APPETIZERS
Calamari Lightly breaded, golden brown rings with cocktail sauce 16.95 (410 Cals)
Dusted Shrimp Lightly dusted fried shrimp served with tangy Thai sauce. 18.95 (340 Cals)
Pita and Dips Hummus and yogurt served with toasted pita, celery and carrot sticks 11.95 (240 Cals)
Warm Spinach Dip Topped with feta & cheddar cheeses; served with toasted pita bread. 15.95 (1050 Cals)
Mussels Marinara One pound of mussels cooked in white wine marinara sauce; with garlic toast. 17.95 (330 Cals)
Mussels Florentine One pound of mussels cooked in white wine cream sauce with spinach & parmesan cheese; with garlic toast. 19.95 (700 Cals)
Golden Battered Portobello Fresh cut portobello mushroom caps, dipped in batter and fried crispy golden; with sriracha mayo. 14.95 (520 Cals)
Bacon & Onion Perogies Traditional pan-fried potato onion perogies with caramelized onions & bacon; served with sour cream. 13.95 (630 Cals) 9 pieces
Chicken Quesadilla Grilled chicken, green peppers, onions, mozzarella & cheddar cheeses in a tomato basil tortilla; with sour cream & salsa. 18.95 (720 Cals)
Steak Bites Tender, pan seared morsels of beef in Asian inspired marinade, with Korean BBQ dipping. 22.95 (820 Cals) without Korean BBQ dipping sauce. (-60 Cals)
Chicken Wings A full pound of plump wings with vegetable sticks and blue cheese dip. 17.95 (570 Cals) Your choice of sauce: BBQ or Honey Garlic (60 Cals), Hot (10 Cals) or Sweet & Spicy Thai (70 Cals)

FLATBREAD & POUTINE
Bruschetta Flatbread Diced tomatoes, onions, seasonings, mozzarella and goat cheeses with balsamic reduction. 14.95 (830 Cals)
Grilled Vegetable Flatbread Grilled zucchini, sauteed mushrooms & onions, roasted red peppers, seasoned tomatoes, mozzarella & goat cheeses, with balsamic drizzle 15.95 (610 Cals)
Chicken Pesto Flatbread A delicious combo of pesto, grilled chicken, artichoke hearts, and goat cheese. 15.95 (710 Cals)
Classic Poutine A generous portion of french fries topped with traditional cheese curds & beef gravy 12.95 (490 Cals)
Butter Chicken Poutine Crispy french fries topped with butter chicken. Green onion garnish. 15.95 (760 Cals)

SALADS
Bowl Salads served with choice of Housmaded Dressing: Ranch (180 Cals), Italian Vinaigrette (370 Cals), Creamy Garlic & Parmesan (430 Cals) or Clover Honey & Mustard Seed Vinaigrette (40 Cals)

- Aligare Chicken Salad Bowl Marinated, grilled chicken thighs, grape tomatoes, black beans, sliced mushrooms & pea shoots. Served over romaine lettuce. 19.95 (570 Cals)
- Teriyaki Salmon Salad Bowl Grilled Atlantic salmon loin with our signature teriyaki glaze; with ripe tomatoes, cucumber, broccoli, sliced mushrooms, green onion, pea shoots & crispy wontons. Served on romaine. 22.95 (480 Cals)
- BBQ Chicken Cobb Salad Bowl Grilled BBQ chicken breast, crumbled bacon, hard boiled egg, goat cheese, grape tomatoes, cucumbers & pea shoots. Served on romaine. 19.95 (1060 Cals)
- Caesar Salad Crisp romaine lettuce with real bacon bits, croutons, & housemade creamy garlic parmesan dressing 14.95 (430 Cals)
- Mediterranean Salad Grape tomatoes, cucumber, green pepper, red onion, kalamata olives & feta cheese on romaine; with homemade Mediterranean dressing. 15.95 (340 Cals)

Top your Mediterranean or Caesar Salad with your choice of added protein:
- Chicken 7.00 (230 Cals)
- Salmon 9.00 (250 Cals)
- Steak 7.00 (190 Cals)
- Shrimp 7.00 (120 Cals)

SOUPS
Broccoll & Cheddar Hearty, creamy broth 8.95 (360 Cals)
- Tuscan Tomato Bean Roasted tomatoes, vegetables & beans in vegetable broth. 7.95 (120 Cals)
- New England Clam Chowder Baby clams, potatoes, celery & onions in a rich creamy broth. 9.95 (570 Cals)
- Herb Roasted Chicken & Vegetable Herb roasted chicken, cubed, and simmered in hearty vegetable broth. 8.95 (180 Cals)

