

Welcome to The Rooms Café

Breakfast

Weekdays Until Noon

Saturday & Sunday all Day

Stuffed French Toast 21

Sourdough • Spiced Brown Sugar Cream Cheese • Bacon • Maple Syrup
Whipped Cream • Fresh Berries

Avalon Scramble 21

Fresh Scrambled Eggs • Cheddar • Green Onion • Bacon • Roasted Potatoes • Sourdough Toast

Breakfast Poutine 22

Spicy Sausage • Cheddar • Onions • Fried Egg • Roasted Potatoes • Buttermilk Aioli

Banana Split *Vegetarian* 18

Greek Yoghurt • Banana • Fruit Compote • Granola • Honey

Traditional Toutons 20

Pan Fried Bread Dough • Baked Beans • Bacon • Molasses

Breakfast Sandwich 19

Fried Egg • Cheddar Cheese • Bacon • Mixed Greens • Tomato
Roasted Red Pepper Ketchup • Roasted Potatoes

Starters & Salads

Mushrooms on Toast *Vegetarian* 17

Local Mushrooms • Cream • Garlic • Parmesan • Thyme • Sourdough Toast

Hummus *Vegetarian* 16

Roasted Garlic Hummus • Toasted Naan • Pickled Seasonal Vegetables

Bratwurst & Sauerkraut 19

Locally-Made German Sausage • Soft Pretzel • Caraway Sauerkraut
Grain Mustard • Gherkins

Cold Smoked Salmon 20.5

Atlantic Salmon • Red Onion • Dill Cream Cheese • Boiled Egg • Dark Rye

Cheese & Mushroom Flatbread *Vegetarian* 18

Local Mushrooms • Tomatoes • Mozzarella • Red Onions • Spinach • Fresh Tomato Sauce

Daily Soup 9

Made from Scratch Using Only the Finest Local Ingredients

East Coast Seafood Chowder 16

Root Vegetable Cream Stock • Fresh Cod • Local Baby Scallops & Ice Shrimp
Atlantic Salmon • Mount Scio Savoury • White Wine

Fruit & Nut Salad *Vegetarian* 17

Mixed Greens • Seasonal Berries • Candied Pecans • Red Onion • Raspberry Yogurt Dressing

Warm Root Cellar Salad *Vegetarian* 20

Honey Roasted Beets • Carrots • Turnips • Squash • Red Wine Braised Onions
Spinach • Goat Cheese • Sea Salted Pumpkin Seeds
Apple Cider Vinegar & Olive Oil Dressing

Chicken Caesar Salad 22

Roasted Chicken Breast • Romaine Lettuce • Bacon • Parmesan Cheese
Lemon • Garlic Crouton • House Made Dressing

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Sandwiches

Served on Grilled Bread with Choice of Daily Soup, Mixed Green Salad with Yoghurt Poppy Seed Dressing or Roasted Potatoes
or add Seafood Chowder for \$7.00
Sandwiches can be made with Gluten Free Bread

Grilled Chicken	22
Seasoned Chicken Breast • Bacon • Tomato • Spinach • Smoked Cheddar Lemon Thyme & Rosemary Aioli • Grilled Sourdough	
Bourbon & BBQ Pulled Pork	23
Carrot & Cabbage Slaw • Pulled Pork with Cheddar • Spinach • Crispy Onions Sriracha Aioli Sourdough	
Falafel Wrap <i>Vegetarian</i>	21
Spinach • Red Onion • Cherry Tomatoes • Chickpeas • Tzatziki • Flour Tortilla	
Roast Beef & Cheddar Melt	23
Thinly Sliced Roast Beef • Red Peppers • Sautéed Onions Cheddar Mornay Sauce • Toasted Baguette	

Entrées

Traditional Salt Cod Cakes	22
Local Salt Cod Simmered in Milk • Rosemary • Savoury • Caramelized Onions Potato • Grainy Mustard Aioli • Mixed Green Salad with Yoghurt Poppy Seed Dressing	
Burger (Beef or Veggie)	25.5
Garlic Toasted Sesame Bun • Mozzarella • Miso Glazed Wild Mushrooms & Onions • Sriracha Aioli • Lettuce • Tomato *Choice of Mixed Green Salad with Yoghurt Poppy Seed Dressing, Soup of the Day or Roasted Potatoes*	
Seafood Stew	29
Atlantic Salmon • Local Cod • Shrimp & Scallops • Mussels • Fish Broth • Tomatoes Carrot • Turnip • Onion • Celery • Fennel • Toasted Garlic Baguette	
Cod & Scallop Linguini	28
Local Cod • Bay Scallops • Pesto • Cherry Tomatoes • Red Onions • Parmesan	
Savory Stuffed Chicken	28
Mount Scio Savoury Dressing • Cranberry Reduction • Roasted Potatoes • Seasonal Vegetables	
Wild Mushroom Stir Fry <i>Vegan</i>	24
Toasted Cashews • Red Peppers • Carrots • Red Onion • Maple Garlic Sauce • Basmati Rice	
Mediterranean Cod Bake	26
Local Cod Fillets • Olives • Capers • Tomato Sauce • Parmesan Marinated Artichoke Hearts • Roasted Potatoes	
Duck Risotto	27
Duck Confit • Local Mushrooms • Spinach • Carrot • Parmesan • Arborio Rice	

Kid's Menu *Ages 12 and under*

Served with Juice or milk 10

Grilled Cheese Sandwich with Carrot Sticks
Cheese Pizza with Fresh Tomato Sauce
Spaghetti with Cream or Tomato Sauce
Soft Pretzel with Cheese Dipping Sauce & Carrot Sticks