

Welcome to The Rooms Café

BREAKFAST

WEEKDAYS UNTIL NOON

SATURDAY & SUNDAY ALL DAY

STUFFED FRENCH TOAST

19

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

AVALON SCRAMBLE (*LOW GLUTEN***)

18.5

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

BANANA SPLIT (*VEGETARIAN / LOW GLUTEN***)

15

GREEK YOGHURT • BANANA • FRUIT COMPOTE • GRANOLA • HONEY

TRADITIONAL TOUTONS

18.5

PAN FRIED BREAD DOUGH • BAKED BEANS • BACON • MOLASSES

BREAKFAST SANDWICH

17.5

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

STARTERS & SALADS

MUSHROOMS ON TOAST (*VEGETARIAN*)

12

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

HUMMUS (*VEGETARIAN*)

14

ROASTED GARLIC HUMMUS • TOASTED NAAN • PICKLED SEASONAL VEGETABLES

CHORIZO FLATBREAD

16

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

14.5

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***)

18.5

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

17.5

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

8

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 BUTTERED BABY POTATOES

ADD SEAFOOD CHOWDER FOR \$4.00

SANDWICHES CAN BE MADE WITH GLUTEN FREE BREAD**

GRILLED CHICKEN

19.5

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

BOURBON & BBQ PULLED PORK

21

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

SRIRACHA AIOLI

SOURDOUGH

GRILLED VEGGIE WRAP (VEGETARIAN)

19

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

SMOKED SALMON

21

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

18.5

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)

21.5

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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

26

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

QUINOA POWER BOWL *(VEGAN / LOW GLUTEN**)*

19.5

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

SHRIMP LINGUINE

25.5

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

BRIE & ROASTED GARLIC CHICKEN

25

RED GRAPE & MERLOT COMPOTE • ROASTED POTATOES • SEASONAL VEGETABLES

GIFT CERTIFICATES AVAILABLE

BEVERAGES

COFFEE / TEA	2.75	ORANGE / APPLE JUICE	3.75
HERBAL TEA	2.75	MILK	3.75
HOT CHOCOLATE	4.75	SOFT DRINK	2.95
CREMOSA	4.75	BOTTLED WATER	2.75
LEMONADE	4.25	PERRIER	4.25

NEWFOUNDLAND DISTILLERY COMPANY

VODKA & ELDERFLOWER TONIC
 GUNPOWDER & ROSE RUM & COLA
 RHUBARB VODKA & INDIAN TONIC
 SEAWEED GIN & INDIAN TONIC
 AQUAVIT & GINGER BEER
 7.5 / SINGLE 11.5 / DOUBLE

BEER / CIDER

COORS LIGHT / INDIA / BLACK HORSE / QV 1892 /	7.5
QV CROWN & ANCHOR LIGHT LAGER	
QV DAY BOIL / QV ICEBERG	9
COLLECTIVE ARTS MASH UP THE JAM SOUR	10.25
STELLA ARTOIS	9
KRONENBOURG 1664 BLANC	8
YELLOWBELLY PALE ALE – PINT	10.5
INNIS & GUNN CRAFT BREW	10.25
OLD SPECKLED HEN	10.25
NL CIDER CO. SEASONAL APPLE CIDER	9.5



REDS

GLASS (6 OZ.)

BOTTLE

YELLOW TAIL MERLOT (AUS)	10	38
MASI BONACOSTA VALPOLICELLA (ITA)	12	46
BICHI BORGHESE CHIANTI SANGIOVESE BLEND (ITA)	14	54
ROBERT MONDAVI WOODBRIDGE CABERNET SAUVIGNON (USA)	12	46
YLLERA NUEVESESES CABERNET TEMPRANILLO BLEND (ESP)	13	50
BREAD & BUTTER PINOT NOIR (USA)	13	50
DORY HARVEST TINTA RORIZ MERLOT BLEND (PRT)	14	54

WHITES /ROSE

YELLOW TAIL PINOT GRIGIO (AUS)	10	38
OYSTER BAY MARLBOROUGH CHARDONNAY (NZL)	12	46
ROBERT MONDAVI WOODBRIDGE SAUVIGNON BLANC (USA)	12	46
CONDES DE ALBAREI ALBARINO (ESP)	12	46
CHATEAU DE BEAUREGARD SAUVIGNON BLANC / SEMILLON (FRA)	12	46
JOST L'ACADIE PINOT GRIGIO (CAN)	13	50
PASQUA 11 MINUTES ROSÉ (ITA)	13	50
FINCA LAS MORAS MISS ROSÉ (ARG)	12	46