, Italian Sausage, Peppers and Onion Served in a Spicy Tomato Cream Sauce, As Hot As You Like It \$14

Spaghetti Orto Mare

Spaghetti In Rose Sauce Topped with Six Tiger Prawns and Vegetables, Tossed in a Light Herb Tomato Sauce \$14

Seafood Linguine Florentine

Clams, Scallops, Shrimp and Mussels Sautéed with Spinach, In a White Wine Cream Sauce Served Over Linguine \$16

Penne Calabrese

Italian Sausage and Mushrooms Tossed In A Spicy Parmesan Tomato Sauce, Topped with Fresh Parmesan \$13

The Olympian

Fresh Vegetables, Garlic and Sundried Tomatoes Tossed with Whole Wheat Penne in a Light Tomato Sauce \$11.50

Rotini Di Pollo

Sliced Chicken Breast in a Teriyaki Cream Sauce and Topped with Green Onion and Sesame Seeds \$13

Pomodoro Di Pollo

Chicken Breast, Sundried Tomatoes and Penne Served in a Tarragon Rose Sauce \$13

Linguine San Marzano

Sundried Tomatoes and Mushrooms Served in a Garlic Herb Sauce and Topped with Feta Cheese \$12

Linguine Della Casa

Smoked Salmon, Capers and Red Onion Tossed in a Garlic Herb Olive Oil Sauce and Topped with Fresh Parmesan and Green Onion \$14

Subject to applicable taxes

Salmon Affumicato

Smoked B.C. Salmon, Fresh Tomatoes and Spinach and Cheese Tortellini Tossed in a Pesto Cream Sauce, Finished with Green Onion \$14

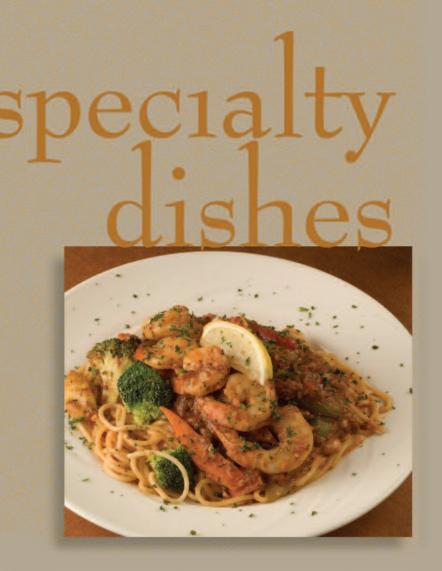
Fettuccine Orto Mare

Six Tiger Prawns, fresh Veggies and fettuccine tossed in garlic, basil and olive oil then topped with parmesan cheese. \$14

Cajun Chicken Alfredo

Cajun Chicken Breast served on Fettuccine Alfredo with diced tomatoes and green onions. \$13

Half Orders Less \$2



entrées



All Entrées Served with Choice of Pasta and Sauce or Rice and Vegetable or Substitute for...

Specialty Pasta \$4 Lasagna \$4 Cannelloni \$4

Prawns Mediterranean

Nine Tiger Prawns and Fresh Tomatoes Tossed in a Herb Tomato Sauce and Topped with Feta, Served with Rice and Bread \$14

Mixed B.B.Q. Grill

½ Rack of Ribs, Chicken Breast and Butterflied Chorizo \$19.75

Baby Back Ribs

Baked with Your Choice of BBQ or Honey Garlic Sauce Full \$20 Half \$16

New York Steak

Canadian Beef Grilled with Our Special Blend of Spices 6 oz. \$16.50 8 oz. \$19.50

Half Roast Chicken

Herb Butter Roasted \$15.50

Veal Parmigiana

Breaded veal cutlet pan seared then baked in a tomato Parmesan sauce topped with mozzarella. Full \$17 Half \$14

Chicken Parmigiana

Chicken Breast with Parmesan Tomato Sauce, Topped with Mozzarella and Baked Full \$16 Half \$13

Chicken and Ribs

Half Rack of Baby Back Ribs and Herb Butter Roasted Half Chicken \$19.50

Pesto Crusted Salmon

Baked fillet of wild Coho salmon, encrusted in basil garlic and lemon juice. \$18

Chicken Roberto

Mediterranean herbed grilled chicken breast Full \$14 Half \$11

kids menu

Includes soft drink (10 & under) \$6

Spirals & Cheese

Baked Lasagna

Pasta & Sauce

Build your own substitute Spinach & Cheese Tortellini \$1.50

beverages

Hot

Coffee or tea \$2.25 Herbal Tea \$2.50 Hot Chocolate \$2.25

Cold

Pop, Lemonade, Ice Tea (Free Refills) \$2.75

Juice sm \$1.75 lrg \$2.50 Milk sm \$1.75 lrg \$2.50

Bottled Water \$1.95

San Pellegrino Half litre \$2.95

Energy Drink \$3.95

daily features

Mondays

\$6 Pasta & Sauce after 4 pm

Tuesdays

1/2 price Appys after 4 pm

Wednesdays

\$1.99 Caesar salad

Thursdays

Jug of Draught \$12.95

Fridays

Prime Rib Nite \$17.95 after 4 pm

Saturdays

Baby Back Ribs 1/2 \$13.95 Full \$17.95

Sundays

Caesar Cocktails \$3.95



