



# REGULAR MENU Mon-Fri from 11am Sat & Sun 4pm-close

## APPETIZERS

**Spinach Dip** 🌱 tender spinach, spices, creamy cheeses, toasted pita 16.95 (1050 Cals)

**Dusted Calamari** served with cocktail sauce 16.95 (410 Cals)

**Veggie Flatbread** 🌱 roasted red pepper, zucchini, tomato, mushroom, basil, onion, goat cheese & mozzarella, balsamic reduction 15.95 (610 Cals)

**Bruschetta Flatbread** 🌱 tomato, basil, red onion, garlic, goat cheese, mozzarella, balsamic reduction 14.95 (830 Cals)

**Wings** with crudites, blue cheese dressing & sauce 18.95 (570 Cals)

**Choice of Wing Sauces:**

Garlic Parm	(40 Cals)
BBQ	(60 Cals)
Honey Garlic	(60 Cals)
Hot	(10 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)

**BBQ Chicken Cobb Salad** 🍷 BBQ chicken, romaine, bacon, hard boiled egg, tomato, cucumber, goat cheese & pea shoots. Choice of dressing 22.95 (1060 Cals)

**Teriyaki Salmon Salad** grilled salmon, teriyaki glaze, romaine, tomato, cucumber, broccoli, mushroom & pea shoots. Choice of dressing 25.95 (480 Cals) 🍷

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

**Mediterranean Salad** 🌱 🍷 cucumber, tomato, feta, red onion, green pepper, romaine & kalamata olives, with our signature homemade dressing 14.95 (340 Cals)

**Caesar Salad** romaine, bacon, seasoned croutons & parmesan with our signature creamy dressing 13.95 (430 Cals)

**Add Chicken, Shrimp or Salmon to your Mediterranean or Caesar Salad**

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



## HANDHELDS

Handhelds served with Mediterranean side Salad\*



**Chicken Parmesan Sandwich** Lightly breaded chicken breast coated in marinara sauce topped with mozzarella cheese on soft ciabatta bun 22.95 (1400 Cals)

**Philly Cheese Steak** shaved prime rib, sauteed with onions, green peppers & swiss cheese. Garlic aioli drizzle on a ciabatta bun 22.95 (620 cals)

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

**California Sandwich** char-grilled chicken, guacamole, bacon, black beans, cheddar, tomato, lettuce, onion, & spicy aioli, on a potato bun 24.95 (860 Cals)

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

**Fish Tacos** haddock, pickled slaw, lettuce & tzatziki drizzled with thai sauce 20.95 (680 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 (+140 Cals) +1.50 each, Poutine (+240 Cals) +3.00

## LUNCH SPECIALS

AVAILABLE MONDAY TO FRIDAY 11am – 3pm

**13.95**

**Half Flatbread and Salad** 🌱 choose from veggie or bruschetta flatbread. Served with Mediterranean 🌱 or Caesar salad (440-600 Cals)

**BLT (Bacon Lettuce and Tomato Sandwich)** crisp bacon, lettuce & tomato on wheat toast. Served with side mayo & fries (610 Cals)

**Garden Vegetable Wrap** 🌱 avocado, chickpeas, roasted red pepper, goat cheese, pickled vegetables & tzatziki on a sundried tomato tortilla. Served with fries (660 Cals)

**14.95**

**Haddock and Chips** battered golden brown haddock (1 piece) with crispy fries, tartar sauce and coleslaw (980 Cals)

**Symposium Single Burger & Fries** made in house with premium ground chuck. Served on a soft bun with tomato, lettuce, onion and pickle (300 Cals)

**Chicken Tenders & Fries** juicy strips coated in seasoned breading. Served with spiced aioli (1670 Cals)

Substitute Fries with: Mediterranean side Salad (-120 Cals), Caesar side Salad (-60 Cals), Tuscan Bean soup (-100 Cals) or Broccoli Cheddar soup (+140 Cals)

**16.95**

**Soup and Salad** large Broccoli Cheddar Soup or Tuscan Tomato Bean Soup 🌱, with choice of Mediterranean 🌱 or Caesar salad (260-560 Cals)

**Philly Cheese Steak** shaved prime rib, sauteed with onions, green peppers & swiss cheese. Garlic aioli drizzle on a ciabatta bun. Served with fries (740 Cals)

**Chicken Parmesan Sandwich** lightly breaded chicken breast coated in marinara sauce topped with mozzarella cheese on soft ciabatta bun. Served with fries (1400 Cals)

## MAINS

**New York Steak** 10oz steak grilled to order, topped with garlic herbed compound butter. Served with roast potatoes and seasonal vegetables 32.95 (920 Cals). Add Shrimp +9.00

