

APPETIZERS

Chicken Quesadilla 14.95 (720 Cals)
Grilled chicken, green peppers, onions, mozzarella and cheddar cheese in a tomato basil tortilla. Served with sour cream & salsa.

Steak Bites 16.95 (820 Cals)
Tender, pan seared morsels of beef in an asian inspired marinade; with korean BBQ dipping sauce.

G Gluten friendly without korean BBQ dipping sauce (reduce 60 Cals)

Golden Battered Portobello Mushrooms
Fresh cut Portobello mushroom caps dipped in batter and fried crispy golden. Served with sriracha mayo. 12.95 (520 Cals)

Chicken Wings 15.45 (570 Cals)
A full pound of plump roaster wings with celery, carrot sticks and blue cheese dip. Add your choice of BBQ (60 Cals) or Honey Garlic (60 Cals), Hot (10 Cals) or Sweet & Spicy Thai (70 Cals).

Calamari 14.95 (410 Cals)
Lightly breaded rings-cooked golden brown. Served with cocktail sauce.

Warm Spinach Dip 13.95 (1050 Cals)
Topped with feta & cheddar cheese. Served with toasted pita bread.

Flatbread & Poutine

Bruschetta Flatbread 12.45 (830 Cals)
Diced tomatoes, onions, seasonings, mozzarella and goat cheese with a balsamic reduction.

Grilled Vegetable Flatbread 13.95 (610 Cals)
Grilled zucchini, sautéed mushrooms & onions, roasted red peppers, seasoned tomatoes, mozzarella & goat cheese with a balsamic drizzle.

Classic Poutine 9.95 (490 Cals)
A generous portion of French fries topped with traditional cheese curds and beef gravy.

Butter Chicken Poutine 12.95 (760 Cals)
Crispy french fries smothered in our delicious butter chicken sauce.

SANDWICHES

All Sandwich Section Items served with Mediterranean Side Salad (G) or your choice: Caesar Salad (- 60 Cals), Fries (G) (+ 120 Cals) or Housemade Tuscan Soup (- 40 Cals). Substitutions: Sweet Potato Fries (G), Vegetable Medley Fries, Onion Rings (- 20 Cals), or French Onion Soup (+ 200 Cals) additional 1.50 each

California Chicken Sandwich on a gourmet bun
Grilled chicken breast layered with sriracha mayo, guacamole, black beans, cheddar, bacon, lettuce, tomato, red onion and pickles. 17.95 (860 Cals)

Chicken Bacon Club on a home style ciabatta bun
Delicious grilled chicken breast, crispy bacon, lettuce & tomato. 16.95 (450 Cals)

Chicken Parmesan Sandwich on a gourmet bun
Tender chicken breast rolled in our housemade breading, lightly fried & tossed in marinara sauce; topped with sautéed mushrooms, roasted red peppers and mozzarella. 17.95 (800 Cals)

BURGERS

Includes Mediterranean Salad (G)

Symposium Burger
Our classic Symposium 8 oz Burger. 15.45 (480 Cals)

Beyond Meat Burger
6 oz plant protein Vegetarian Burger. *no gluten 16.45 (380 Cals)

Mediterranean Salad Substitutions: Sweet Potato Fries (G), Vegetable Medley Fries, Onion Rings (- 20 Cals), or French Onion Soup (+ 200 Cals) additional 1.50 each

Served on a toasted Bun and topped with lettuce, tomato, pickle and onions. Includes: Mediterranean Salad (G) OR your choice of: Caesar Salad (- 60 Cals), Fries (G) (+ 180 Cals) or Housemade Tuscan Soup (- 40 Cals)

BUILD YOUR BURGER MASTERPIECE

PICK A CHEESE Mozzarella (80 Cals) Cheddar (110 Cals) Swiss (110 Cals) 1.45 each

ADD TASTY VEGGIES Sautéed Onions (20 Cals) Sautéed Mushrooms (20 Cals) Roasted Zucchini (20 Cals) Hot Peppers (20 Cals) .95 each

A LITTLE EXTRA Extra Patty 6.25 (240 Cals) Beyond Meat Patty 6.25 (120 Cals) Bacon 1.45 (180 Cals) Ham 1.45 (140 Cals) Peameal Bacon 1.75 (40 Cals)

NOW TOP IT OFF Jack Daniel's Sauce (60 Cals) Guacamole (90 Cals) 3 Onion Rings (60 Cals) Housemade Bruschetta Mix (70 Cals) Housemade Coleslaw (60 Cals) Portobello Mushrooms (30 Cals) 1.25 each



SOUPS

French Onion 8.95 (350 Cals)
Topped with croutons and melted mozzarella cheese.

Broccoli & Cheddar 6.95 (360 Cals)
Traditional and delicious Broccoli soup with cheddar cheese.

Tuscan Tomato Bean Soup 6.95 (120 Cals)
Roasted tomatoes, vegetables & hearty beans in veggie broth.

