

Welcome to The Rooms Café



BREAKFAST

WEEKDAYS UNTIL NOON
SATURDAY & SUNDAY ALL DAY

- STUFFED FRENCH TOAST** 18
SOURDOUGH • SPICED BROWN SUGAR CREAM CHEESE •
BACON • MAPLE SYRUP • WHIPPED CREAM • FRESH BERRIES
- AVALON SCRAMBLE** 16.50
FRESH SCRAMBLED EGGS • SCALLIONS • GRATED CHEDDAR •
BACON • ROASTED POTATOES
- CARDAMOM TURMERIC CHIA PUDDING** 18
(*VEGETARIAN / LOW GLUTEN***)
SPICED CHIA PUDDING • ALMOND MILK • MANGO • COCONUT
CHIP GRANOLA • FRESH BERRIES

SOUPS & SALADS

- DAILY SOUP** 8.50
MADE FROM SCRATCH USING ONLY THE FINEST LOCAL INGREDIENTS
- EAST COAST SEAFOOD CHOWDER** 12.25
ROOT VEGETABLE CREAM STOCK • FRESH COD • LOCAL BABY SCALLOPS & ICE SHRIMP •
ATLANTIC SALMON • MOUNT SCIO SAVOURY • WHITE WINE
- MAPLE GLAZED BEET & SPINACH SALAD** (*VEGAN / LOW GLUTEN***) 18
MARINATED CUCUMBER • RADISHES • PUMPKIN SEEDS
ADD ROASTED CHICKEN BREAST FOR \$4

KID'S MENU

- SERVED WITH JUICE OR MILK 6.75
- GRILLED CHEESE SANDWICH WITH CARROT STICKS
CHEESE PIZZA
SPAGHETTI WITH CREAM OR TOMATO SAUCE

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**GIFT CERTIFICATES
AVAILABLE.
ASK YOUR SERVER FOR
MORE DETAILS.**

SANDWICHES

SERVED ON GRILLED BREAD WITH CHOICE OF DAILY SOUP,
SPINACH SALAD OR BUTTERED BABY POTATOES
ADD SEAFOOD CHOWDER FOR \$4.00
*SANDWICHES CAN BE MADE WITH GLUTEN FREE BREAD***

GRILLED CHICKEN 17

SEASONED CHICKEN BREAST • BACON • TOMATO •
SPINACH • FIVE BROTHER'S SMOKED CHEDDAR •
LEMON, THYME & ROSEMARY AIOLI • GRILLED SOURDOUGH

ROASTED VEGETABLE 19

MARINATED TOMATO • CUCUMBER • RED ONION • CILANTRO
GREEN CHILI PESTO • MOZZARELLA • SPINACH • GRILLED RYE

**** WHILE EVERY PRECAUTION IS TAKEN TO ENSURE NO CROSS CONTAMINATION OCCURS IN THE
PREPARATION OF OUR LOW GLUTEN PLATES, WE CANNOT GUARANTEE THEY ARE
SUITABLE FOR THOSE WITH CELIAC DISEASE OR EXTREME GLUTEN SENSITIVITY**

ENTRÉES

TRADITIONAL SALT COD CAKES 17

LOCAL SALT COD SIMMERED IN MILK • ROSEMARY • SAVOURY • CARAMELIZED ONIONS •
POTATO • GRAINY MUSTARD AIOLI • SPINACH SALAD • WHITE BALSAMIC VINAIGRETTE

BURGER 19

GARLIC BUTTERED BRIOCHE • FIVE BROTHERS SMOKED CHEDDAR • LETTUCE • TOMATO •
APPLE BUTTER • BACON • PICKLED RED ONION • GARDEN SALAD • WHITE BALSAMIC VINAIGRETTE

FISH TACOS 17

PANKO CRUSTED COD • CABBAGE, CARROT & CIDER SLAW • PICKLED RED ONION •
CURRIED GINGER & MANGO SALSA • SRIRACHA LIME AIOLI • SEARED TORTILLA • GARDEN SALAD

AFTERNOON TEA

**SERVED EVERY WEDNESDAY BETWEEN 3PM & 5PM
TO BOOK YOUR TABLE, PLEASE CALL 709 757 8097**