

Soups & Appetizers

<i>Daily House-made Seasonal Soup or Vegetable Soup</i>	<i>Cup</i>	\$4.00
	<i>Bowl</i>	\$6.95
<i>Crudités and Dip</i> ♥		\$7.95
Seasonal crisp market vegetables served with ranch dip		
<i>Bowl of Mixed Spiced Nuts</i>		\$4.00
<i>Artisan Bruschetta</i>		\$6.95
Mix of tomato, basil, olive oil, red onion and feta cheese; served on toasted baguette		
<i>Tex Mex Nachos</i>		\$12.00
Tortilla chips topped with mozzarella cheese and jalapeño peppers; served with house-made salsa, sour cream and guacamole		
<i>With: Chicken Breast or Beef</i>	<i>Add</i>	\$5.00
<i>Quesadilla</i>		\$10.00
Flour tortilla filled with cheese and pico de gallo; served with sour cream, house-made salsa and guacamole		
<i>With: Chicken Breast, Seasoned Ground Beef or Shrimp</i>	<i>Add</i>	\$5.00
<i>Chicken Wings</i>		\$11.99
One pound with your choice of Medium, Hot, Honey Garlic, or Barbeque sauce; served with sour cream		
<i>Thai Chicken Drumettes</i>		\$12.99
One pound tossed in spicy Thai sauce; served with house-made peanut sauce and toasted sesame cucumber aioli		
<i>Mini Spring Rolls</i>	<i>6 pieces</i>	\$6.99
Japanese style filled with julienne vegetables; served with plum sauce		
	<i>12 pieces</i>	\$12.99
<i>Vegetable Tian</i> ♥		\$9.99
Layers of grilled zucchini, eggplant, roasted red pepper, roma tomato, portabella mushroom and goat cheese and served with grilled pita drizzled with balsamic reduction		
<i>Chicken Satay</i> ♥		\$12.95
Grilled chicken skewers served with house-made peanut sauce		
<i>Baked Ontario Brie</i>		\$12.95
Baked brie topped with poached pear, caramelized onion and served with toasted crustini		
<i>Deep Fried Calamari</i>		\$12.95
Dusted in Cajun flour, deep fried golden brown; served with green chutney aioli		
<i>Crab Cakes</i>		\$10.95
Crab meat blended with herbs, garlic and peppers then pan-fried and served with chipotle aioli		

<i>Combo Platter for 2 or More</i>	\$21.95
6 Wings, 6 spring rolls, ¼ lb. calamari and onion rings; served with ranch dip, plum sauce and chipotle mayonnaise	
<i>Basket of Fries</i>	\$4.95
Fresh hand-cut fried potatoes	
<i>Yam Frites</i>	\$5.95
Basket of sweet potato fries; served with chipotle aioli for dipping	
<i>Poutine</i>	\$9.90
Fresh hand-cut fries topped with cheddar cheese curds and finished off with hot house-made gravy	

Salads

<i>Grilled Vegetable Tian Salad</i> ♥	\$12.75
Layers of zucchini, eggplant, roasted red peppers, roma tomatoes, portabella mushrooms and goat cheese on a bed of mixed greens with a balsamic drizzle; served with pita bread	
<i>Grilled Thai Chicken Salad</i> ♥	\$13.95
Mixed green salad topped with julienne of vegetables, rice noodles and grilled chicken breast drizzled with soya vinaigrette	
<i>Grilled Shrimp & Avocado Salad</i> ♥	\$13.95
Mixed greens topped with skewers of grilled shrimp, fresh avocado, tomato, red onion and cilantro drizzled with a honey lime vinaigrette and served with mango salsa	
<i>Salade Niçoise</i> ♥	\$13.95
Mixed greens topped with flaked white tuna, green beans, grape tomatoes, black olives, and hard boiled egg; drizzled with lemon Dijon vinaigrette	
<i>Mixed Green Salad</i> ♥	Small \$4.20
Summer mixed greens; served with your choice of dressing	Large \$6.95
<i>Caesar Salad</i> ♥	Small \$5.25
Romaine lettuce, croutons, and turkey bacon bits tossed in our signature Caesar dressing	Large \$8.10
<i>Greek Salad</i> ♥	Small \$5.95
Romaine lettuce, tomatoes, cucumbers, red onions, green peppers, black olives, and feta cheese tossed in our homemade dressing	Large \$8.95
<i>Add a scoop of : Egg, Tuna or Salmon Salad</i> ♥	\$3.95

