

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

CARDAMOM TURMERIC CHIA PUDDING (*VEGETARIAN / LOW GLUTEN***)

16

SPICED CHIA PUDDING • ALMOND MILK • MANGO • COCONUT CHIP GRANOLA • FRESH BERRIES

TRADITIONAL TOUTONS

17

PAN FRIED BREAD DOUGH • BAKED BEANS • BACON • MOLASSES

SOUPS & SALADS

DAILY SOUP

8.5

MADE FROM SCRATCH USING ONLY THE FINEST LOCAL INGREDIENTS

EAST COAST SEAFOOD CHOWDER

12.5

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

CARAMELIZED PEAR & FETA CHEESE SALAD (*LOW GLUTEN***)

18

YOGHURT POPPY SEED DRESSING • SEA SALTED PUMPKIN SEEDS • RED ONION • BACON • MIXED GREENS

KID'S MENU (AGES 12 AND UNDER)

SERVED WITH JUICE OR MILK

7

Welcome to The Rooms Café

GRILLED CHEESE SANDWICH WITH CARROT STICKS
CHEESE PIZZA
SPAGHETTI WITH CREAM OR TOMATO SAUCE

GIFT CERTIFICATES AVAILABLE

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

18

SEASONED CHICKEN BREAST • BACON • TOMATO SPINACH • SMOKED CHEDDAR • LEMON THYME & ROSEMARY AIOLI • GRILLED SOURDOUGH

ROASTED VEGETABLE (VEGETARIAN)

19

BALSAMIC ROASTED RED PEPPER • BROCCOLI • SPINACH • RED ONION • BASIL GOAT'S CHEESE • TOASTED CHICK PEAS • GRILLED LIGHT RYE

SMOKED SALMON

19

DILL CREAM CHEESE • HARD BOILED EGG • PICKLED RED ONION • SPINACH • GRILLED DARK 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

17.5

LOCAL SALT COD SIMMERED IN MILK • ROSEMARY • SAVOURY • CARAMELIZED ONIONS POTATO • GRAINY MUSTARD AIOLI • MIXED GREEN SALAD WITH YOGHURT POPPY SEED DRESSING

BLACK BEAN & HUMMUS TACOS (VEGETARIAN)

17

GRILLED SOFT TACO • FRESH MOZZARELLA CHEESE • TOMATO & CUCUMBER SALSA QUINOA & CHICKPEA SALAD WITH APPLE CIDER VINEGAR AND OLIVE OIL DRESSING

BURGER (BEEF OR VEGGIE)

19.5

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GARLIC TOASTED SESAME BUN • CHEESE CURDS • 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*

FISHERMAN'S BAKE

24.5

ATLANTIC SALMON • LOCAL COD • SHRIMP & SCALLOPS • WHITE WINE CREAM • LEMON ZEST & CRACKED PEPPER • MT SCIO SAVOURY BREADCRUMBS • PARMESAN CHEESE • SEASONAL VEGETABLES • BUTTERED BABY POTATOES

FISH TACOS

17.5

PANKO CRUSTED COD IN GRILLED TACO SHELL • MARINATED CUCUMBER • PICKLED RED ONION • MANGO CHUTNEY • MIXED GREEN SALAD WITH YOGHURT POPPY SEED DRESSING

MUSHROOM & CHORIZO FETTUCINE

19

LOCALLY GROWN CHESTNUT, BLUE OYSTER & BUTTON MUSHROOMS • SPICY SPANISH SAUSAGE • GARLIC CREAM SAUCE • ONION • SPINACH • TOASTED GARLIC BAGUETTE