**BBQ Ribs** a full rack of “fall off the bone” back ribs basted in BBQ sauce. Served with fries and coleslaw 32.95 (2400 Cals)

**BBQ Ribs & Wings** ½ rack of ribs & one pound of plump wings. Tossed in your choice of sauce. Served with fries and coleslaw 31.95 (2200 Cals)

**Braised Short Ribs** 🍷 braised beef short ribs topped with a homestyle barbeque tomato sauce. Served with roast potatoes and vegetables 32.95 (1020 Cals)

**Halibut Gnocchi** pan fried blackened halibut served over potato gnocchi; with sauteed tomatoes and mushrooms in a rosé sauce 28.95 (1720 cals)

**Grilled Teriyaki Salmon** 🍷 with rice & vegetables 26.95 (1080 Cals)

**Golden Battered Fish & Chips** 2 haddock filets, fries, coleslaw, tartar sauce 21.95 (1400 Cals)

**Chicken Parmesan Dinner** breaded chicken, melted mozzarella, & fettuccine in tomato basil sauce 24.95 (1690 Cals)

**Chicken Souvlaki Dinner** 🍷 chicken skewers, herbed rice, tzatziki sauce, mediterranean salad 25.95 (830 Cals)

**Chicken Tenders & Fries** served with spiced aioli 18.95 (1670 Cals)



## PASTAS & RICE BOWLS

**Seafood Pasta** sauteed shrimp, mussels, salmon, clams, & fettuccine noodles in rosé sauce 26.95 (1220 Cals)

**Fettuccine Alfredo** 🌱 fettuccine pasta, creamy alfredo sauce, mushrooms, basil & garlic toast 18.95 (1640 Cals)

**Zucchini Noodles** 🌱 with olives, feta, tomatoes & garlic toast 18.95 (480 Cals) Without garlic toast 🍷

**Teriyaki Chicken Rice Bowl** stir-fried chicken, vegetables, pineapple in ginger teriyaki sauce & tossed with basmati rice. Green onion, sesame seed garnish 22.95 (1050 Cals)

**Butter Chicken Rice Bowl** chicken simmered in house made sauce. Served on basmati rice with pita 22.95 (1320 Cals)

**Add Chicken, Shrimp or Salmon to Fettuccine Alfredo or Zucchini Noodles Dinner**

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

## BURGERS

All our Burgers are made in house with premium ground chuck & served with crispy fries\*

**Double Cheddar** two patties, cheddar cheese, lettuce, pickles, onions & special sauce 22.95 (770 Cals)

**Mushroom Double Swiss** swiss cheese, sauteed mushrooms, lettuce, pickles, onions, BBQ sauce 22.95 (790 Cals)

**Symposium Burger** two patties, lettuce, pickles, onions, tomato & signature sauce 19.95 (540 Cals)

**Single Burger** lettuce, pickles, onions, tomato & signature sauce 15.95 (300 Cals)

**ALL THE TOPPINGS**

Bacon	180 Cals	2.00	Coleslaw	60 Cals	1.25
Mozzarella	80 Cals	2.00	Guacamole	90 Cals	1.25
Cheddar	110 Cals	2.00	Hot Peppers	20 Cals	.95
Swiss	110 Cals	2.00	Roasted Zucchini	20 Cals	.95
Peameal Bacon	40 Cals	2.25	Sauteed Onions	20 Cals	.95
Onion Rings	60 Cals	2.00	Mushrooms	20 Cals	.95
Bruschetta Mix	70 Cals	1.25			

**“Beyond Meat”™ Burger** 🌱 plant-based protein topped with lettuce, pickles, onions, tomato & signature sauce. Served with crispy fries 19.95 (380 Cals)

\*Substitute Fries, at no charge, with Mediterranean side Salad (-120 Cals), Caesar side Salad (-60 Cals) or Tuscan Tomato Bean Soup (-80 Cals).

\*Substitute Sweet Potato Fries (+40 Cals) or Onion Rings (+20 Cals) for 1.50 each. Substitute with Poutine (+120 Cals) for 3.00

**Poutine Fries** 11.95 (490 Cals)

**Truffle Parm Fries** 11.95 (770 Cals)

**French Fries** 5.95 (530 Cals)

**Sweet Potato Fries** 6.95 (640 Cals)

## SIDES

**Side Caesar Salad** 7.95 (200 Cals)

**Side Mediterranean Salad** 8.45 (140 Cals)

**Onion Rings** 6.95 (240 Cals)

**Roast Potatoes** 5.75 (360 Cals)

**Seasonal Vegetables** 5.75 (190 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.