Welcome to The Rooms Café

BREAKFAST
WEEKDAYS UNTIL NOON
SATURDAY & SUNDAY ALL DAY

STUFFED FRENCH TOAST
17
SOURDOUGH • SPICED BROWN SUGAR CREAM CHEESE • BACON • MAPLE SYRUP
WHIPPED CREAM • FRESH BERRIES

AVALON SCRAMBLE (LOW GLUTEN**)
17
FRESH SCRAMBLED EGGS • CHEDDAR • GREEN ONION • BACON • ROASTED POTATOES

BANANA SPLIT (VEGETARIAN / LOW GLUTEN**)
14
GREEK YOGHURT • BANANA • FRUIT COMPOTE • GRANOLA • HONEY

TRADITIONAL TOUTONS
17
PAN FRIED BREAD DOUGH • BAKED BEANS • BACON • MOLASSES

BREAKFAST SANDWICH
16
FRIED EGG • CHEDDAR CHEESE • FRIED BOLOGNA • MIXED GREENS • TOMATO
ROASTED RED PEPPER KETCHUP • BABY POTATOES

STARTERS & SALADS

MUSHROOMS ON TOAST (VEGETARIAN)
11
LOCAL MUSHROOMS • CREAM • GARLIC • PARMESAN • THYME • SOURDOUGH TOAST

HUMMUS (VEGETARIAN)
12
ROASTED GARLIC HUMMUS • TOASTED NAAN • PICKLED SEASONAL VEGETABLES

CHORIZO FLATBREAD
14
SPICY SPANISH SAUSAGE • SUN-DRIED TOMATO PESTO • MOZZARELLA • TOMATOES • ONIONS
SPINACH • FLATBREAD • BALSAMIC REDUCTION

DAILY SOUP
8.5
MADE FROM SCRATCH USING ONLY THE FINEST LOCAL INGREDIENTS

EAST COAST SEAFOOD CHOWDER
13
ROOT VEGETABLE CREAM STOCK • FRESH COD • LOCAL BABY SCALLOPS & ICE SHRIMP
ATLANTIC SALMON • MOUNT SCIO SAVOURY • WHITE WINE

WARM ROOT CELLAR SALAD (VEGETARIAN / LOW GLUTEN**)
17
HONEY ROASTED BEETS • CARROTS • TURNIPS • SQUASH • RED WINE BRAISED ONIONS • SWEET POTATO
CHIPS • SPINACH • GOAT’S CHEESE • SEA SALTED PUMPKIN SEEDS • APPLE CIDER VINEGAR & OLIVE OIL
DRESSING

CHICKEN CAESAR SALAD
16
ROASTED CHICKEN BREAST • ROMAINE LETTUCE • BACON • PARMESAN CHEESE • LEMON • TOASTED
GARLIC
BAGUETTE • HOUSE MADE DRESSING
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**KID’S MENU (AGES 12 AND UNDER)**

**Served with Juice or Milk**

- Grilled Cheese Sandwich with Carrot Sticks
- Cheese Pizza
- Spaghetti with Cream or Tomato Sauce

**Sandwiches**

Served on Grilled Bread with Choice of Daily Soup, Mixed Green Salad with Yoghurt Poppy Seed Dressing or Buttered Baby Potatoes

Add Seafood Chowder for $4.00

*Sandwiches can be made with Gluten Free Bread**

- **Grilled Chicken**
  - Seasoned Chicken Breast • Bacon • Tomato • Spinach • Smoked Cheddar • Lemon Thyme & Rosemary Aioli • Grilled Sourdough

- **Bourbon & BBQ Pulled Pork**
  - Pulled Pork with Cheddar • Spinach • Crispy Onions
  - Sriracha Aioli
  - Sourdough

- **Grilled Veggie Wrap (Vegetarian)**
  - Hummus • Miso Roasted Cauliflower • Spinach • Red Onion • Cherry Tomatoes
  - Toasted
  - Chick Peas • Flour Tortilla

- **Smoked Salmon**
  - Dill Cream Cheese • Hard Boiled Egg • Pickled Red Onion • Spinach • Grilled Dark Rye

**Every precaution is taken to ensure no cross contamination occurs in the preparation of our low gluten plates, but we cannot guarantee they are suitable for those with Celiac Disease or Severe Gluten Sensitivity**

**Entrées**

- **Traditional Salt Cod Cakes**
  - 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)**
  - Garlie Toasted Sesame Bun • Mozzarella • Miso Glazed Wild Mushrooms & Onions • Sriracha Aioli • Lettuce • Tomato
  - Served with Choice of Mixed Green Salad with Yoghurt Poppy Seed Dressing, Soup of the Day or Roasted Potatoes*

- **Seafood Stew**
  - Atlantic Salmon • Local Cod • Shrimp & Scallops • Mussels • Fish Broth • Tomatoes • Carrot • Turnip • Onion • Celery • Fennel • Toasted Garlic Baguette
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**QUINOA POWER BOWL** *(VEGAN / LOW GLUTEN)**
18
SPICY TOFU • CORN SALSA • EDAMAME • MISO ROASTED CAULIFLOWER • SPINACH • SHREDDED CARROT QUINOA • SESAME LIME VINAIGRETTE

**SHRIMP LINGUINE** 23
LOCAL ICE SHRIMP • JUMBO SHRIMP • GARLIC • SUNDRIED TOMATO CREAM • ONION • SPINACH TARRAGON • TOASTED GARLIC BAGUETTE

**BRIE & ROASTED GARLIC CHICKEN** 23
RED GRAPE & MERLOT COMPOTE • ROASTED POTATOES • SEASONAL VEGETABLES

GIFT CERTIFICATES AVAILABLE