SALADS

G **Cajun Shrimp Salad Bowl** 21.95 (360 Cals)
Plump blackened shrimp, grape tomatoes, chickpeas, sliced strawberries & pea shoots, served on crisp romaine lettuce.

Teriyaki Salmon Salad Bowl 21.95 (480 Cals)
Grilled Atlantic salmon loin with our signature teriyaki glaze, joined by ripe tomatoes, cucumber, broccoli, sliced mushrooms, green onion, pea shoots & crispy wontons on a bed of romaine lettuce.

G **BBQ Chicken Cobb Salad Bowl** 19.95 (1060 Cals)
Grilled BBQ chicken breast, crumbled bacon, grape tomatoes hardboiled egg & goat cheese. Served on crisp romaine lettuce.

Above salads served with choice of our Housemade Dressings: Ranch (180 Cals), Creamy Garlic & Parmesan (430 Cals), Spicy Italian Vinaigrette (370 Cals) or Clover Honey & Mustard Seed Vinaigrette (40 Cals). No substitutions will be made for ingredients.

G **Mediterranean Salad**
Crisp romaine lettuce tossed with homemade Mediterranean dressing; topped with grape tomatoes, cucumber, red onions, kalamata olives & feta cheese. 13.45 (340 Cals)

Caesar Salad
Crisp romaine salad with real bacon bits, croutons and our housemade creamy garlic & parmesan dressing. 12.95 (430 Cals)

Add Protein to your Mediterranean or Caesar Salad:
Salmon 8.00 (+ 250 Cals) Shrimp 7.00 (+ 160 Cals)
Steak 7.00 (+ 190 Cals) Chicken 6.00 (+ 230 Cals)

Fish Tacos
Lightly seasoned, delicately pan-fried Haddock fillet tucked into two warm tortilla shells with Asian cucumber slaw, shredded lettuce & piquant Thai glaze. 16.95 (680 Cals)

Chicken Caesar Wrap in a tomato basil tortilla
Grilled chicken breast strips with romaine lettuce, real bacon bits & creamy caesar dressing. 15.95 (700 Cals)

AS WE SAFELY REOPEN FOR DINING, HERE'S WHAT YOU CAN EXPECT TO SEE AT SYMPOSIUM:

CARE for HEALTHY TEAM MEMBERS

daily temperature checks

PROTECTIVE EQUIPMENT

masks to be worn by all team members

FREQUENT HANDWASHING

and hand sanitizing stations throughout

SOCIAL DISTANCING




seating areas modified for your safety

CLEANING PROCEDURES

your table disinfected before your visit

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. Any add-ons or substitutions add indicated calories to total calorie count. All items identified with (G) are considered gluten friendly; however, the possibility of cross contact with gluten items does exist. Please notify management if you have allergies.

“Over the Top” Sandwiches

A heaping serving onto a toasted roll or into a tomato tortilla
Served with Mediterranean Side Salad  or your choice: Caesar Salad (- 60 Cals), Fries  (+ 120 Cals) or Housemade Tuscan Soup (- 40 Cals).
Substitutions: Sweet Potato Fries , Vegetable Medley Fries, Onion Rings (- 20 Cals), or French Onion Soup (+ 200 Cals) additional 1.50 each

“Over the Top” Steak Sandwich

BBQ steak bites, green peppers, red onions & tomatoes with garlic sauce drizzle. 19.95 (920 Cals)

“Over the Top” Chicken Sandwich

Diced marinated chicken, peppers, onions & cilantro with garlic sauce drizzle. 18.95 (930 Cals)

“Over the Top” Vegetarian Sandwich

A flavourful mixture of portobello mushrooms, black beans, green peppers, tomatoes, red onions and cilantro with a garlic sauce drizzle. 16.95 (800 Cals)

BOWLS

Mediterranean Zucchini Noodle Bowl

(Ideal pairing: Sauvignon Blanc)

Spiralled, fresh zucchini noodles sautéed in olive oil with grape tomatoes, kalamata olives, feta cheese. Served with garlic bread. 15.95 (480 Cals)

Add Protein to your Zucchini Bowl:

Shrimp 7.00 (160 Cals) Chicken 6.00 (230 Cals)
Steak 7.00 (190 Cals) Salmon 8.00 (250 Cals)

Teriyaki Chicken Rice Bowl

(Ideal pairing: Sauvignon Blanc)

Succulent chunks of chicken breast, stir-fried in gingery teriyaki sauce, on a bed of Basmati rice, vegetables & pineapple with crisp green onion & sesame seeds. 17.95 (1050 Cals)

Butter Chicken Rice Bowl (Ideal pairing: Chardonnay)

Juicy chunks of boneless chicken breast & caramelized onions simmered in sweet tomato & curried cream. Served over basmati rice with toasted pita. 17.95 (1320 Cals)

Vegetarian Pad Thai (Ideal pairing: Moscato)

Spicy Pad Thai with julienned vegetables and rice noodles. Topped with scrambled eggs and peanuts. 17.95 (1380 Cals)

