

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 Portobellos** 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) **G** 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)



Dusted Shrimp



Chicken Wings



Warm Spinach Dip



Mussels Marinara

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)



Grilled Vegetable Flatbread



Butter Chicken Poutine

SALADS

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



BBQ Chicken Cobb Salad Bowl



Teriyaki Salmon Salad Bowl

SOUPS

- Broccoli & 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 (375 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 (860 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)
- G Vegetarian Wrap** A combination of chick peas, black beans, cauliflower, & tomato sauteed with Moroccan inspired spices; mixed with hummus and cilantro yogurt. Tomato basil tortilla. Choice of side. 18.95 (430 Cals)
- G 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 Vegetable (+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 add-ons or substitutions add indicated calories to total calorie count. **G** indicates vegetarian menu item. All items identified with **G** 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)



Fire Grilled Jack Daniel's Petit Filet



Portuguese Style Chicken Dinner





Teriyaki Grilled Salmon



Ribs & Wings Dinner

MEAT & POTATOES






Served with side of crispy french fries and housemade coleslaw. Substitute fries with classic poutine fries +3.00 (240 Cals)

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 (690 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)



Fish & Chips

PASTA

Seafood Pasta (wine pairing: Rosé) Sauteed shrimp, salmon, baby clams, and mussels in a rosé 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** 26.95 (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 julienned 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)



Seafood Pasta



Vegetarian Pad Thai



Mediterranean Zucchini Noodle Bowl



Butter Chicken Rice Bowl

BURGERS

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

Symposium Burger Certified Angus Chuck double burger (two 4 oz patties) served with Symposium’s signature burger sauce 17.95 (480 Cals)
 **Beyond Meat™** Burger Plant Protein 6 oz Vegetarian Burger 17.95 (380 Cals) **Single Burger** 13.95 (300 Cals)

CUSTOMIZE YOUR BURGER:



CHEESE	VEGGIES	A LITTLE EXTRA FLAVOUR
Mozzarella (80 Cals)	Sauteed Onions	Bacon 1.45 (180 Cals)
Cheddar (110 Cals)	Sauteed Mushrooms	Peameal Bacon 1.75 (40 Cals)
Swiss (110 Cals)	Roasted Zucchini	Onion Rings 1.25 (60 Cals/3)
1.45 each	Hot Peppers	Jack Daniel’s Sauce 1.25 (60 Cals)
	.95 each (20 Cals each)	

All Burgers 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 Vegetable (+20 Cals)
Substitute Mediterranean Salad with Sweet Potato Fries or Onion Rings +1.50 each (-20 Cals) or Classic Poutine +3.00 (240 Cals)

TOP IT OFF
Coleslaw (60 Cals)
Guacamole (90 Cals)
Portobello Mushroom (30 Cals)
Housemade Bruschetta Mix (70 Cals) 1.25 each



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.

