

SUMMERFRESH FLAVOURS



SALADS

Arugula, Watermelon & Feta Salad

Light and simple but so good...

Baby arugula tossed with chopped walnuts, watermelon and goat cheese.
Finished with a balsamic vinaigrette and fresh basil. **11.95**

Strawberry & Goat Cheese Arugula Salad

Baby arugula tossed with fresh sliced strawberries, sunflower seeds,
goat cheese and finished with a lemon basil vinaigrette. **13.95**

Caribbean Shrimp & Grapefruit Salad

Caribbean style grilled shrimp on a bed of mixed greens with fresh avocado,
pineapple, grapefruit wedges, chives, pumpkin seeds and cherry tomatoes.
Finished with a mango rum dressing. **14.95**

Chicken Waldorf Salad

A true classic. Roasted diced chicken, chopped apples, raisins
and toasted walnuts tossed in a traditional cream dressing
and served on a bed of shredded lettuce. **14.95**



FLATBREADS

Chorizo & Mushroom

With house tomato sauce and Bothwell mozzarella. **13**

Chicken Alfredo

Diced, grilled chicken with creamy house alfredo sauce
and Bothwell mozzarella. **13**

Braised Short Rib with Basil, Leeks & Smoked Gouda

Smokey tomato sauce starts this delicious new flatbread pizza.
We add slow braised short ribs, with basil, leeks and then
baked with a Bothwell smoked Gouda cheese. **13**

Enjoy any Flatbread for only \$7.99 with
the purchase of any Summerfresh Salad!



M

The MET®