

START fresh beginnings

CHILLI EDAMAME

Steamed edamame tossed with garlic-chilli oil & sea salt 11

The PICNIC Board

Sliced meats and cheeses with pickled vegetables, mustard & breads 28

MANGO CHICKEN LETTUCE CUPS - pulled jerk chicken, pickled onion, mango, cheese, with lime wedges 16

CHARRED JALAPEÑO HUMMUS - creamy hummus, olive oil, lemon, charred jalapeños naan points. Crisp vegetables 14

CRISPY MUSHROOM & GOAT CHEESE FLAT BREAD

Crispy mushroom, whipped goat cheese, balsamic, arugula 17

BOWLS

Fresh, vibrant mains – garden-forward & full of flavour.

QUINOA & CHICKPEA BOWL

Paprika-spiced chickpeas, roasted carrots, quinoa, cabbage, fresh spinach, toasted sunflower seeds, lemon-tahini dressing & sprouts. 20 V GF

SALMON SOBA BOWL

Grilled salmon over soba noodles with shredded cabbage, carrot, green onion, edamame, toasted peanuts & sesame-teriyaki dressing. 23

TUNA POKE BOWL

Sesame-marinated ahi tuna over, mixed grains with cucumber, carrot, edamame, avocado & sprouts. 23

SMOKY PULLED BEEF BOWL

Chipotle-rubbed pulled beef over a warm 5-grain blend roasted red peppers, corn salsa, black beans, tomatoes, shredded greens & pickled red onion, lime crema, crispy tortilla strips & fresh cilantro. 23

CHICKEN AVOCADO BOWL

Honey mustard-glazed chicken breast over crispy greens with avocado, cherry tomatoes, bacon & new potatoes. Finished with honey mustard vinaigrette and toasted seeds. 22

CAESAR SALAD

Crisp romaine with creamy Caesar dressing, shaved parmesan, crispy bacon & toasted sourdough croutons. Garnished with house-pickled tomato fillets. 15

Add chicken +8
Add avocado +3
Add salmon +10

NIAGARA MARKET SALAD

Mixed Greens with red grapes, goat cheese, candied pecans, prosciutto crisps in a house balsamic vinaigrette. 18

TERIYAKI

SIDES

Kettle Chips +5
Petite greens +6
Caesar +7
Cheddar scone +3
Daily soup +7
Garden slaw +4

HANDHELDS

Served with petite garden greens or slaw & spiced kettle chips

JERK LAMB WRAP

Jerk rubbed roasted leg of lamb with jalapeño jack cheese, tomato, red onion & house chilli mayo, served warm. 22

TURKEY CRANBERRY

Roast turkey breast with cranberry mayo, pickled onion brie & spinach lightly pressed on sour dough. 19

WHIPPED RICOTTA TOAST

Whipped garlic ricotta, on toasted sourdough with roasted cherry tomatoes, balsamic drizzle. 17

THE ITALIAN

Salami, prosciutto, roasted tomato, basil ricotta arugula & balsamic on toasted ciabatta. 18

REUBEN PANINI

Corned Beef, Swiss cheese, sauerkraut & house-made Russian dressing on marble rye. 20

THE TEA HOUSE TRIO

Your choice of daily soup a petite garden salad & warm cheddar chive scone with whipped butter \$18

CLASSICS

House-made favourites with a garden twist

FEATURE QUICHE

Always fresh baked & always delicious served warm with petite garden greens 18

SUMMER VEGETABLE LASAGNE

Roasted zucchini, eggplant, sweet peppers & noodles layered with basil ricotta & light béchamel. Finished with rustic tomato mozzarella, parmesan & drizzle of pecan basil pesto. 24

FETA STUFFED CHICKEN

Spanish paprika and garlic-rubbed chicken breast, oven-finished and filled with spinach and feta, new potato salad roasted red pepper, chiffonade spinach, and a roasted garlic-caper-tomato vinaigrette. 26

Pair it with a crisp Niagara Sauvignon Blanc

BERRY HILL POT PIE

Flaky golden crust over seasonal fillings baby potatoes & garden greens. 23



Sip something special ..

Refreshing, bright, crafted daily

Fresh steeped tea | House Lemonade | Sangria