SANDWICHES
Chicken & Waffle Crispy, hand-breaded buttermilk marinated chicken breasts top a Belgian waffle. Served with coleslaw & waffle syrup. 19.95 (930 Cals)
- California Sandwich Grilled chicken breast with sriracha mayo, guacamole, black beans, cheddar, bacon, lettuce, tomato, red onion & pickle slice. Served on a gourmet bun. Choice of side. 19.95 (880 Cals)
- Chicken Bacon Club Delicious grilled chicken breast, crispy bacon, lettuce & tomato. Served on a ciabatta bun. Choice of side. 19.45 (450 Cals)
- Fish Tacos Lightly seasoned, delicately pan-fried haddock fillet tucked into two warm tortillas with Asian cucumber slaw, lettuce & Thai glaze. Choice of side. 18.95 (680 Cals)
- Chicken Parmesan Sandwich Tender chicken breast rolled in housemade breading & lightly fried. Tossed in marinara sauce and topped with sauteed mushrooms, roasted red peppers and mozzarella. Served on a gourmet bun. Choice of side. 19.95 (800 Cals)
- Chicken Caesar Wrap Grilled chicken strips with romaine lettuce, real bacon bits, & creamy caesar dressing in a tomato basil tortilla. Choice of side. 18.95 (700 Cals)
- Mediterranean Vegetable Wrap A combination of spinach dip & sweet potato, mixed with pesto, sauteed carrots, zucchini, onions, chick peas, and black beans. Tomato basil tortilla. Choice of side. 17.95 (520 Cals)
- Steak Sandwich Sliced petit filet cooked medium rare; with sauteed spinach, onions & mushrooms, and pesto spread on on charred bun. Choice of side. 19.95 (620 Cals)

- California Sandwich
- Chicken Caesar Wrap

All Sandwiches with “Choice of side” served with Mediterranean Salad or your choice of:
- Caesar Salad (-60 Cals), Fries (+120 Cals) or Soup: Tuscan Tomato Bean (40 Cals) or Herb Roasted Chicken Vegetate (+20 Cals)
- Substitute Mediterranean Salad with Sweet Potato Fries or Onion Rings +1.50 each (+ 20 Cals)
- Substitute Mediterranean Salad with Classic Poutine +3.00 (+240 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 additions 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.
**ENTREES**

- **Fire Grilled Jack Daniel’s Petit Filet** (wine pairing: Tempranillo) 9 oz Petit Filet of beef, grilled, sliced and fanned out on the plate. Brushed with our signature J.D. BBQ glaze. Sided by roast potatoes & seasonal vegetables. 28.95 (860 Cals)

- Complement with our flavourful Wild Mushroom Demi-Glace 3.50 (45 Cals)

- **Chicken Souvlaki Dinner** (wine pairing: Pinot Grigio) Garlic, lemon and oregano marinated chicken skewers with salad, rice and tzatziki sauce. 23.45 (830 Cals)

- **Chicken Parmesan** (wine pairing: Valpolicella) Lightly breaded chicken breast covered in marinara sauce and mozzarella. Served with fettuccine noodles. 22.95 (1690 Cals)

- **Portuguese Style Chicken Dinner** (wine pairing: Sauvignon Blanc) Marinated chicken grilled to perfection. Served with roast potatoes and seasonal vegetables. 23.45 (930 Cals)

**BURGERS**

- All Burgers served on a toasted gourmet bun & topped with lettuce, tomato, pickle, and onion. Served with Mediterranean Salad.

- **Symposium Burger** (wine pairing: Merlot) Burger Plant Protein 6 oz Vegetarian Burger 17.95 (380 Cals)

- Certified Angus Chuck double burger (two 4 oz patties) served with Symposium's signature burger sauce 17.95 (480 Cals)

- **Customize your burger:**
  - **Beyond Meat™** Burger Plant Protein
  - 6 oz Vegetarian Burger
  - Single Burger 13.95 (300 Cals)

**PASTA**

- **Seafood Pasta** (wine pairing: Rosé) Sauteed shrimp, salmon, baby clams, and mussels in a rose sauce and tossed with fettuccine noodles. 26.95 (1220 Cals)

