

BEVERAGES

COFFEE	2.5
TEA	2.5
HERBAL TEA	2.5
HOT CHOCOLATE WITH WHIPPED CREAM	3.75
ESPRESSO	3.75
CAPPUCCINO	4.25
AMERICANO	3.5
LATTE	4.25
ORANGE JUICE	3.25
APPLE JUICE	3.25
SOFT DRINK	2.75
BOTTLED WATER	2.25
PERRIER	3.75
LEMONADE	3.5
CREMOSA	4.5

**GIFT CERTIFICATES
AVAILABLE**

BREAKFAST

WEEKDAYS UNTIL NOON / ALL DAY ON WEEKENDS

TRADITIONAL TOUTON BREAKFAST	16
PAN FRIED BREAD DOUGH • BACON • BAKED BEANS • MOLASSES	
AVALON SCRAMBLE	16.5
FRESH SCRAMBLED EGGS • SCALLIONS • FIVE BROTHER'S CHEDDAR • BACON • ROASTED POTATOES	
BREAKFAST BOWL (VEGETARIAN & LOW GLUTEN)	18
SEASONAL FRUITS & BERRIES • QUINOA • WARM ALMOND MILK • HEMP HEARTS • COCONUT FLAKES • THICK YOGHURT • SPICED HONEY	
SWEET & SALTY WAFFLES	18
FIVE BROTHER'S CHEDDAR • CHORIZO • FRESH FRUIT • MAPLE SYRUP	

STARTERS

SAUSAGE & SAUERKRAUT	13
GRILLED BRATWURST • APPLE CARAWAY SAUERKRAUT • HOT MUSTARD • RYE TOAST	
LAMB MEATBALLS	13
WILD NEWFOUNDLAND MINT • SOURDOUGH BREADCRUMBS • CRANBERRIES • CARROT TAHINI PUREE	
MUSHROOMS ON TOAST	10
FOREST MUSHROOMS • CREAM • GARLIC • PARMESAN • THYME • SOURDOUGH	

SOUPS & SALADS

- DAILY SOUP** 8.5
MADE FROM SCRATCH USING 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 SAVOIRY • WHITE WINE
- CHICKEN PANZANELLA SALAD** 18
ROASTED CHICKEN BREAST • BASIL PESTO • CROUTON •
TOMATOES • CUCUMBER • RED ONION • CAPERS • OLIVES • WHITE
BALSAMIC VINAIGRETTE
- BUDDHA BOWL (VEGAN/LOW GLUTEN)** 18
QUINOA • MISO ROASTED CHICK PEAS • PEA SHOOTS • GRAPE
TOMATOES • TOASTED ALMONDS • SUNFLOWERSEEDS • DRIED
CRANBERRIES • PICKLED ONIONS • CIDER & OLIVE OIL DRESSING
- WARM ROOT CELLAR SALAD** 17.5
(VEGETARIAN/LOW GLUTEN)
SWEETENED ROASTED BEETS • CARROTS • TURNIPS • SQUASH • RED
WINE BRAISED ONIONS • SPINACH • GOAT CHEESE • SALTED PUMPKIN
SEEDS • APPLE CIDER & OLIVE OIL DRESSING

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

BEER

- DOMESTIC 7
ICEBERG 8.5
STELLA ARTOIS 8.5
KRONENBROURG 1664 BLANC 8.5
INNIS & GUNN CRAFT BREW 9.5
OLD SPECKLED HEN 9.5
YELLOWBELLY IPA DRAUGHT 9.5

NEWFOUNDLAND DISTILLERY COMPANY

- VODKA & ELDERFLOWER TONIC
RHUBARB VODKA & INDIAN TONIC
GUNPOWDER & ROSE RUM &

COLA

- AQUAVIT & GINGER BEER
SEAWEED GIN & INDIAN TONIC
SINGLE 7
DOUBLE 10

CAESAR

- VODKA
RED WINE
WORCESTERSHIRE SAUCE
CLAMATO JUICE
HORSERADISH
SRIRACHA
SPICY SAUSAGE
SINGLE 9.5
DOUBLE 12.5

WINES

REDS

GLASS BTL

CUVI TINTO TEMPRANILLO (ESP)	9	36
YELLOW TAIL MERLOT (AUS)	9	36
CORETO JOKER TINTA RORIZ BLEND (PRT)	9	36
BICHI BORGHESE CHIANTI SANGIOVESE (ITA)	13	50
MONDAVI WOODBRIDGE CABERNET SAUV (USA)	10	39
MISSION HILL 5 VINEYARDS PINOT NOIR (CAN)	12	40
CHATEAU BEAUREGARD DUCOURT MERLOT (FRA)	12	45
VINAS DON MARTIN GAUCHO MALBEC (ARG)	11	44

