

Lunch

Appetizers

Bruschetta \$9

fresh chopped tomatoes in a garlic and herb mixture on an oven baked pizza crust topped with feta cheese

Mikey's P.E.I Mussels \$9

a hill of mussels tossed in a spinach and roasted garlic cream sauce

Calamari Azione \$12

'azione' is Italian for 'share' which is what this generous serving is all about, 9oz of tender calamari deep fried in the Grill's own seasoning served with a side of chipotle mayo and balsamic baby greens

Voodoo Chicken Skewers \$9

tandoori chicken skewers with a spicy peanut sauce on a bed of baby greens

The Dirty Dozen Escargots \$9

'to hell with the traditional six, we're going to give you a dozen', escargots tossed in a roasted garlic and tarragon cream sauce piled on fresh puff pastry

Spring Rolls \$9

filled with an herb & cracked pepper goat cheese and julienne vegetables in a crispy wrapper on a spicy red thai chili sauce

Champignon Champion \$9

unbeatable - these grilled portobello mushrooms are topped with gorgonzola sauce and an herb and garlic olive oil, drizzled with a balsamic reduction

Crab Cakes \$10

the Grill's homemade crab cakes with a crispy cornmeal crust on a smoked tomato sauce topped with mango & red pepper relish

The Trio Dip Platter \$12

a warm asiago, spinach and artichoke dip, lemon dill humus, tzatziki sauce and roasted garlic with pita and flatbreads

Tokyo Shrimp \$9

tempura shrimp on an Asian slaw, drizzled with soya, ginger and hot wasabi mustard

Salads

Caesar Salad \$9

crisp hearts of romaine lettuce tossed in a creamy caesar dressing, topped with bacon, croutons and shards of parmesan cheese

Chinese Chicken Salad \$9

baby greens, napa cabbage, bean sprouts tossed in a sesame seed dressing and topped with teriyaki chicken and crispy tortillas

Upscale Greek Salad \$9

baby greens tossed in a balsamic dressing, topped with tomatoes, cucumbers, black olives, red onion and feta, served with tzatziki and fresh grilled pita

Pecan Spinach Salad \$9

baby spinach tossed in a tarragon dressing topped with roasted pears, chevre cheese and candied pecans

Lunch

Pasta

Third Degree Penne \$12

penne tossed in a spicy tomato basil sauce served with hot Italian sausage and topped with grated asiago cheese

Penne Tosca \$12

penne tossed in a light olive with grilled chicken, broccoli, fresh tomatoes and ricotta cheese

Linguini Primavera \$10

linguini tossed in a sun-dried tomato pesto with broccoli, yellow and green zucchini and red peppers

The Grill's World Famous Alfredo \$10

tri-colour fusilli tossed in a creamy alfredo and fresh parmesan cheese sauce add chicken \$3 add shrimp \$4

Frutti Di Mare \$13

linguini tossed in a fresh tomato basil sauce with shrimp, clams, mussels and calamari

The Grill's Asian Style Noodles \$13

udon noodles in a spicy teriyaki sauce with tender beef tips, broccoli, red peppers, baby bok choy and bean sprouts

Linguine Amore \$13

linguini tossed in pesto cream with pan seared shrimp and scallops, topped with fresh chopped red peppers

Risotto Pasana \$12

risotto simmered in a light chicken, tomato broth with hot Italian sausage, grilled chicken, red and green peppers finished with fresh parmesan cheese

Add a side salad with your pasta \$3.50

Grilled Sandwiches

The Italian Stallion \$13

breaded veal cutlet with sauteed mushrooms and onions, topped with provolone, served with a side of spicy tomato, basil sauce on a ciabatta bun

Chicken and Smoked Apple \$13

a balsamic and herb oven roasted chicken breast with sliced hickory smoked apples, red peppers and asiago cheese on marble rye served with scallion mayo

Tree Hugger \$12

grilled green and yellow zucchini, eggplant, red peppers and goat cheese on a toasted focaccia loaf served with red pepper coulis and scallion mayo

Black Angus Burger \$12

char-broiled 8 oz. Burger with lettuce, tomatoes, red onion and a pickle spear on a toasted ciabatta bun

The Sir Isaac Steak Sandwich \$13

7 oz N.Y Strip grill to your liking, glazed with an asian B.B.Q. sauce and topped with crispy tempura onions

Constantino's Deli Style Crostini \$13

this baby has only premium Italian cold cuts, hot calabrese salami, capicola, prosciutto, roasted red peppers, provolone cheese and lettuce served on Italian crusty bread and a side of honey mustard

All sandwiches are served with sweet potato fries or a side of baby greens.