



Lunch Menu

Daily Soup Mp

Romaine & Radicchio Salad

w/ Lemon Anchovy Dressing, Crispy Shallots, Prosciutto & Pecorino

16

+ Shrimp or Chicken - 8

Beet & Orange Salad

w/ Arugula, Endive, Red Onion, Feta & Pistachios w/ shallot Honey Vinaigrette

(Vegan Version available)

20

Grilled Eggplant Sandwich

Sun Dried Tomato Pesto, Roasted Red Peppers, Red Onion, Spinach, Smoked Gruyere and Chipotle Mayo

15

Grilled Free-Range Chicken Breast Sandwich

Roasted Red Pepper, Sun-dried Tomato Pesto, Garlic Aioli, Goat's Cheese & Arugula

16

Luna Blt

Peameal Bacon Sandwich w/ Tomato, Chipotle Mayo, red Onion Arugula & Smoked Gouda

16

Avocado Wrap

Avocado, Brie, Roasted Red Pepper, Spinach & Tapenade

14

Marinated Artichoke Wrap

Artichokes, Tomato, Avocado, Sheep's Milk Feta, Red Onion, Arugula, Tapenade & Chipotle Mayo

14

Chili-Lime Marinated Free Range Chicken Wrap

Vine ripe Tomato, Guacamole, Arugula & Chipotle Mayo

16

Naturally Smoked Salmon Wrap

Smoked Salmon, Goat's Cheese, Red Onion, Capers, Avocado, Tomato & Arugula

20

(All Sandwiches & Wraps Served w/ Organic Green Salad)



Egg etc...

The Alpha Omega

Protein Rich Breakfast with Two Poached Organic Eggs, Avocado, Smoked Salmon, Capers, Onion & Dill

18

Breakfast Shakshuka

Two Organic Eggs Poached in a Spicy Pepper & Tomato Sauce with Merguez Lamb Sausage, Spinach, Sheep's milk Feta & Fresh Herbs with Sourdough Toast

(Veggie Version with Artichoke)

20

Avocado, Tomato Breakfast

Two Organic Eggs, Avocado, Tomato, Sourdough Toast & Greens

14

Frenchwoman's Breakfast

Two Organic Eggs, Organic Country Sausage, Baguette, French Brie & Greens

18

Naturally Smoked Salmon Breakfast

Two Organic Eggs, Capers, Dill, Red Onion, Sourdough Toast & Greens

20

Memories of St.Denis

Two Organic Eggs, Maple Chipotle Baked Beans, Bacon, Sourdough Toast & Greens

18

Scramble Wraps

Spinach Scramble Wrap

Spinach, Red onion, Sheep's Milk Feta, Dill & Tapenade

12

Avocado Scramble Wrap

Avocado, Brie, Dill & Sun-dried Tomato Pesto

14

Mushroom Scramble Wrap

Organic Wild Mushrooms, Red Onion, Spinach & Smoked Gouda

15

Salmon Scramble Wrap

Naturally Smoked Salmon, Red Onion, Capers & Goat's Cheese

20

Sausage Scramble Wrap

Spicy Sausage, Red Onion, Spinach, Sundried Tomato Pesto and Goat's Cheese

16

All our meat is sustainably sourced from Ontario farmers without the use of hormones or antibiotics



Petiscos/Sharing Plates

East Coast Oysters
w/ Shallot Mignonette & Horseradish
\$3.50 each /minimum 3

Petisco Sampler
w/ Grilled Chouriço, Fresh Portuguese Goat's Cheese, Olives, Lupini beans & Sourdough Bread
20

Roasted Cauliflower
w/warm spices, Onion, Fresh Herbs, Hummus & Naan bread
15

Spicy Portuguese Jumbo Shrimp
w/ Garlic, Cilantro & Pimenta
15

Beer Steamed Mussels
w/Chouriço, Chickpeas, Tomato, Piri Piri & Cilantro
26

Whole European Seabass
w/ Molho Vilão & Grilled Rapini
30

Bitoque.
10 oz Striploin topped w/Crispy Prosciutto & Fried Egg w/ Green Salad
32