- **Spinach & Mushroom Carbonara** (wine pairing: Merlot) Sauteed spinach, mushrooms and fettuccine tossed in parmesan cream. Contains eggs. 18.95 (1160 Cals)

- **Fettuccine Alfredo** (wine pairing: Chardonnay) Fresh mushrooms with al dente noodles tossed in housemade Alfredo sauce. 17.95 (1640 Cals)

- **Chicken Alfredo** 24.95 (1870 Cals) Steak Alfredo 24.95 (1830 Cals) Salmon Alfredo 26.25 (1890 Cals)

- **Shrimp Alfredo** 24.95 (1740 Cals) **Rice Noodle Alfredo** 17.95 (1520)

- **Pesto Fettuccine** Grilled zucchini, roasted red pepper, cherry tomatoes, kalamata olives, artichoke hearts, goat cheese, pesto sauce 17.95 (1020 Cals)

- **Shrimp Pesto Fettuccine** 24.95 (1140 Cals)

- **Vegetarian Pad Thai** (wine pairing: Pinot Grigio) Spicy Pad Thai with julienne vegetables & rice noodles. Topped with scrambled eggs and peanuts. 18.95 (1380 Cals)

- **Chicken Pad Thai** 25.95 (1610 Cals) **Steak Pad Thai** 25.95 (1570 Cals) **Salmon Pad Thai** 27.95 (1630 Cals) **Shrimp Pad Thai** 25.95 (1500 Cals)

**BOWLS**

- **Teriyaki Chicken Rice Bowl** (wine pairing: Sauvignon Blanc) Succulent chunks of chicken breast, stir-fried in ginger teriyaki sauce. On basmati rice with vegetables, pineapple, green onion & sesame seeds. 20.95 (1050 Cals)

- **Butter Chicken Rice Bowl** (wine pairing: Chardonnay) Juicy chunks of chicken breast and caramelized onions simmered in sweet tomato & curried cream. On basmati rice with toasted pita. 20.95 (1320 Cals)

- **Steak Sti-Fry Bowl** (wine pairing: Pinot Noir) Pan fried steak bites, green pepper, onion & tomato with garlic sauce drizzle on basmati rice. Mildly spicy gravy. 22.95 (920 Cals)

- **Chicken Sti-Fry Bowl** (wine pairing: Chardonnay) Sauteed marinated chicken, bell pepper, tomato, onion and cilantro with garlic sauce drizzle. On basmati rice. Mildly spicy gravy. 20.95 (930 Cals)

- **Vegetarian Sti-Fry Bowl** (wine pairing Pinot Noir) A flavourful mix of pan fried portobello mushroom, black beans, bell pepper, tomato, red onion, and cilantro with garlic sauce drizzle. Served on basmati rice. Mildly spicy gravy. 19.95 (800 Cals)

- **Mediterranean Zucchini Noodle Bowl** (wine pairing: Sauvignon Blanc) Spiralized, fresh zucchini noodles sauteed in olive oil with grape tomatoes, kalamata olives, & feta cheese. Served with garlic toast 17.95 (480 Cals)

- **Chicken Zucchini Bowl** 24.95 (710 Cals) **Steak Zucchini Bowl** 24.95 (670 Cals) **Salmon Zucchini Bowl** 26.95 (730 Cals) **Shrimp Zucchini Bowl** 24.95 (600 Cals)

**MEAT & POTATOES**

- **Steak Bites & Fries** Pan seared in Asian inspired marinade. With Korean BBQ sauce. 24.95 (1100 Cals) without sauce (60 Cals)

- **Mussels Marinara and Fries** One pound of mussels in white wine marinara sauce. Served with garlic toast 19.95 (450 Cals)

- **Calamari & Fries** Lightly breaded rings cooked golden brown. Served with cocktail sauce 18.95 (750 Cals)

- **Chicken Tenders & Fries** Hand breaded, seasoned tenders with sriracha mayo. 17.95 (1670 Cals)

- **Chicken Wings & Fries** One pound of plump wings with your choice of sauce. 19.95 (1190 Cals)

- **Portobello Mushrooms & Fries** Plump portobello caps battered & golden fried. Served with sriracha mayo. 16.95 (980 Cals)

- **Fish & Chips** 2 Piece English style battered fillets. 19.95 (1400 Cals) Add a third piece 7.00 (560 Cals)

- **Southern Fried Chicken & Fries** Two buttermilk marinated chicken breasts in crunchy breading. Served with gravy 21.95 (1180 Cals)

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