

Welcome to The Rooms Café

BREAKFAST

WEEKDAYS UNTIL NOON
SATURDAY & SUNDAY ALL DAY



TRADITIONAL TOUTON BREAKFAST 15
GOLDEN PAN FRIED BREAD DOUGH • BACON •
KETTLE BAKED BEANS • MOLASSES

AVALON SCRAMBLE 14
FRESH SCRAMBLED EGGS • SCALLIONS • GRATED CHEDDAR •
BACON • ROASTED POTATOES

PAIN PERDU 15
FRENCH LOAF DIPPED IN SCRAMBLED EGG • BROWN SUGAR CREAM
CHEESE STUFFING • BACON • CANADIAN MAPLE SYRUP

FRESH FRUIT CUP (VEGETARIAN) 9
SEASONAL FRUIT • OAT & SPICED HONEY GRANOLA

SOUPS & SALADS

DAILY SOUP 8
MADE FROM SCRATCH USING ONLY THE FINEST LOCAL INGREDIENTS

EAST COAST SEAFOOD CHOWDER 12
ROOT VEGETABLE CREAM STOCK • FRESH COD • LOCAL BABY SCALLOPS & ICE SHRIMP •
ATLANTIC SALMON • MOUNT SCIO SAVOURY • WHITE WINE

CHICKEN COBB SALAD (VERY LOW GLUTEN) 18**
SLICED ROASTED CHICKEN BREAST • CRISPY BACON • TOASTED ALMONDS • BOILED EGG •
SCALLIONS • TOMATO • MIXED GREENS • BUTTERMILK DRESSING

WARM ROOT CELLAR SALAD (VERY LOW GLUTEN / VEGETARIAN) 17**
SWEETENED ROASTED BEETS • CARROTS • TURNIPS • SQUASH • RED WINE BRAISED ONIONS • SPINACH •
GOAT CHEESE • SEA SALTED PUMPKIN SEEDS • APPLE CIDER VINEGAR & 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**

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STARTERS

CORNED BEEF HASH CAKES 12

POTATO • ONION • CARROT • TURNIP • CORNED BEEF • BRAISED CABBAGE • MUSTARD PICKLE

COD TONGUES 13

SCRUNCHIONS • TARTAR

FISH TACO 9 FOR 1, 17 FOR 2

PANKO CRUSTED COD • CABBAGE, CARROT & CILANTRO CIDER SLAW • PICKED RED ONION • CURRIED GINGER & MANGO SALSA • SRIRACHA LIME AIOLI • GREEN SALAD WITH BALSAMIC VINAIGRETTE

