

THE Parlour

LUNCH MENU

Served daily until 2pm

APPETIZING STARTERS

Chef's inspirational soup of the day	\$ 7
A spicy chilled Gazpacho with a lime-coriander sorbet	\$ 8
A salad of mixed greens with fresh garden vegetables and a soya – balsamic vinaigrette	\$ 7
Caesar salad with our own creamy dressing, warm bacon lardons, crostini & freshly grated parmesan	\$ 9
Organic baby Spinach Salad with toasted walnuts, St. Mary's C'estbon goat cheese and our own poppy seed dressing	\$ 9
Vietnamese Spring rolls with mixed vegetables, herbs, and Vermicelli wrapped in rice paper and served with our peanut dipping sauce	\$ 9
Bruschetta with basil marinated Neubrand Farms tomatoes, spinach and C'estbon goat cheese	\$ 9
Tender escargots gently baked in a rich garlic and beef with toasted baguette	
Small 6 - \$ 8 Large 12 - \$10 Add cheese \$ 2	

FRESH WRAPS & GOURMET SANDWICHES

Add a side of fries, mixed green salad or soup of the day for \$3

Chicken Caesar wrap with grilled chicken and house dressing	\$ 9
Falafel – Middle Eastern chickpea patties fried and served on Naan bread with tomato, cucumber, tahini and tzatziki	\$ 9
Roasted portabella mushrooms on a toasted ciabatta bun with goats cheese & asiago	\$ 9
California club with fresh grilled chicken, bacon, spinach, tomato and our avocado mayo on a toasted ciabatta	\$ 11
Reuben sandwich with our own corned beef brisket, Swiss cheese, sauerkraut and our house Russian dressing grilled on rye bread	\$ 11
Prime rib melt on a baguette with thin slices of beef & cheese au jus	\$ 11
Our house made 8 oz sirloin beef burger charbroiled with crispy bacon & white cheddar	\$ 11
Parlour size your burger with double the beef	Add \$4

If any part of your dining experience is not to your satisfaction, please give us the opportunity to address any concerns.

LUNCH FEATURES

Start with our soup of the day or mixed green salad as an appetizer for \$4

Warm leek and C'estbon goat cheese tart with arugula salad \$ 13

Fish and chips, a generous portion of north Atlantic cod served beer battered and fried to perfection accompanied by fresh cut fries \$ 13

Shaking beef, Vietnamese beef stir fry with red onions, fresh watercress and served with steamed Jasmine rice with a lime dipping sauce \$ 14

Smoked local Lyndon Farms trout with a carrot salad, arugula and horseradish cream \$ 13

A large portion of our popular Caesar salad with fresh grilled chicken \$ 12

substitute jumbo shrimp add \$3

Our own Corned beef brisket with boiled new potatoes, sauerkraut, glazed carrots and local Van's of Delhi mustard \$ 15

Spicy Thai noodles with Stir fry vegetables in a coconut milk sauce \$ 11

add tofu, chicken or shrimp \$4

General Tsao with spicy marinated chicken served over a bed of asian noodles and stir fry vegetables \$ 14

Red Wine braised Short Rib Poutine with fresh vegetables, local Brights of Shakespeare old Cheddar and Mozzarella over our crispy fries \$15

HOUSE SALAD DRESSINGS

We are pleased to offer the following salad dressings all prepared in house.

Soya-Balsamic, House made Russian, our French vinaigrette or our popular creamy roasted cumin and orange

Thanks to our local producers

C'estbon Cheese Limited in an on-farm family run business located in St. Mary's Ontario "Old world Quality from new world artisans."

Bright's cheese of Shakespeare, Ontario is a manufacturer of local cheese since 1874. Retail outlet on Huron Street, Shakespeare

Neubrand Country Produce is a family run farm owned and operated by Laurie & Karl Neubrand of Monkton.

Lyndon Fish Hatcheries was founded in 2000. Lyndon Fish Hatcheries is a family business with two sites in Ontario. The hatchery specializes in rainbow trout and Artic char, both of which are raised and sold to restaurants and the general public.

Van's of Delhi Mustard is a local recipe from the family of Jane Scheel of Delhi, which Jane used when she owned and operated a local deli.