

APPETIZERS

Calamari 15.95 (410 Cals)
Lightly breaded, golden brown rings with cocktail sauce.

Chicken Quesadilla 15.95 (720 Cals)
Grilled chicken, green peppers, onions, mozzarella and cheddar cheese in a tomato basil tortilla. Served with sour cream & salsa.

Steak Bites 17.95 (820 Cals)
Tender, pan seared morsels of beef in an asian inspired marinade; with korean BBQ dipping sauce.

G Gluten friendly without korean BBQ dipping sauce (reduce 60 Cals)

Chicken Wings 16.45 (570 Cals)
A full pound of plump roaster wings with celery, carrot sticks and blue cheese dip. Add your choice of BBQ (60 Cals) or Honey Garlic (60 Cals), Hot (10 Cals) or Sweet & Spicy Thai (70 Cals).

Warm Spinach Dip 14.95 (1050 Cals)
Topped with feta & cheddar cheese. Served with toasted pita bread.

Golden Battered Portobello Mushrooms
Fresh cut Portobello mushroom caps dipped in batter and fried crispy golden. Served with sriracha mayo. 13.95 (520 Cals)

Flatbread & Poutine

Bruschetta Flatbread 13.45 (830 Cals)
Diced tomatoes, onions, seasonings, mozzarella and goat cheese with a balsamic reduction.

Grilled Vegetable Flatbread 14.95 (610 Cals)
Grilled zucchini, sautéed mushrooms & onions, roasted red peppers, seasoned tomatoes, mozzarella & goat cheese with a balsamic drizzle.

Classic Poutine 10.95 (490 Cals)
A generous portion of french fries topped with traditional cheese curds and beef gravy.

Butter Chicken Poutine 13.95 (760 Cals)
Crispy french fries smothered in our delicious butter chicken sauce.

SOUPS

French Onion 8.95 (350 Cals)

Broccoli & Cheddar 7.95 (360 Cals)

Tuscan Tomato Bean Soup 6.95 (120 Cals)
Roasted tomatoes, vegetables & hearty beans in veggie broth.

SALADS

Bowl salads served with choice of Housemade Dressings: Ranch (180 Cals), Creamy Garlic & Parmesan (430 Cals), Spicy Italian Vinaigrette (370 Cals) or Clover Honey & Mustard Seed Vinaigrette (40 Cals).

G **Cajun Shrimp Salad Bowl** 22.95 (360 Cals)
Plump blackened shrimp, grape tomatoes, chickpeas, sliced strawberries & pea shoots, served on crisp romaine lettuce.

Teriyaki Salmon Salad Bowl 22.95 (480 Cals)
Grilled Atlantic salmon loin with our signature teriyaki glaze, joined by ripe tomatoes, cucumber, broccoli, sliced mushrooms, green onion, pea shoots & crispy wontons on a bed of romaine lettuce.

G **BBQ Chicken Cobb Salad Bowl** 20.95 (1060 Cals)
Grilled BBQ chicken breast, crumbled bacon, grape tomatoes hardboiled egg & goat cheese. Served on crisp romaine lettuce.

No substitutions will be made for ingredients.

G **Mediterranean Salad**
Crisp romaine lettuce tossed with homemade Mediterranean style dressing; topped with grape tomatoes, cucumber, red onions, kalamata olives & feta cheese. 14.45 (340 Cals)

Add Protein to your Mediterranean or Caesar Salad:
Salmon 8.00 (+ 250 Cals) Shrimp 7.00 (+ 160 Cals)
Steak 7.00 (+ 190 Cals) Chicken 6.00 (+ 230 Cals)

Caesar Salad
Crisp romaine salad with real bacon bits, croutons & our housemade creamy garlic and parmesan dressing. 13.95 (430 Cals)

SANDWICHES

All Sandwich Section Items served with Mediterranean Side Salad (G) or your choice: Caesar Salad (- 60 Cals), Fries (G) (+ 120 Cals) or Housemade Tuscan Soup (- 40 Cals). Substitutions: Sweet Potato Fries, Onion Rings (- 20 Cals), or French Onion Soup (+ 200 Cals) additional 1.50 each. Substitute classic poutine for french fries add 3.00 (240 Cals)

California Chicken Sandwich on a gourmet bun. Grilled chicken breast layered with sriracha mayo, guacamole, black beans, cheddar, bacon, lettuce, tomato, red onion and pickles. 18.45 (860 Cals)

Chicken Bacon Club on a home style ciabatta bun. Delicious grilled chicken breast, crispy bacon, lettuce & tomato. 17.45 (450 Cals)

Fish Tacos Lightly seasoned, delicately pan-fried Haddock fillet tucked into two warm tortilla shells with asian cucumber slaw, shredded lettuce & piquant thai glaze. 17.45 (680 Cals)

OTT Steak Stir-Fry Sandwich on a bun or tortilla BBQ steak bites, green peppers, onions & tomatoes with garlic sauce drizzle. 19.95 (920 Cals)

