

Welcome to The Rooms Café

BREAKFAST

WEEKDAYS UNTIL NOON

SATURDAY & SUNDAY ALL DAY

STUFFED FRENCH TOAST 21

SOURDOUGH • SPICED BROWN SUGAR CREAM CHEESE • BACON • MAPLE SYRUP
WHIPPED CREAM • FRESH BERRIES

AVALON SCRAMBLE (LOW GLUTEN**) 21

FRESH SCRAMBLED EGGS • CHEDDAR • GREEN ONION • BACON • ROASTED POTATOES

BANANA SPLIT (VEGETARIAN / LOW GLUTEN**) 18

GREEK YOGHURT • BANANA • FRUIT COMPOTE • GRANOLA • HONEY

TRADITIONAL TOUTONS 20

PAN FRIED BREAD DOUGH • BAKED BEANS • BACON • MOLASSES

BREAKFAST SANDWICH 19

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

STARTERS & SALADS

MUSHROOMS ON TOAST (VEGETARIAN) 17

LOCAL MUSHROOMS • CREAM • GARLIC • PARMESAN • THYME • SOURDOUGH TOAST

HUMMUS (VEGETARIAN) 16

ROASTED GARLIC HUMMUS • TOASTED NAAN • PICKLED SEASONAL VEGETABLES

CHORIZO FLATBREAD 19

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

DAILY SOUP 9

MADE FROM SCRATCH USING ONLY THE FINEST LOCAL INGREDIENTS

EAST COAST SEAFOOD CHOWDER

16

ROOT VEGETABLE CREAM STOCK • FRESH COD • LOCAL BABY SCALLOPS & ICE SHRIMP
ATLANTIC SALMON • MOUNT SCIO SAVOURY • WHITE WINE • SERVED WITH SLICED BAGUETTE

WARM ROOT CELLAR SALAD (VEGETARIAN / LOW GLUTEN**) 20

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 22

ROASTED CHICKEN BREAST • ROMAINE LETTUCE • BACON • PARMESAN CHEESE • LEMON • TOASTED GARLIC
BAGUETTE • HOUSE MADE DRESSING

Welcome to The Rooms Café

KID'S MENU (AGES 12 AND UNDER)

SERVED WITH JUICE OR MILK

10

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 ROASTED POTATOES

OR ADD SEAFOOD CHOWDER FOR \$7.00

SANDWICHES CAN BE MADE WITH GLUTEN FREE BREAD**

GRILLED CHICKEN

22

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

BOURBON & BBQ PULLED PORK

23

CARROT & CABBAGE SLAW • PULLED PORK WITH CHEDDAR • SPINACH • CRISPY ONIONS •

SRIRACHA AIOLI

SOURDOUGH

GRILLED VEGGIE WRAP (VEGETARIAN)

21

HUMMUS • MISO ROASTED CAULIFLOWER • SPINACH • RED ONION • CHERRY TOMATOES • TOASTED CHICK PEAS • FLOUR TORTILLA

SMOKED SALMON

23.5

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

22

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)

25.5

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GARLIC 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

29

ATLANTIC SALMON • LOCAL COD • SHRIMP & SCALLOPS • MUSSELS • FISH BROTH • TOMATOES •
CARROT • TURNIP • ONION • CELERY • FENNEL • TOASTED GARLIC BAGUETTE

QUINOA POWER BOWL (VEGAN / LOW GLUTEN**)

22

SPICY TOFU • CORN SALSA • EDAMAME • MISO ROASTED CAULIFLOWER • SPINACH • SHREDDED CARROT
QUINOA • SESAME LIME VINAIGRETTE

SHRIMP LINGUINE

28

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

BRIE & ROASTED GARLIC CHICKEN

28

RED GRAPE & MERLOT COMPOTE • ROASTED POTATOES • SEASONAL VEGETABLES

GIFT CERTIFICATES AVAILABLE