

Big Bites Small Plates

In choosing the ingredients for our recipes it is important that we buy natural, organic & local product as much as possible. Absolutely Edibles is committed to supporting local, independent and Canadian business. Our philosophy is be good to our body, be good to our planet. Using fresh ingredients, making our product from scratch and by hand is important to us. Absolutely Edibles is committed to our philosophy that is why we compost fruit, vegetation & coffee ground waste by doing this we can save up to 21 % in our land fill. Using earth friendly products such as garbage bags, catering trays, disposables plates & cutlery, recycling paper and using products recycled items will make the difference. . We hope you enjoy the care and attention that has been put into making your meal an experience

Jalapeno Feta Spread \$ 7.95

The perfect combination served with toast rounds.

Dim Sum Dumpling \$ 3.95

House made pork & corn dumpling served with dipping sauce.

Crab Curry Dip \$ 7.95

Snowcrab & Thai spices make this creamy dip one to get hooked on. Served with oven baked pita chips.

Vegan Triple Sliders \$7.95

The perfect way to sample our vegan burgers mini style, Black bean,veggies & fresh herbs topped with chipotle cream.Lentil , Soya sirloin fresh veggies topped with humus, lettuce & tomato. Chick Pea with middle eastern herbs & spices topped with edamame puree.

Chicken Saltibocca \$ 7.95

Plump chicken breast stuffed with fresh mozzarella, marinated in fresh basil

Antipasto Platter \$ 12.95

An assortment of Italian delicacies, Italian cheeses, meats, olives and baguette. Perfect for sharing..

Lemon grass Pork Loin \$ 5.95

Marinated pork loin skewered on lemongrass and char broiled.

Prawn & Ginger Gyoza \$ 5.95

Pravns, fresh ginger & spices wrapped & steamed, drizzled with its special sauce.

Triple Sliders \$ 10.95

The perfect way to sample our burgers mini style, Kangaroo topped with peppered bacon & havarti. Lamb topped with tzatiki sauce Elk blended with fresh herbs and berries, topped with smoked cheddar & prosciutto.

Baby Baked Brie \$ 8.95

Mini wheel of brie topped with sauteed sweet peppers, onion & roasted garlic. Served with bread for dipping

Char Sui Lettuce wraps & 6.95

Lean ground pork, asian spices, served with green leaf lettuce for wrapping.

Spanakopita \$ 3.95

Spinach, feta, & herbs wrapped in phyllo pastry

Scampi ala Enrico \$ 7.95

Shhh this is a secret recipe, Enrico gave this to me

Polpetta \$ 4.95

True Italian meatball in marinara sauce, with bread of course

Italian Pockets \$ 4.95

Chicken & gouda wrapped in pasta served with marinara dipping sauce

Sweet Potato Skins \$ 6.95

This is our version of potato skins, spicy cream cheese, sauteed pesto spinach finished with melted asiago. once you try it you'll never look back

Crab, Lobster & Corn Cake \$ 7.95

Atlantic lobster, snowcrab & white corn

Wild Mushroom Triangles \$ 3.95

Depending on the mushroom in season, the taste keeps changing

More Big Bites

Bruschetta Sampler \$ 3.95

Three of our best creations on one plate. Roasted pepper bruschetta, Wild mushroom bruschetta & Tomato basil bruschetta.

Edibles Dip Sampler \$ 14.00

Spinach & Artichoke dip, Humus, Black Bean Chipotle Humus, Tapenade, Feta & Jalapeno spread, Beet & Ginger dip, Zucchini & Roasted Garlic dip, Edamame dip & Baba Ganoush. Served with pita bread & chips for dipping

Thai Chicken Satay \$ 6.95

Plump chicken marinated in Thai spice and coconut milk, served with peanut sauce for dipping

Spinach & Artichoke Dip \$ 6.95

Fresh baby spinach, artichokes & fresh herbs in a creamy dip. Served with pita chips for dipping

Camembert Stuffed Figs \$ 7.95

Figs filled with Camembert cheese, sautéed in balsamic reduction

Soup & Salads

Soup Creation of The Day \$ 3.95 cup or 4.95 Bowl

A new creation every day from our kitchen, made from scratch of course.

