



LUNCH

Available 11am - 4pm
Monday to Friday

APPETIZERS & STARTERS



Veggie Flatbread

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

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

Chicken Tenders served with spiced aioli 19.45 (1670 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 ciabatta bread 18.95 (490 Cals)

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

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

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

Truffle Parm Fries 🌱 truffle oil, parmesan cheese & garlic aioli 13.95 (300 Cals)

SOUPS & SALADS

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 loin with teriyaki glaze, romaine, tomato, cucumber, broccoli, mushroom, pea shoots & wonton. Choice of dressing 26.45 (480 Cals) Without wonton 🍷

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

Pineapple Sunset Salad 🌱 mixed greens, grilled spiced pineapple, avocado, feta, tomato, cilantro, red onion, wonton, creamy 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)

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



Teriyaki Salmon Salad

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.



LUNCH MAINS

Grilled Teriyaki Salmon with rice and seasonal vegetables 28.45 (1080 Cals)

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

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

Fettuccine Alfredo 🌱 creamy alfredo sauce, mushrooms, basil 19.95 (1640 Cals)

Zucchini Noodles 🌱 with olives, feta, tomatoes & garlic toast 19.95 (480 Cals)

Add a Protein boost to your Fettuccine Alfredo or Zucchini Noodles:

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



Fish and Chips

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

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

HANDHELDS

Served with Mediterranean side Salad*

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 BLT 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 spice rubbed chicken, bacon, parmesan, creamy dressing & chopped romaine 20.95 (720 Cals)

Chicken Waffle crispy chicken breast, waffle, fries, table syrup 19.95 (930 Cals)

100% Pure Maple Syrup 3.50 (30 Cals)

*Substitute Mediterranean side Salad, at no charge, with choice of: 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



California Sandwich

BURGERS



Symposium Burger

Topped with lettuce, tomato, pickle & onion, on toasted bun, 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, Sauteed 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