Sandwiches & Wraps

<i>Smoked Meat Sandwich</i>	\$8.50
Montreal style piled high on rye bread with mustard; served with coleslaw and dill pickle	
<i>Veggie Sandwich</i> ♥	\$5.95
Cream cheese, cucumber, tomatoes, spinach and roasted red pepper aioli	
<i>Steak on a Baguette</i>	\$13.95
Open face 6 oz. strip loin with peppercorn demi glaze and garnished with onion rings	
<i>Rideau View Club</i>	\$10.95
Salmon salad, egg salad, lettuce, cheddar cheese and tomato	
<i>Double Stacked Turkey Club</i>	\$10.95
Roasted turkey breast, cheddar cheese, tomato, lettuce, turkey bacon and mayonnaise	
<i>Beef Dip Sandwich</i>	\$9.95
House-roasted beef, caramelized onions, cheddar cheese on toasted baguette served au jus	
<i>Chicken Tandoori Wrap</i> ♥	\$9.95
Grilled marinated chicken, cucumber, tomato, lettuce and red onion in a flour tortilla with lime coriander mayonnaise	
<i>Fourage Wrap</i> ♥	\$10.95
Pita filled with lemon and garlic marinated chicken breast, red onion, lettuce, tomato, and tzaziki sauce; served with hummus and tabouleh	
<i>Grilled Cheese Sandwich</i>	\$4.95
<i>Grilled Tuna Sandwich</i> ♥	\$7.25
With Swiss cheese and roasted green peppers	
<i>Toasted Western Sandwich</i>	\$5.95
<i>Salmon Salad Sandwich</i> ♥	\$6.25
<i>Tuna Salad Sandwich</i> ♥	\$6.25
<i>Egg Salad Sandwich</i> ♥	\$4.95
<i>Sliced Turkey Sandwich</i> ♥	\$6.95
<i>Add sides:</i>	
<i>French Fries</i>	\$3.30
<i>Sweet Potato Fries</i>	\$3.75
<i>Onion Rings</i>	\$3.95
<i>Mixed Greens Salad</i>	\$4.20
<i>Small Caesar Salad</i>	\$5.25
<i>Small Greek Salad</i>	\$5.95

Burgers

Build Your Own Burger

Add to any burger: Turkey bacon, cheddar cheese, Havarti cheese, feta cheese or Swiss cheese... each \$1.95

Charbroiled Beef Burger \$8.00

8 oz. lean ground beef patty on toasted bun, with lettuce, tomato, onion and mayonnaise

Chicken Burger \$10.00

Marinated, charbroiled chicken breast on a bun with lettuce, tomato and chipotle mayonnaise

Mediterranean Lamb Burger \$11.00

Charbroiled 6 oz. ground lamb patty on a bun with lettuce, tomato, onion and tzaziki

Add sides:

<i>French Fries</i>	\$3.30
<i>Sweet Potato Fries</i>	\$3.75
<i>Onion Rings</i>	\$3.95
<i>Mixed Greens Salad</i>	\$4.20
<i>Small Caesar Salad</i>	\$5.25
<i>Small Greek Salad</i>	\$5.95

Pizza

Margherita \$14.95
Fresh mozzarella cheese, ripe tomatoes, tomato sauce and basil pesto

Chicken Rustica \$14.95
Sundried tomato pesto sauce, red onion marmalade, grilled chicken, roasted red pepper with mozzarella and goat cheeses

Chicken and Vegetables \$14.95
Grilled chicken, pesto sauce, broccoli, red onion, feta and mozzarella cheese

Yucatán \$14.95
Chipotle pizza sauce, fajita beef, hot peppers, mushroom and mozzarella cheese

Meat Lovers \$14.95
Tomato pizza sauce, smoked meat, turkey bacon, ground beef and mozzarella cheese

Grilled Veggie \$14.95
Tomato pesto pizza sauce, grilled vegetables with goat and mozzarella cheeses

Member Favourites

<i>Rideau View Hot Dog</i>		\$4.00
Jumbo beef hotdog served on a toasted bun		
<i>Beer Battered Fish</i>	1 piece	\$6.00
Beer battered cod served with coleslaw, tartar sauce and lemon		
	2 pieces	\$12.00
<i>Rideau View Liver and Sautéed Onions</i>		\$14.95
Pan fried beef liver topped with sautéed onions and house-made gravy; served with seasonal vegetables and potatoes		
<i>Chicken Parmesan</i>		\$15.95
Italian herb encrusted chicken breast topped with marinara sauce and mozzarella cheese; served with fettuccini alfredo and garlic toast		

Kid's Corner

<i>Fettuccini and Tomato Sauce</i>	\$6.95
<i>Cheese Pizza</i>	\$7.95
Topped with tomato sauce and mozzarella cheese	
<i>3 Piece Chicken Fingers</i>	\$7.95
Served with French fries & carrot sticks with dip	
<i>Grilled Cheese</i>	\$6.95
Served with French fries & carrot sticks with dip	

Menu Note: Please be advised that not all ingredients are listed, please notify your server about any food sensitivities or preferences.

 Heart Healthy Menu Choice