WHITES

GLASS BTL

YELLOW TAIL PINOT GRIGIO (AUS)	9	36
OYSTER BAY MARLBOROUGH CHARDONNAY (NZL)	11	42
MONDAVI WOODBRIDGE SAUVIGNON BLANC (USA)	10	39
CONDES DE ALBAREI ALBARINO (ESP)	12	45
CHATEAU BEAUREGARD DUCOURT SEMILLON (FRA)	11	42
MISSION HILL 5 VINEYARDS PINOT BLANC (CAN)	12	48
QUINTA DE AVES BADIA MUSCAT SAUVIGNON (ESP)	13	50

SANDWICHES

SERVED ON GRILLED BREAD WITH CHOICE OF DAILY SOUP, GARDEN SALAD OR BUTTERED BABY POTATOES. SUBSTITUTE SEAFOOD CHOWDER FOR AN EXTRA \$4. 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 • SOURDOUGH

MEATLOAF 19

CRISPY ONIONS • MOLASSES BBQ SAUCE
MOZZARELLA • SOURDOUGH

FALAFEL (VEGETARIAN) 17

CHICKPEA PATTIES • GARLIC • CUCUMBER • RAITA
CUMIN • TAHINI • PICKLED ONION • RYE BREAD

ROAST TURKEY 18

DARK TURKEY • APPLE CRANBERRY CHUTNEY • SAGE & PORK SAUSAGE STUFFING • LEMON, THYME & ROSEMARY AIOLI • SOURDOUGH

CHEF'S SPECIALITIES

FISHERMAN'S BAKE 23
ATLANTIC SALMON • LOCAL COD, SHRIMP & SCALLOPS • WHITE WINE • CREAM • LEMON ZEST • CRACKED PEPPER • NEWFOUNDLAND SAVOURY CROUTONS • PARMESAN CHEESE • SEASONAL VEGETABLES • BUTTERED BABY POTATOES

ATLANTIC SALMON FILET 22
(LOW GLUTEN)
SAUTÉED LENTILS • BABY SPINACH • CUCUMBER RAITA • ROASTED SEASONAL VEGETABLES

MERLOT BRAISED LAMB SHANK 23
ROASTED ROOT VEGETABLES • BUTTERED BABY POTATOES

TRADITIONAL COD CAKES 17
LOCAL SALT COD SIMMERED IN MILK • ROSEMARY • SAVOURY • CARAMELIZED ONIONS • POTATO • GRAINY MUSTARD AIOLI • GARDEN SALAD • WHITE BALSAMIC VINAIGRETTE

FISH TACOS 17
PANKO CRUSTED LOCAL COD • CABBAGE, CARROT & CIDER SLAW • PICKLED RED ONION • CURRIED GINGER & MANGO SALSA • SRIRACHA • LIME AIOLI • SEARED TORTILLA • SERVED WITH GARDEN SALAD & WHITE BALSAMIC VINAIGRETTE

BURGER 19
GARLIC BUTTERED BRIOCHE • FIVE BROTHERS SMOKED CHEDDAR LETTUCE • TOMATO • APPLE BUTTER • BACON • PICKLED RED ONION • SERVED WITH GARDEN SALAD & WHITE BALSAMIC VINAIGRETTE

SAUSAGE & MUSHROOM FETTUCINE 22
(VEGAN)
FIELD MUSHROOMS • ARTICHOKE HEARTS • WALNUT PESTO • BEYOND MEAT SAUSAGE • WHOLE WHEAT FETTUCINE

*THE ROOMS OFFERS SPECTACULAR PRIVATE EVENT SPACE. FOR FURTHER INFORMATION, PLEASE CALL CINDY LU EDWARDSAT 709-757-8099 OR EMAIL RENTALS@THEROOMS.CA