OTT Chicken Stir-Fry Sandwich on a bun or tortilla
Diced marinated chicken, bell peppers, tomatoes, onions and cilantro with garlic sauce drizzle. 18.95 (930 Cals)

OTT Vegetable Stir-Fry Sandwich on a bun or tortilla A flavourful mixture of portobello mushrooms, black beans, green peppers, tomatoes, red onions and cilantro with a garlic sauce drizzle. 17.95 (800 Cals)

Chicken Parmesan Sandwich on a gourmet bun. Tender chicken breast rolled in our housemade breading, lightly fried and tossed in marinara sauce; topped with sautéed mushrooms, roasted red peppers and mozzarella. 18.45 (800 Cals)

Chicken Caesar Wrap in a tomato basil tortilla.
Grilled chicken breast strips with romaine lettuce, real bacon bits & creamy caesar dressing. 16.45 (700 Cals)

BURGERS

Symposium Burger
Our classic Symposium 8 oz Burger.
15.95 (480 Cals)

Served on a toasted Bun and topped with lettuce, tomato, pickle and onions.
Includes Mediterranean Salad (G)

Beyond Meat Burger
6 oz plant protein Vegetarian Burger.
*no gluten 16.95 (380 Cals)

PICK YOUR CHEESE

Mozzarella (80 Cals)
Cheddar (110 Cals)
Swiss (110 Cals)
1.45 each

VEGGIES

Sautéed Onions (20 Cals)
Sautéed Mushrooms (20 Cals)
Roasted Zucchini (20 Cals)
Hot Peppers (20 Cals)
.95 each

A LITTLE EXTRA FLAVOUR

Extra Patty 6.25 (240 Cals)
Beyond Meat Patty 6.25 (120 Cals)
Peameal Bacon 1.75 (40 Cals)
Bacon 1.45 (180 Cals)
Ham 1.45 (140 Cals)

TOP IT OFF 1.25 each

Jack Daniel's Sauce (60 Cals)
Guacamole (90 Cals)
3 Onion Rings (60 Cals)
Housemade Coleslaw (60 Cals)
Portobello Mushrooms (30 Cals)
Housemade Bruschetta Mix (70 Cals)

*gluten free bun available on request

Includes: Mediterranean Salad (G) OR your choice of: Caesar Salad (- 60 Cals), Fries (G) (+ 180 Cals) or Housemade Tuscan Soup (- 40 Cals). **Substitute classic poutine for french fries add 3.00 (240 Cals)**

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. **V** indicates vegetarian. All items identified with **G** are considered gluten friendly; however, the possibility of cross contact with gluten items does exist. Please notify management if you have allergies.

At this time only these menu items are being offered to our Symposium guests. Specials offers, daily features, or promotions – unless offered by the individual location – are not valid nor available until further notice. We thank you for your understanding and ongoing support. All menu items subject to availability. Prices subject to change.

BOWLS

Teriyaki Chicken Rice Bowl *(Ideal pairing: Sauvignon Blanc)*
Succulent chunks of chicken breast, stir-fried in gingery teriyaki sauce, on a bed of basmati rice, vegetables & pineapple with crisp green onion & sesame seeds. 18.95 (1050 Cals)

Butter Chicken Rice Bowl *(Ideal pairing: Chardonnay)*
Juicy chunks of boneless chicken breast and caramelized onions simmered in sweet tomato & curried cream. Served over basmati rice with toasted pita. 18.95 (1320 Cals)

Steak Stir-Fry Bowl *(Ideal pairing: Shiraz)*
Pan fried steak bites, green pepper, onions & tomatoes with our garlic sauce drizzle over basmati rice. 19.95 (920 Cals)

Chicken Stir-Fry Bowl *(Ideal pairing: Chardonnay)* 18.95 (930 Cals)
Sautéed, diced marinated chicken, bell peppers, tomatoes, onions, and cilantro with our garlic sauce drizzle over basmati rice.

Vegetarian Stir-Fry Bowl *(Ideal pairing: Sauvignon Blanc)*
A flavourful mix of pan fried portobello mushrooms, black beans, bell peppers, tomatoes, red onions and cilantro with our garlic sauce drizzle over basmati rice. 17.95 (800 Cals)

Mediterranean Zucchini Noodle Bowl
(Ideal pairing: Sauvignon Blanc) 16.95 (480 Cals)
Spiraled, fresh zucchini noodles sautéed in olive oil with grape tomatoes, kalamata olives, feta cheese. Served with garlic bread.

