

Lunch Features

\$14.95

Medallion of Pork Tenderloin

Over Portobello stuffed ravioli with puree of green pepper cream sauce

Coconut & Sun dried Cranberry Crusted Tilapia

Nestled on a mound of Israeli couscous, influenced with chili cilantro pesto, smoked chicken, broccoli & tomato

Chicken Parmesan

Breast of chicken topped with savoury marinara, finished with 3 cheeses, accompanied by fresh pasta in a light rose sauce

Hoisin Glazed Salmon

Set upon a bed of lemongrass-infused asiago, parmesan, lobster meat risotto

Open Faced Steak & Polenta Sandwich

Grilled Angus strip loin on a cheese polenta, finished with creamy succotash sauce

Chicken Wrap

Blackened chicken breast with lettuce, tomato, mixed cheeses, plantain, guacamole & side salad

Mahi Mahi

Oven roasted filet over rice in a garlic, cilantro infused dhal

Chicken & shrimp Curry

Fresh vegetables, chick peas, shrimp & chicken simmered in coconut curry broth, enveloped in a whole wheat wrap

Blackened Catfish

Meat jambalaya, cilantro, pineapple curry cream sauce

Roasted Breast of Chicken

Over fresh pasta, rich carbonara cream sauce & diced vegetables

Mixed Seafood Casserole

Basil pesto cream sauce, finished with buttery puff pastry & side salad