

# MAINS

## GRILLED TENDERLOIN 27

*Grilled Angus steak (8oz) with potato puree or fries, seasonal vegetables & sauteed chard*

*Served with your choice of sauce:*

Red Wine Jus or  Chimichurri

## PAN ROASTED ORGANIC CHICKEN BREAST 22

*Served with potato puree, sauteed seasonal vegetables & swiss chard*

*Your choice of sauce:*

 White wine reduction with shallots, tarragon and cream  
Asian twist with lemon, ginger and soy

## COCONUT CURRY SOUP 14

*Asian vegetables sauteed with ginger, garlic & curry. served with rice noodles in a spicy Thai coconut curry broth*

 ADD:  MARINATED TOFU 4 GRILLED MAHI 7 GRILLED CHICKEN 7

## TUNA POKE BOWL 20

*Spicy sesame tuna (line caught locally), jasmine rice, cucumber, avocado, daikon radish, carrot purple cabbage, broccoli, baby corn, snow peas, edamame & kimchi*

*Served with sesame ginger soy dressing*

## PAN ROASTED CATCH OF THE DAY 22

*Locally line caught fish, potato puree, sauteed seasonal vegetables & swiss chard*

*Served with your choice of sauce:*

 White wine reduction with shallots, tarragon and cream  
Asian twist with lemon, ginger and soy

## VEGETABLE STIR FRY 18

*Marinated tofu with sauteed Asian vegetables in a spicy citrus peanut sauce*

*Served with sticky jasmine rice*

## MUSHROOM PESTO LASAGNA 18

*Layers of gluten free lasagna noodles, sauteed mushrooms & spinach oven baked in a vegan pesto cream sauce*

## HOMEMADE CANNELONI

*Oven baked pasta tubes stuffed with sauteed spinach, ricotta & mozzarella*

*Served with your choice of sauce:*

Rose sauce: white wine, tomato, garlic, basil & cream 16

Bolognese: slow cooked beef & pork in rich tomato herb sauce 18

## DAL MAKHANI 18

*Black lentil & kidney bean "butter" curry slow cooked with fragrant Indian spices in coconut & cashew cream served with basmati rice and crispy papadam*

## CHICKEN TIKKA MASALA 18

*Grilled organic chicken breast marinated in yogurt and indian spices slow cooked in a rich fragrant tomato cream curry sauce, served with basmati rice and crispy papadam*



Vegan



Gluten Free

Please advise your server of any allergies or food restrictions

Prices do not include sales tax 13% or service charge 10%