

Soups

Soups are made from fresh seasonal ingredients

CUP 4

BOWL (SERVED WITH FLATBREADS) 6

ADD TOAST 2.5

Also available in 1L containers for take away,
please ask your server.

Paninis

THE VEG 13

Grilled zucchini and peppers, tomato-basil
jack cheese, pesto, greens

WASABI TUNA 13

Wasabi mayo, tuna, tomato, greens

CAPRESE 14

Pesto, fresh mozzarella, balsamic spritz,
tomato, greens

BBQ TOFU 13

Bbq tofu, bbq vinaigrette, greens, tomato, crispy onions

MEDITERRANEAN 13

Black olive tapenade, grilled eggplant, oven
dried tomatoes, goat cheese, greens

Mains

GRILLED SALMON 18.5

Seasoned grilled salmon served with rice or
quinoa and a side green salad
with our house dressing

PENNE WITH PESTO OR ROSE 14

Served with a cup of soup or a side salad

MAC AND CHEESE 13

Classic macaroni with a cheddar and cream
sauce finished with a breadcrumb topping

SHAKSHUKA 14

3 eggs poached in spicy tomato
sauce served with toast

GREEN EGGS BY SAM 14

Green shakshuka: 3 eggs poached in a green
tomatillo and jalapeño sauce served with toast

QUICHE AND SALAD 12

Daily flavours available. Served with a side
green salad with our house dressing

GRILLED PIZZA 12

Grilled white or whole-wheat flatbread,
sauce and cheese
Includes 2 toppings (additional toppings +1)

PEARS AND BLUE PIZZA 14

Grilled flatbread with garlic butter, blue cheese,
walnut brittle and cheddar cheese

CLASSIC TUNA MELT 13

Grilled flatbread, mustard, tuna and
cheddar cheese

ITALIAN TUNA MELT 13

Grilled flatbread, pesto, tuna, fresh and grated
mozzarella, oven dried tomato

Salads

Add a scoop of tuna to any salad 2
Add a 4oz piece of salmon to any salad 6
Substitutions may incur additional charges

TOFU STEAK SALAD 2.0 13

Mixed greens, grilled tofu, portobello
mushroom, avocado, cherry tomato,
crispy onions, bbq vinaigrette

GRILLED PEAR SALAD 13

Mixed greens, grilled pear, walnut brittle, goat
cheese, honey mustard vinaigrette

HARVEST TWIST SALAD 14

Mixed greens, sweet potato, grilled pepper, feta,
toasted pumpkin seeds, balsamic vinaigrette

PANTRY CHOP CHOP 16

Choice of crab or tofu with corn, cherry tomato,
avocado, lettuce, cucumber, chickpea, cheddar
cheese, crispy tortilla strips with southwest chili
ranch vinaigrette or low fat sugar free herb
vinaigrette

SALMON NICOISE SALAD 16

Mixed greens, olives, tomato, cucumber, green bean,
hard-boiled egg, salmon, red wine vinaigrette

GREEN THUMB SALAD 15

Kale, greens, shredded carrot, broccoli, peas, dried
cranberries, chia seeds, hemp hearts, jalapeño dressing
or almond miso vinaigrette

OFF THE GRILL SALAD 18

Mixed greens, cedar plank grilled salmon, grilled
seasonal vegetables, lemon tahini dressing

**We reserve the right to substitute any
greens due to Kosher standards
resulting in short supply**

For the Table

SPRING ROLLS 7

Filled with cabbage and vegetables, served with
a sesame soy plum sauce (4)

SALMON DUMPLINGS 8

Fresh salmon seasoned with herbs and wrapped in a thin
dough served with a sesame plum dipping sauce (4)

NACHOS AND CHEESE 9

Tortillas covered in fresh salsa and cheddar
cheese, served with guacamole and sour cream

POTATO PEROGIES 7

Pillows of fried dough filled with potatoes,
served with sour cream (4)

GRAVLAX BOARD 9

Thinly sliced house-made cured fish garnished with
capers, served with toasts (6)

Signature Sandwiches

SAM'S GRILLED CHEESE 13

Pantry preserves, apple, camembert,
cheese on challah bread

PORTOBELLO 13

Grilled portobello mushroom, swiss cheese, dijon mayo,
tomato, greens, served on ciabatta or burger bun

"CRAB" CAKE 14.5

Homemade mock crab patty, spicy mayo, tomato,
greens, served on ciabatta or burger bun

FRESH SALMON BURGER 14.5

Homemade salmon patty, lime chili mayo, tomato,
greens, served on ciabatta or burger bun

Paninis and Sandwiches available in white/multigrain baguette (\$1)
or white/whole wheat wrap
Served with a side salad, cup of soup or fries

