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## sandwiches & wraps

wraps are available in whole wheat and tomato basil

the half and half ~ ½ sandwich & small soup or ½ house salad, 13.75

maple candied bacon, avocado & grilled chicken ~ fresh cucumber, arugula, red onion, sriracha aioli, multigrain, or wrap, 14



charred corn hummus & roasted jalapeno wrap ~ diced tomatoes, red onion, romaine & arugula, feta cheese, 13.75 *\*available as a wrap only*



fried egg in the 'peg sandwich ~ monterey jack, tomato, fresh avocado, spinach, sundried tomato aioli & a fried egg on marble rye, 14

grilled yellow fin tuna ~ sautéed portobello mushrooms & soya ginger reduction, pickled natural ginger, red onion, wasabi aioli, fresh arugula, croissant, 15  
*\*available as full sandwich only*

## inspired salads

soup & salad combo ~ ½ soup with ½ house salad or garlic caesar salad, served with pretzel bun, butter, 14



house salad ~ crisp mixed greens, red onion, tomato, cucumber, snap peas, house maple vinaigrette, aaa feta, 13.75

garlic caesar ~ crisp romaine lettuce, bacon, parmesan, balsamic croutons, 14



trailmix quinoa salad ~ grilled chicken, tuscan lettuce, plumped raisins, apricots, red onion, snap peas, coconut & roasted almonds, lemon yogurt dressing, 15



pear crunch salad ~ cabbage, fennel, celery, snap peas, roasted almonds, green onion, sunflower seeds & tangy ginger garlic vinaigrette, 13

**add** ~ seared 4oz yellowfin tuna, 8      grilled chicken breast, 6

## house soups

served with pretzel bun & aromatic butter... small, 6      large, 8

all prices are subject to pst & gst      table service \$9      minimum/person

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## sinsational burgers

the “big easy” chicken burger ~ grilled chicken breast, frank’s hot sauce, gooey mozzarella & cheddar cheese, maple walnut red onion slaw, lettuce, tomato, kaiser, 14

baba’s goat cheese, pickled beet & kale beef burger ~ beef burger, chevre, pickled red onion & beets, crispy kale, honey dill aioli, kaiser, 14

portobello beef burger ~ beef burger smothered in house bbq sauce, sautéed mushrooms, gooey monterey jack, tomato, lettuce, red onion, mayo, kaiser, 14

bacon cheddar ~ beef burger smothered in house bbq sauce, thick bacon, melted monterey jack, tomato, lettuce, red onion, mayo, kaiser, 14



vegetarian burger ~ house vegan patty smothered in bbq sauce, mayo, portobello mushrooms, monterey jack, lettuce, tomato, red onion, kaiser, 14  
**Go vegan without the cheese, mayo!**

## make it a platter...

small soup or salad, 4.50



house fries & pickle, 4.45



sweet potato fries & pickle, 5.85

*our house fries are a mix of white & sweet potato fries, served with chili mayo*

## all day

eggs benny ~ two poached eggs, english muffin, hollandaise, house hashbrown, with your choice of...

ham, 13.50

smoked salmon, 14.50



asparagus, 13.50

lobster poutine ~ house fries, mozzarella & aged white cheddar, dill hollandaise, 15.50

rich’s curried chicken fingers ~ house fries & pickle, 15.75

sweet potato fries & pickle, 17.95      house salad or garlic caesar salad, 17.95

17% gratuity will be applied to parties of 12 or more

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## sharing plates

from 17:00

**charcuterie board** ~ an ever changing selection of cured meats or sausages, caramelized onions, cheeses & crostini, pickled vegetables, 16

**asian wonton nachos** ~ seared rare yellow fin tuna, carrot & crisp cabbage, green onions, radish, fresh avocado, black sesame, sweet sriracha, 17

**mussels et frites** ~ atlantic mussels steamed in a choice of aromatic sauces, 17  
bacon, fennel, white wine          coconut curry thai



**mexi roasted jalapenos** ~ chevre, charred corn, shallot stuffed, guajillo pepper sauce, 14

**tandoori lamb chops** ~ broccoli & kraut chevre & brie gratin, roasted garlic & radish, crispy leek quinoa cake, 19.50

**duck 'n' blueberries** ~ juniper scented duck breast choppette, horseradish potato croquette, roasted carrot purée, shaved fennel, blueberry gastrique, 19

## sides



sweet potato fries, 7.50

garlic cheese toast, 6.50

quinoa bread, toasted, 1.85



house fries, 6.75

chili mayo, 1.25

gravy, 3

½ house, caesar salad, 7.75

maple walnut slaw, 3.25

## our bakery

experience our famous 100% scratch made, daily rotating dessert case!

*see our dessert take-out menu to order that special occasion cake or torte for your gathering*

please inquire for large group bookings      [info@dessertsinsations.com](mailto:info@dessertsinsations.com)



gluten sensitive



vegetarian

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