SANDWICHES

SERVED WITH CHOICE OF DAILY SOUP, GARDEN SLAW SALAD OR BUTTERED BABY POTATOES

ADD SEAFOOD CHOWDER FOR \$4.00

SANDWICHES CAN BE MADE WITH GLUTEN FREE BREAD

ROASTED CHICKEN PANINI 17

SEASONED CHICKEN BREAST • DIJON MAYONNAISE • SPINACH • TOMATO • CHEDDAR CHEESE • GRILLED FOCACCIA

SCREECH PULLED BRISKET 18

TOASTED GARLIC BUTTERED BRIOCHE • CABBAGE, CARROT & CILANTRO CIDER SLAW

VEGGIE ROAST (VEGETARIAN) 17

OLIVE OIL & BALSAMIC ROASTED SEASONAL VEGETABLES • FRESH GARLIC • CHEDDAR CHEESE • PESTO HUMMUS • GRILLED FOCACCIA

SMOKED ATLANTIC SALMON 17

DARK RYE BREAD • SLICED HARDBOILED EGG • GRAINY MUSTARD AIOLI • PICKLED ONION

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

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CHEF'S SPECIALTIES

FISHERMAN'S BAKE	21
ATLANTIC SALMON • LOCAL COD, SHRIMP & SCALLOPS • WHITE WINE CREAM • LEMON ZEST & CRACKED PEPPER • NEWFOUNDLAND SAVOURY CROUTONS • PARMESAN CHEESE • SEASONAL VEGETABLES • BUTTERED BABY POTATOES	
RICE BOWL <i>(VERY LOW GLUTEN**)</i>	14
BASMATI RICE • PEPSI-COLA BRAISED PORK BELLY • CIDER SLAW • ONION • FIELD MUSHROOMS • BOK CHOY • HONEY & GARLIC SAUCE	
RISOTTO CAKES <i>(VERY LOW GLUTEN** / VEGETARIAN)</i>	17
ARBORIO RICE • PARMESAN CHEESE • ROASTED VEGETABLES • ROSE SAUCE	
TRADITIONAL COD CAKES	17
LOCAL SALT COD SIMMERED IN MILK • ROSEMARY • SAVOURY • CARAMELIZED ONIONS • POTATO • GRAINY MUSTARD AIOLI • GARDEN SLAW SALAD	
STUFFED YORKSHIRE PUDDING	23
PULLED TURKEY LEG • GRAVY • BUTTERED BABY POTATOES • SAVOURY STUFFING • ROASTED VEGETABLES • BLUEBERRY CHUTNEY	
BURGER	19
GARLIC BUTTERED BRIOCHE • FIVE BROTHERS ARTISAN CHEDDAR • LETTUCE • TOMATO • BACON JAM <i>VEGETARIAN BURGER AVAILABLE UPON REQUEST</i>	
SEAFOOD PASTA	24
BABY SCALLOPS • LOBSTER • FETTUCINE • BRANDY CREAM SAUCE • BACON • CHERRY TOMATOES • SPINACH • SCALLIONS	

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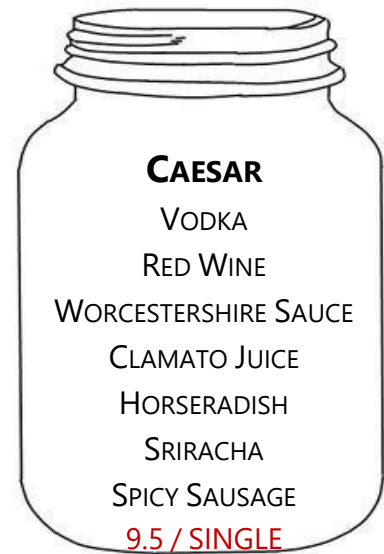
**THE ROOMS OFFERS SPECTACULAR PRIVATE EVENT SPACE.
FOR FURTHER INFORMATION, PLEASE CALL CINDY LU EDWARDS**

BEVERAGES

COFFEE / TEA	2.25	ORANGE / APPLE JUICE	3.25
HERBAL TEA	2.50	MILK	3.50
HOT CHOCOLATE	3.75	SOFT DRINK	2.75
ESPRESSO	3.75	BOTTLED WATER	2.25
CAPPUCCINO	4.25	PERRIER	3.75
AMERICANO	3.50	LEMONADE	3.50
LATTE	4.25	CREMOSA	4.50

BEER

DOMESTIC	6.75
ICEBERG	8
STELLA ARTOIS	8
KRONENBOURG 1664 BLANC	8
INNIS & GUNN CRAFT BREW	9
OLD SPECKLED HEN	9
YELLOW BELLY IPA DRAUGHT	9



12.5 / DOZIE

REDS

	GLASS (6 Oz.)	BOTTLE
CUVI TINTO TEMPRANILLO (ESP)	9	36
YELLOW TAIL MERLOT (AUS)	9	36
WOODBIDGE CABERNET SAUVIGNON (USA)	10	39
ELIAS MORA TORO SEMI-CRIANZA (ESP)	14	55
CHATEAU BEAUREGARD DUCOURT MERLOT / CABERNET (FRA)	12	45
MALLORIO MONTEPULCIANO D'ABRUZZO (ITA)	13	52

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WHITES

CUVI BLANCO VERDEJO (ESP)	9	36
YELLOW TAIL PINOT GRIGIO (AUS)	9	36
WOODBIDGE SAUVIGNON BLANC (USA)	10	39
CONDES DE ALBAREI ALBARINO (ESP)	12	45
CHATEAU BEAUREGARD DUCOURT SEMILLON (FRA)	11	42
CALAI PECORINO (ITA)	15	58