



DINNER

Available 4pm-close

APPETIZERS



Spinach Dip

Spinach Dip 🌿 tender spinach, spices, creamy cheeses, toasted pita 17.25 (1050 Cals)

Veggie Flatbread 🌿 roasted red pepper, zucchini, tomato, mushroom, basil, onion, goat cheese & mozzarella, balsamic reduction 17.25 (610 Cals)

Bruschetta Flatbread 🌿 tomato, basil, onion, garlic, goat cheese, mozzarella, balsamic reduction 17.25 (830 Cals)

Wings with crudites & choice of sauce 19.95 (570 Cals)

Choice of Wing Sauces:

- Garlic Parm (40 Cals)
- Sweet & Spicy Thai (70 Cals)
- BBQ (60 Cals)
- Honey Garlic (60 Cals)
- Hot (10 Cals)

Dusted Calamari served with cocktail sauce 18.45 (410 Cals)

Seasoned Shrimp served with garlic aioli 18.95 (340 Cals)

Tomato Basil Mussels served with garlic toast 18.95 (490 Cals)

Truffle Steak Bites served with garlic aioli 24.45 (830 Cals)

Cajun Quesadilla spiced chicken, bell peppers, onion & blended cheeses 18.95 (720 Cals)

Chicken Tenders served with spiced aioli 19.45 (1670 Cals)

Classic Poutine golden fries, gravy, cheese curds 12.95 (490 Cals)

Truffle Parm Fries 🌿 truffle oil, parmesan, garlic aioli 13.95 (300 Cals)

BURGERS

All Burgers served on a toasted bun with lettuce, tomato, pickle & onion. Served with Mediterranean side Salad*

Symposium Burger two patties of premium Angus Chuck with Symposium's signature burger sauce 19.95 (480 Cals)

Symposium Single Burger single patty of premium Angus Chuck with signature burger sauce 15.95 (300 Cals)

"Beyond Meat"™ Burger 🌿 plant-based protein 18.95 (380 Cals) 🍷 gluten free bun available

Add Cheese Mozzarella (80 Cals) Cheddar (110 Cals) Swiss (110 Cals) 2.00 each

Add Veggies Hot Peppers, Roasted Zucchini, Sautéed Onions or Mushrooms (20 Cals) .95 each

Add Meat Bacon 2.00 (180 Cals), Peameal Bacon 2.25 (40 Cals)

Add Extras Bacon Jam (90 Cals), Guacamole (90 Cals), Coleslaw (60 Cals), Housemade Bruschetta Mix (70 Cals), Jack Daniel's Sauce (60 Cals) 1.25 each, Onion Rings 2.00 (60 Cals)

*Substitute Mediterranean side Salad, at no charge, with: Fries (+120 Cals), Caesar side Salad (+60 Cals) or Tuscan Tomato Bean Soup (-40 Cals) Substitute Sweet Potato Fries (+160 Cals) or Onion Rings (-20 Cals) +1.50 each, Poutine (+240 Cals) +3.00

SOUPS & SALADS

Dressings: Choose from: Ranch (180 Cals), Italian Vinaigrette (370 Cals), Creamy Garlic & Parmesan (430 Cals), Creamy Southwest (430 Cals) or Clover Honey & Mustard Seed Vinaigrette (40 Cals)

Creamy Broccoli Cheddar Soup creamy blend of broccoli & cheddar 8.95 (360 Cals)

Tuscan Tomato Bean Soup 🌿 hearty beans, vegetables & tuscan herbs 8.95 (120 Cals)

Chicken Cobb Salad 🍷 BBQ chicken, romaine, bacon, hard boiled egg, tomato, cucumber, goat cheese & pea shoots. Choice of dressing 23.95 (1060 Cals)

Teriyaki Salmon Salad grilled salmon, teriyaki glaze, romaine, tomato, cucumber, broccoli, mushroom, pea shoots & wonton. Choice of dressing 26.45 (480 Cals) Without wonton 🍷

Spiced Rubbed Chicken Salad spiced chicken, romaine, bacon, parmesan, croutons, creamy garlic dressing 21.45 (450 Cals)

Pineapple Sunset Salad 🌿 mixed greens, grilled spiced pineapple, avocado, red onion, feta, tomato, cilantro, wonton & southwest dressing 19.95 (390 Cals) Without wonton 🍷

Mediterranean Salad 🌿 🍷 cucumber, tomato, feta, red onion, green pepper, romaine & kalamata olives, with our signature homemade dressing 15.95 (340 Cals)