Add Protein to your Mediterranean Zucchini Noodle Bowl:

Shrimp 7.00 (160 Cals) Chicken 6.00 (230 Cals)
Steak 7.00 (190 Cals) Salmon 8.00 (250 Cals)

ENTREES

Fire Grilled Jack Daniel's Petit Filet
(Ideal pairing: Shiraz)
9 oz petit filet of beef, grilled, sliced and fanned out on the plate. Brushed with our signature J.D. BBQ glaze, sided by Yukon Gold mashed potatoes & seasonal vegetables. 24.95 (860 Cals)

Add Wild Mushroom Demi-Glace 3.50 (45 Cals)
Add Garlic Sautéed Shrimp 7.00 (320 Cals)

Chicken Souvlaki Dinner *(Ideal pairing: Pinot Grigio)*
Garlic, lemon and oregano marinated chicken on skewers. With salad, rice and tzatziki sauce. 23.45 (830 Cals)

Chicken Parmesan *(Ideal pairing: Valpolicella)*
Lightly breaded chicken breast covered in marinara sauce and mozzarella. With fettuccine noodles. 22.95 (1690 Cals)

"MEAT" AND POTATOES

Served with a side of crispy french fries and housemade coleslaw.
Substitute classic poutine for french fries add 3.00 (240 Cals)

Portobello Mushrooms and Fries Plump portobello mushroom caps battered and golden fried. Served with sriracha mayo. 16.95 (980 Cals)

Steak Bites and Fries Pan seared in Asian inspired marinade with Korean BBQ dipping sauce. 19.95 (1100 Cals)

Chicken Wings and Fries One full pound of plump roasters wings with your choice of sauce. 18.95 (1190 Cals)

Chicken Tenders and Fries Hand breaded, seasoned chicken tenders with sriracha mayo. 17.95 (1670 Cals)

Calamari and Fries Lightly breaded rings, cooked golden brown. Served with cocktail sauce. 16.95 (690 Cals)

Cajun Dusted Shrimp and Fries Lightly dusted fried shrimp served with a spicy Thai sauce. 19.45 (750 Cals)

Fish and Chips 2-Piece English Style battered Haddock fillets. 17.95 (1400 Cals) **Add a third piece** 7.00 (560 Cals)

BEVERAGES

SEE OUR BAR MENU for WINE, BEER and COCKTAILS

Fruit Freezies Fresh fruit blended with ice. 4.95
Select one fruit or create your own unique combination of Strawberry (40 Cals), Banana (100 Cals), Raspberry (60 Cals), Blueberry (70 Cals), Blackberry (50 Cals) or Pineapple (60 Cals)

European Soda 3.95 (80 Cals)
A light and refreshing soda beverage in delicious fruit flavours including Peach, Mango, Strawberry, Raspberry & Kiwi.
Ask for your favourite.

Pasta

Seafood Pasta *(Ideal pairing: Rosé)*
Sautéed shrimp, salmon and baby clams in a rosé sauce with fettuccine noodles. 23.95 (1590 Cals)
G Substitute rice noodles. (1220 Cals)

Penne Bolognese *(Ideal pairing: Shiraz)*
Ground sirloin, braised root vegetables, roasted tomatoes over penne noodles with garlic toasted baguette. 18.95 (1440 Cals)

Spinach & Mushroom Carbonara *(Ideal pairing: Merlot)*
Sautéed spinach, mushrooms tossed with fettuccine in parmesan cream made with eggs. 17.95 (1160 Cals)

Fettuccine Alfredo *(Ideal pairing: Chardonnay)*
Fresh mushrooms with al dente noodles tossed in housemade Alfredo sauce. 17.95 (1640 Cals)
Substitute rice noodles. (1520 Cals)

Vegetarian Pad Thai *(Ideal pairing: Shiraz)*
Spicy Pad Thai with julienned vegetables & rice noodles. Topped with scrambled eggs and peanuts. 18.95 (1380 Cals)

Add Protein to your Fettuccine Alfredo or Vegetarian Pad Thai:

Shrimp 7.00 (160 Cals) Chicken 6.00 (230 Cals)
Steak 7.00 (190 Cals) Salmon 8.00 (250 Cals)

Rib Dinner *(Ideal pairing: Cabernet Sauvignon)*
A full rack of "fall off the bone" back ribs basted in BBQ sauce: served with crisp french fries & coleslaw. 29.95 (2400 Cals)

Ribs & Wings Dinner *(Ideal pairing: Cabernet Sauvignon)*
A half rack of our delicious BBQ back ribs with 1 pound of plump roaster wings tossed in your choice of sauce. Served with crisp french fries and coleslaw. 28.95 (2700 Cals)

Portuguese Style Chicken Dinner
(Ideal pairing: Sauvignon Blanc)
Marinated chicken grilled to perfection and served with roast potatoes and seasonal vegetables. 23.45 (930 Cals)

Teriyaki Grilled Salmon *(Ideal pairing: Chardonnay)*
Grilled Atlantic salmon with gingery teriyaki sauce, crisp green onion and sesame seeds. Served with rice and vegetables. 24.95 (1080 Cals)

AS WE SAFELY REOPEN FOR DINING, HERE'S WHAT YOU CAN EXPECT TO SEE AT SYMPOSIUM:

CARE for HEALTHY TEAM MEMBERS

daily temperature checks

PROTECTIVE EQUIPMENT

masks to be worn by all team members

FREQUENT HANDWASHING

and hand sanitizing stations throughout

SOCIAL DISTANCING

seating areas modified for your safety

CLEANING PROCEDURES

your table disinfected before your visit

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