Add Protein to your Pad Thai:

Shrimp 7.00 (160 Cals) Chicken 6.00 (230 Cals)
Steak 7.00 (190 Cals) Salmon 8.00 (250 Cals)

ENTREES

Fire Grilled Jack Daniel’s Petit Filet

(Ideal pairing: Shiraz)

9 oz petit filet of beef, grilled, sliced and fanned out on the plate. Brushed with our signature J.D. BBQ glaze, sided by Yukon Gold mashed potatoes & seasonal vegetables. 23.95 (860 Cals)

Add Wild Mushroom Demi-Glace 3.50 (45 Cals)

Add Garlic Sautéed Shrimp 7.00 (320 Cals)

Chicken Souvlaki Dinner (Ideal pairing: Pinot Grigio)

Garlic, lemon and oregano marinated chicken on skewers. With salad, rice and tzatziki sauce. 22.45 (830 Cals)

Chicken Parmesan (Ideal pairing: Valpolicella)

Lightly breaded chicken breast covered in marinara sauce and mozzarella. With fettuccine noodles. 21.95 (1690 Cals)

Teriyaki Grilled Salmon (Ideal pairing: Chardonnay)

Grilled Atlantic salmon with gingery teriyaki sauce, crisp green onion and sesame seeds. Served with rice and vegetables. 23.95 (1080 Cals)

Rib Dinner (Ideal pairing: Syrah)

A full rack of “fall off the bone” back ribs basted in BBQ sauce: served with crisp french fries & coleslaw. 29.95 (2400 Cals)


Ribs & Wings Dinner (Ideal pairing: Syrah)

A half rack of our delicious BBQ back ribs with 1 pound of plump roaster wings tossed in your choice of sauce. Served with crisp french fries and coleslaw. 28.95 (2700 Cals)

Pasta

Fettuccine Alfredo (Ideal pairing: Chardonnay)

Fresh mushrooms with al dente noodles tossed in housemade Alfredo sauce. 16.95 (1640 Cals)

 Substitute rice noodles. (1520 Cals)

Add Protein to your Fettuccine Alfredo:


Shrimp 7.00 (160 Cals) Chicken 6.00 (230 Cals)
Steak 7.00 (190 Cals) Salmon 8.00 (250 Cals)

Coconut Chicken Fettuccine (Ideal pairing: Chardonnay)

Tender strips of chicken and sautéed vegetables in a coconut mango cream sauce. Tossed with fettuccine and served with a toasted garlic baguette. 17.95 (1390 Cals)

Seafood Pasta (Ideal pairing: Rosé)

Sautéed shrimp, salmon and baby clams in a rosé sauce with fettuccine noodles. 22.95 (1590 Cals)

 Substitute rice noodles. (1220 Cals)

Fettuccine Primavera (Ideal pairing: Sauvignon Blanc)

Mixed spring vegetables sautéed in olive oil, garlic & basil in a white wine sauce. Tossed with fettuccine noodles and served with a toasted garlic baguette. 15.95 (1160 Cals)

“MEAT” AND POTATOES

Served with a side of crispy french fries and housemade coleslaw.

Steak Bites and Fries

Pan seared in asian inspired marinade with korean BBQ dipping sauce. 19.45 (1100 Cals)

Chicken Wings and Fries 17.95 (1190 Cals)

One full pound of plump roasters wings with your choice of sauce.

Chicken Tenders and Fries 17.45 (1670 Cals)

Hand breaded, seasoned chicken tenders with sriracha mayo.

Golden Battered

Portobello Mushrooms and Fries

Plump Portobello mushroom caps battered and golden fried. Served with sriracha mayo. 15.95 (980 Cals)

Fish and Chips 2-Piece - 16.95 (1400 Cals)

English Style battered Haddock fillets.

Add a third piece 6.00 (560 Cals)

Calamari and Fries

Lightly breaded rings, cooked golden brown.

Served with cocktail sauce. 16.45 (690 Cals)

Cajun Dusted Shrimp and Fries

Lightly dusted fried shrimp served with a spicy thai Sauce. 18.95 (750 Cals)

BEVERAGES

Fruit Freezies

Fresh fruit blended with ice. Select one fruit or create your own unique combination of Strawberry (40 Cals), Banana (100 Cals), Raspberry (60 Cals), Blueberry (70 Cals), Blackberry (50 Cals) or Pineapple (60 Cals) 4.95 (90-150 Cals)

European Soda 3.95 (80 Cals)

A light and refreshing soda beverage in delicious fruit flavours including peach, mango, strawberry raspberry & kiwi.

Ask for your favourite.

Evian Spring Water (330ml) 3.45 (0 Cals)

Badoit Mineral Water (330ml) 3.45 (0 Cals)

San Pellegrino Sparkling (750 ml) 6.45 (0 Cals)

Pop

Coke (140 Cals), Diet Coke (0 Cals)

Ginger Ale (120 Cals), Sprite (140 Cals) \$3.50

