



LUNCH

Windmills

CASUAL FINE DINING



Wraps

Served on a whole wheat or gluten free brown rice wrap with your choice of daily soup, house salad, or fresh cut fries.

Cajun Chicken

monterey jack cheese, roasted red peppers, tomato salsa, greens & sour cream 10.50

Chicken Club

your choice of multi-grain toast or whole wheat wrap with bacon, tomatoes, greens, grilled chicken & mayonnaise 10.95

Curried Chicken

our own blend of curried chicken mixed with grapes, carrot, apples, yogourt, mayonnaise, onion, tomatoes & greens 10.50

Sandwiches

Served with your choice of daily soup, house salad, or fresh cut fries.

T.L.T.

tofu marinated in herbs and spices, tomatoes, mustard & greens on multi-grain toast 8.50

B.L.T.

bacon, tomato, greens & mayonnaise on multi-grain toast 7.95

Tofu and Avocado

tofu marinated in herbs & spices, avocado, roasted red peppers, roasted red onions, greens & miso aioli on multi-grain ciabatta baguette 12.75

Portobello Fontina

portobello mushrooms, fontina, sage & walnut patty on multi-grain ciabatta baguette 12.75

Poached Salmon

lemon dill cream fraiche, tomato & greens served on multi-grain ciabatta baguette 12.95

Pizza

Margarita Pizza

tomato sauce, mozzarella, bocconcini & fresh basil 13.00

Portobello and Truffle

roasted portobello mushrooms, roasted red pepper, leeks, house pickled red onion, fontina cheese, roasted garlic bianca sauce & truffle oil 14.00

Pesto & Goat Cheese

pesto, spinach, tomato confit & herbed goat cheese 14.00

freshly grilled chicken, tofu or chorizo sausage add 3.00



Pasta

Served with a grilled baguette slice.

Vegetarian Cannelloni au Gratin

house made & stuffed with spinach, ricotta, roasted garlic, crimini mushrooms, grand padano & served with sundried tomato sauce 15.00

Gorgonzola Chicken Carbonara

linguini, pancetta, chicken, broccoli, cherry tomatoes & gorgonzola cream 16.00

Fettuccine Italian Sausage

garlic, Italian sausage, artichoke, marinated eggplants & rose sauce 12.00

Basil Pesto Pasta

penne with sundried tomato & basil pesto cream sauce 11.00

freshly grilled chicken, tofu or chorizo sausage add 3.00

Daily Pasta Specials

Served with grilled baguette slice. Add freshly grilled chicken, tofu or chorizo sausage only 3.00

MONDAY

Mushroom Basil Pesto Pasta

penne, mushrooms & spinach in a basil pesto cream sauce

10.95

TUESDAY

Penne with Garlic Cream Sauce

penne, sweet peas, mushrooms & cherry tomatoes

10.95

WEDNESDAY

Tomato Cream Pasta

penne, mushrooms, broccoli & roasted red peppers in a tomato cream sauce

10.95

THURSDAY

Pad Thai

Asian style vegetables, cilantro, peanuts, Thai coconut sauce

10.95

FRIDAY

Linguini with Smoked Salmon

smoked salmon, capers, parmesan cheese in a lemon cream sauce

12.95



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Soup, Salads & Starters

Soup of the Day *cup 3.95 - bowl 4.95*

Vegetarian Asian Spring Rolls

with a house made peanut dipping sauce 8.25

Granny Smith & Baby Spinach Salad

apple balsamic vinaigrette, candied pecans & stilton cheese 9.95

Mixed Baby Greens

tossed with julienne carrot & red onion, cucumber, grape tomatoes & house dressing 7.75

Knife & Fork Caesar

romaine, crisp pancetta, parmesan, croutons & house made caesar dressing 9.25

Herbed Goat Cheese Salad

mesclun greens, roasted red peppers, sunflower seeds & house dressing 10.75

Asian Noodle Salad

egg noodles, vegetables & Asian style dressing served with one vegetarian Asian spring roll & house made peanut dipping sauce 9.75

Brunch/Lunch Entrées

Served with homefries or house salad.

Served until 3pm.

Eggs Benedict

poached eggs & ham on a toasted english muffin with authentic hollandaise sauce 10.50

Eggs Florentine

poached eggs, spinach & mushrooms on a toasted english muffin with authentic hollandaise sauce 10.50

Eggs Southwestern

poached eggs & smoked salmon on a toasted english muffin with authentic hollandaise sauce & jalapenos 11.25

Western Omelette in a Wrap

an omelette with monterey jack cheese, roasted red peppers & ham in a whole wheat wrap 9.75

Frittata

an open-faced omelette, topped with a roasted red onion & your choice of:

- *sundried tomato & goat cheese*
- *ham, brie & roasted red peppers*
- *spinach, mushrooms, grape tomatoes and mozzarella cheese*
- *chorizo sausage, monterey jack cheese & tomato salsa 11.50*

Perogies

served with sour cream & two eggs any style 7.75

- *with multi-grain toast add 1.95*
- *bacon, sausage or ham add 2.75*

The Express

two eggs any style with multi-grain toast, homefries & coffee 6.95

with bacon, sausage or ham 7.95

with fresh fruit in place of homefries add 3.75

Huevos Rancheros

two fried eggs, veggie chili, homefries & crispy corn tortillas topped with monterey jack cheese 12.00

Breaded Baby Beef Liver

two eggs any style, bacon, caramelized onions & homefries 12.75

Brunch Burger

our classic burger topped with bacon, cheese & a fried egg, served with your choice of our mixed greens salad or homefries 12.75

Burgers

Served with your choice of daily soup, house salad or fresh cut fries.

Spicy Veggie Burger

*Windmills classic chickpea patty with tomatoes, onion, mustard & sprouts 9.25
with cheese add 1.50*

Classic Hamburger

*with lettuce, tomatoes, onion, pickle, mustard & mayonnaise 9.75
with bacon or cheese add 1.50*

Gourmet Beef Burger

topped with pancetta, brie, greens, red onions, tomato & roasted red pepper aioli 14.00

Chef's Favourite Burger

local ground beef stuffed with mushroom & fontina cheese, topped with slow roasted tomatoes, crispy onions, gribiche sauce & patchwork garden's green, on a foccacia bun 15.00

Lunch Plates

Served with fresh fruit, vegetables & a toasted whole wheat bagel.

Cream Cheese Plate 9.25

Hummus Plate 9.25

Smoked Salmon & Cream Cheese Plate 11.50

We use fresh local ingredients whenever possible.

We use zero trans fat oil.

Please inform your server of any food allergies.