Greek Salad \$ 14.00

Our signature Greek salad, full of red pepper, cucumber, green pepper, vine ripen tomatoes, red onion tossed with fresh herbs vinaigrette. Served over a bed of romaine lettuce, topped with crumbled feta cheese, calamata olive and drizzled with a touch of heaven

European Salad \$ 14.00

Caramelized beets, goat cheese, dried cherries, candied pecans served on a bed of baby field greens. Served with our raspberry vinaigrette

Caesar Salad

Our signature house Caesar dressing tossed with crisp romaine lettuce, herb croutons topped with shredded Asiago cheese

Stone Oven Pizza

Absolutely prepares our pizza dough from scratch using unbleached flour, brown rice syrup, yeast and water. Kneading our dough by hand creates the ultimate pizza dough. Our tomato pizza sauce and basil pesto is prepared from scratch using fresh herbs.

The Margherita \$ 14.00

Fresh mozzarella, fresh Roma tomato & fresh basil leaf on a light tomato sauce. Baked on thin crust drizzled with a little heaven

The Goomba \$ 15.00

Artichoke, prosciutto Salami, black olive, red pepper, red onion, mozzarella cheese & tomato sauce. Baked on a thin crust.

The Vegetarian \$ 14.00

Grilled peppers, onions, mushroom, zucchini, fresh basil pesto. Topped with fresh mozzarella. Baked on a thin crust

The New Yorker \$ 14.00

Sautéed onion, peppers, Italian sausage and spicy tomato sauce. Topped with mozzarella. Baked on a thin crust

Thai Chicken \$ 14.00

Marinated Thai chicken, on a peanut sauce base topped with mozzarella, bean sprouts, cilantro & Asian basil

Big Plates Larger Appe

Meat & chicken dishes

Polpette \$ 14.00

True Italian meatballs, marinara sauce served on a bed of penne pasta

Wild Mushroom Tendertips \$ 18.00

Alberta beef tenderloin tip marinated and char broiled , smothered in wild mushroom sauce. Served with garlic smashed potatoes

Panang Chicken \$ 16.00

Thai spice, coconut cream , onions, peppers and chicken sauteed , served over coconut basmati rice.

Asian Rice Bowl \$ 13.00

Special blend of vegetable, egg, ginger, garlic, lemon grass , chicken and rice. Ask for it vegetarian

Basil Goat Cheese Chicken \$ 16.00

Chicken breast filled with basil pesto & goat cheese. Served with smashed sweet potatoes

Italian Sausage Ravioli \$ 14.00

Italian sausage tossed with a four cheese ravioli in a tomato - parmesan sauce

Lemon Grass Chicken \$ 15.00

Marinated lemon grass chicken, fresh vegetables stir fried with asian sauce. Served over coconut basmati rice

Mediterranean Beef Kabob \$ 18.00

Marinated Alberta beef tenderloin tip , fire grilled , served over roasted garlic smashed potatoes

Korma Chicken \$ 16.00

Middle eastern spices simmered with onions, peppers and tomatoes, served over a bed of basmati rice

Vegan & Vegetarian Dishes

Edibles Penne \$ 13.00

Roasted red pepper, sliced black olive, oyster mushroom, artichokes & penne pasta tossed in a goat cheese pesto

Vegetable Stir Fry \$ 14.00

Our seasonal vegetable selection stir fried with asian herbs. Served over a bed of basmati rice

Chili garlic Mushrooms \$ 14.00

Wild mushrooms, thai chilis, garlic and ginger sauteed together. Served with your choice of smashed sweet potato or rice pilaf

Vegetable Curry \$ 14.00

Our blend of east indian spices & herbs simmered with tomatoes, onion, peppers and chick peas create this unique dish.
Served over basmati rice

Lentil Croquette \$ 12.00

Middle eastern spice, red lentil and corn flour topped with our slow simmered tomato reduction. Served with smashed sweet potato

Fish & Seafood

Cioppino \$ 18.00

Fresh herbs, garlic, red pepper, green pepper, red onion, fresh mussels, clams & prawns simmered together. Served with bread to sop up all the sauce

Coconut Red Curry Mussels \$ 14.00

Fresh mussels sauteed in a coconut red curry sauce. Served with bread to sop up all the sauce

Chili garlic Tiger Prawn Mushroom \$ 18.00

Wild mushrooms, thai chilis, garlic and ginger sauteed together with tiger prawns. Served with your choice of smashed sweet potato or rice pilaf

Jumbo Crab Cakes \$ 16.00

No imitation here, we only use the real thing. Blended crab meat fresh herbs and cream , make these the crab cakes to die for. Served with roasted garlic smashed potatoes and our house made remoulade. Served with parsley lemon boiled potato or rice pilaf