Caesar Salad romaine, bacon, seasoned croutons & parmesan with our signature creamy dressing 14.95 (430 Cals)

Boost your Mediterranean or Caesar Salad with protein:

- Chicken 7.50 (230 Cals)
- Salmon 10.00 (250 Cals)
- Shrimp 9.00 (120 Cals)
- Steak 10.00 (190 Cals)



Chicken Cobb Salad



MAINS

Braised Short Ribs adobo spiced teriyaki sauce, pineapple salsa, roast potatoes, seasonal vegetables 34.95 (1020 Cals)

JD Petit Filet Jack Daniel's glazed Teres Major tenderloin, roasted potatoes, seasonal vegetables 33.95 (860 Cals)

Golden Battered Fish & Chips haddock filets, fries, coleslaw, tartar sauce 21.95 (1400 Cals)

Grilled Teriyaki Salmon with rice & vegetables 28.45 (1080 Cals)

Pesto Salmon grilled salmon drizzled with pesto cream sauce, served with rice and seasonal vegetables 28.45 (1140 Cals)

Chicken Souvlaki chicken skewers, herbed rice, tzatziki sauce, mediterranean salad 26.95 (830 Cals)

Chicken Parmesan breaded chicken, melted mozzarella, & fettuccine in tomato basil sauce 25.95 (1690 Cals)

Spiced Rub Chicken Dinner spice rubbed tender chicken thighs with roast potato & seasonal vegetables 23.95 (940 Cals)

Butter Chicken Rice Bowl chicken simmered in house made sauce, served on basmati rice with pita 23.95 (1320 Cals)

Teriyaki Chicken Rice Bowl stir-fried in ginger teriyaki sauce, pineapple, onion, sesame seeds, basmati rice 24.95 (1050 Cals)

Seafood Pasta sauteed shrimp, mussels, salmon, clams, & fettuccine noodles in rosé sauce 29.95 (1220 Cals)



Pad Thai with added Shrimp

Vegetarian Pad Thai 🌱 spicy pad thai rice noodles, julienned vegetables, egg, peanuts, wonton 20.95 (1380 Cals)

Fettuccine Alfredo 🌱 fettuccine pasta, creamy alfredo sauce, mushrooms, basil & garlic toast 19.95 (1640 Cals)

Zucchini Noodles 🌱 with olives, feta, tomatoes & garlic toast 19.95 (480 Cals) Without garlic toast 🍞

Add Chicken, Shrimp, Salmon or Steak to Fettuccine Alfredo, Pad Thai, or Zucchini Noodles Dinner

Chicken 7.50 (230 Cals)
Shrimp 9.00 (120 Cals)

Salmon 10.00 (250 Cals)
Steak 10.00 (190 Cals)

HANDHELDS

Handhelds served with Mediterranean side Salad*

Fish Tacos haddock, pickled slaw, lettuce & tzatziki drizzled with thai sauce 20.95 (680 Cals)

California Sandwich char-grilled chicken, guacamole, bacon, black beans, cheddar, tomato, lettuce, onion, & spicy aioli, on a potato bun 25.95 (860 Cals)

Chicken Bacon Club grilled chicken, bacon, lettuce, tomato, on ciabatta bread 22.95 (450 Cals)

Garden Vegetable Wrap 🌱 avocado, chickpeas, roasted red pepper, goat cheese, pickled vegetables & tzatziki on a sundried tomato tortilla 19.95 (540 Cals)

Chicken Caesar Wrap spiced rubbed chicken, bacon, parmesan, creamy dressing, romaine on sundried tomato tortilla 20.95 (720 Cals)

*Substitute Mediterranean side Salad at no charge, with: Caesar side Salad (+60 Cals), Fries (+120 Cals) or Tuscan Tomato Bean Soup (-40 Cals)

Substitute Sweet Potato Fries (+160 Cals) or Onion Rings (-20 Cals) +1.50 each, Poutine (+240 Cals) +3.00



Fish Tacos

SIDES

Sweet Potato Fries 6.95 (640 Cals)
French Fries 5.95 (530 Cals)

Mediterranean or Caesar Salad 7.95 (140 Cals | 200 Cals)
Seasonal Vegetables 5.75 (190 Cals)

Roasted Potatoes 5.75 (360 Cals)
Herbed Rice 5.75 (530 Cals)

No substitutions will be made for ingredients.

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. 🌱 indicates vegetarian menu item. All items identified with 🍞 are made gluten free; however due to the possibility of cross contact with items we consider those items gluten-friendly. Please notify management if you have allergies.