



SEASONED

RESTAURANT

GF = gluten free, DF = dairy free, V = Vegetarian

APPETIZERS

SOUP OF THE DAY 9

LEEK & RICOTTA RAVIOLI 12

*creamy leek filling, parmesan chip,
onion consommé. (V)*

PEAR & MOZZARELLA 14

*white wine & saffron poached pear, fresh
mozzarella, spiced pistachio, arugula pesto,
honey. (V, GF)*

ITALIAN MEATBALLS 13

*seasoned ground beef & pork, slow roasted
tomato sauce, parmesan, house-baked
focaccia bread.*

GRILLED OCTOPUS 15

*braised radicchio, semolina gnocchi crouton,
celery root, romesco sauce.*

YUKON GOLD FRITES 6

*hand cut Yukon gold potato, chipotle aioli.
(V, GF, DF)*

SALADS

ARUGULA SALAD 10

*fresh mushroom, lemon vinaigrette,
parmesan *, black pepper.
(GF, V, *DF/Vegan optional)*

CAESAR SALAD 12

*house-made caesar dressing, roasted garlic
croutons⁺, bacon *, parmesan.
(*V optional, *GF optional)*

MAINS

STEAK FRITES

*charcoal grilled steak, hand-cut Yukon gold
potato, grilled spring onion, herb butter *.
(GF, *DF optional)*

- 10 oz. striploin 39
- 8 oz. flatiron 34

DUCK BREAST 28

*herb spaetzle, sautéed napa cabbage, golden
beets, cranberry mostarda.*

SHORT RIB 32

*braised beef short rib, sweet pea orzo, asparagus,
confit pearl onion, paprika sugo. (DF)*

GRILLED TROUT 26

*Ontario rainbow trout, asparagus, zucchini,
french lentils, caper & dill beurre blanc. (GF)*

PORK TENDERLOIN 24

*creamy leeks, fondant potato,
sautéed mushroom, french green beans,
mustard crème fraiche. (GF)*

THE BURGER 18

*7 oz. beef or black-bean vegan patty, sesame
bun, lettuce, tomato, caramelized onion.
(choice of fries, arugula salad, or daily soup)*

- add swiss cheese +1, add bacon +1
- substitute gluten-free/vegan bun +1.50

MUSSELS 17

*West Avenue cider, chili, garlic, parsley, cream,
house-baked sourdough crostini *. (*GF optional)*

PASTA POMODORO 23

*hand-made orecchiette pasta, blistered cherry
tomato, basil, fresh mozzarella, olive oil,
toasted bread crumb. (V)*