

# To Begin

## **Soupe du Jour**

*chef's selection bowl \$6*

## **Shrimp Bisque**

*three sauteed jumbo shrimps, shellfish bisque sauce & crostini \$10*

## **Coquille Saint-Jacques**

*bay scallops, chowder sauce, vol-au-vent \$12*

## **Kalbi Beef**

*Korean style beef short ribs served on a cast iron skillet \$12*

## **Spanish Calamari**

*flash fried and served with a smokey tomato & garlic sauce \$11*

## **Mussels Marinière**

*white wine, shallots, garlic, parsley, served with crostini \$12*

## **Mussels Portuguese**

*garlic, cilantro, white wine, chorizo & tomato sauce, served with crostini \$12*

## **Middle East Tapas**

*falafel, hummus with tabini & olive oil, tabouleh, mint & cucumber raita, za'atar  
grilled pita \$12  
extra pita \$2*

## **Cranberry Caramelized Onion Goat Cheese Dip**

*Canadian cranberries, caramelized onion goat cheese dip & candied pecans, baked & served with crostini \$12*

## **Mia Bruschetta**

*basil chiffonade, Roma tomatoes, shaved parmesan, balsamic reduction & crostini \$10*

## **Brie Fondant**

*baked brie served with local honey, red wine poached pear, espresso lady finger, roasted walnuts & crostini \$15*

# The Garden

## **Granny Smith & Baby Spinach Salad**

*apple balsamic vinaigrette, candied pecans, Stilton cheese \$12*

## **Herbed Goat Cheese Salad**

*mesclun greens, roasted red peppers & sunflower seeds with our house dressing \$12*

## **Knife & Fork Caesar**

*romaine, crisp pancetta, shaved parmesan, croutons with house made Caesar dressing \$11*

## **Seasonal Mixed Baby Greens**

*tossed with julienne carrots & red onions with our house dressing \$8*

*add freshly grilled chicken \$4.95 add tofu \$2.75 add jumbo shrimps \$5.50*

# Pasta

## **Lobster Ravioli**

*chestnuts, asparagus spears, grape tomatoes, brown butter sauce \$19*

## **Seafood Putanesca Pappardelle**

*jumbo shrimps, mussels, capers, anchovies, olives, herbed tomato sauce \$20*

## **Gorgonzola Chicken Carbonara**

*linguini, pancetta, chicken, broccoli, cherry tomatoes, gorgonzola cream \$20*

## **Vegetarian Cannelloni**

*baked fresh pasta stuffed with spinach ricotta, roasted garlic, crimini mushroom, cream reduction & sundried tomato pesto \$18*

## **Pad Thai**

*Asian style vegetables, cilantro, peanuts, Thai coconut sauce \$17*

*add freshly grilled chicken \$4.95 add tofu \$2.75 add jumbo shrimps \$5.50*

# The Land & The Sea

## **Classic 7oz Filet Mignon**

*aged tenderloin, port beurre rouge, roasted garlic potato mash, balsamic roasted root vegetables \$28*  
*add grilled jumbo shrimps \$5.50*

## **Grilled Local Free Range Pork Loin Chop**

*grilled gala apple, braised red cabbage with double smoked bacon lardon, celeriac potato purée, maple bourbon glaze \$24*

## **Caramelized Atlantic Salmon**

*premium certified and sustainable Atlantic Salmon, cilantro lime & chilli glaze, basmati & Asian style vegetables \$23*

## **Pan Seared Local Free Range Chicken Breast**

*roasted local root vegetables, mushrooms, potato stuffed savoy cabbage, mushroom veal jus \$20*

## **Bistro Grilled Free Range Chicken Paillard with Caponata**

*herbed & tenderized grilled chicken breast, ragout of vidalia onions, celery, eggplant, tomatoes & capers, topped with romaine & fresh tomatoes \$18*

## **Braised Lamb Shank Cassoulet**

*Moroccan Merguez sausage & cannellini bean cassoulet \$23*

## **Friday & Saturday Local Food & Wine Pairings**

*Ask your server for details*

# Oven Pizza

## **Margharita**

*tomato sauce, mozzarella, bocconcini & fresh basil \$13*

## **Portobello and Truffle**

*roasted portobello mushrooms, roasted red pepper, leeks, house pickled red onion, fontina cheese, roasted garlic bianca sauce & truffle oil \$13*

## **Pesto & Goat Cheese**

*pesto, spinach, tomato confit & herbed goat cheese \$13*

*add freshly grilled chicken, tofu or chorizo sausage for \$2.50*

# Sandwiches & Burgers

*Served with your choice of fresh cut fries, mixed baby greens or soup.*

## **Tofu and Avocado**

*tofu marinated in herbs & spices, avocado, roasted red peppers, roasted red onions, greens & miso aioli on rosemary focaccia \$14*

## **Portobello Fontina**

*roasted portobello mushrooms, fontina, sage & walnut patty, on rosemary focaccia \$14*

## **Grilled Flank Steak**

*grilled flank steak, Stilton cheese aioli & roasted red onion tomato confit on rosemary focaccia \$16*

## **Windmills Original Veggie Burger**

*seasoned chickpea patty made in-house, served with mustard, onions, tomatoes & sprouts \$14*

## **Gourmet Beef Burger**

*topped with pancetta, brie, greens, red onions, tomato & roasted red pepper aioli \$15*

*Please inform your server of any food allergies.*

*Plus HST \*15% gratuity may be added to tables of 8 or more*

*Proudly supporting local farmers, local purveyors,  
and the sustainable Canadian Fisheries*