

Welcome to The Rooms Café

Breakfast

Weekdays Until Noon

Saturday & Sunday all Day

Stuffed French Toast 22

Sourdough • Spiced Brown Sugar Cream Cheese • Bacon • Maple Syrup
Whipped Cream • Fresh Berries

Avalon Scramble 22

Fresh Scrambled Eggs • Cheddar • Green Onion • Bacon • Roasted Potatoes • Sourdough Toast

Breakfast Poutine 23

Spicy Sausage • Cheddar • Onions • Fried Egg • Roasted Potatoes • Buttermilk Aioli

Banana Split *Vegetarian* 19

Greek Yoghurt • Banana • Fruit Compote • Granola • Honey

Traditional Toutons 21

Pan Fried Bread Dough • Baked Beans • Bacon • Molasses

Breakfast Sandwich 20

Fried Egg • Cheddar Cheese • Bacon • Mixed Greens • Tomato
Roasted Red Pepper Ketchup • Roasted Potatoes

Starters & Salads

Mushrooms on Toast *Vegetarian* 18

Local Mushrooms • Cream • Garlic • Parmesan • Thyme • Sourdough Toast

Hummus *Vegetarian* 17

Roasted Garlic Hummus • Toasted Naan • Pickled Seasonal Vegetables

Bratwurst & Sauerkraut 20

Locally-Made German Sausage • Soft Pretzel • Caraway Sauerkraut
Grain Mustard • Gherkins

Cold Smoked Salmon 22

Atlantic Salmon • Red Onion • Dill Cream Cheese • Boiled Egg • Dark Rye

Cheese & Mushroom Flatbread *Vegetarian* 19

Local Mushrooms • Tomatoes • Mozzarella • Red Onions • Spinach • Fresh Tomato Sauce

Daily Soup 9.5

Made from Scratch Using Only the Finest Local Ingredients

East Coast Seafood Chowder 17

Root Vegetable Cream Stock • Fresh Cod • Local Baby Scallops & Ice Shrimp
Atlantic Salmon • Mount Scio Savoury • White Wine

Fruit & Nut Salad *Vegetarian* 17.5

Mixed Greens • Seasonal Berries • Candied Pecans • Red Onion • Raspberry Yogurt Dressing

Warm Root Cellar Salad *Vegetarian* 21

Honey Roasted Beets • Carrots • Turnips • Squash • Sweet Potatoes
Red Wine Braised Onions • Spinach • Goat Cheese • Sea Salted Pumpkin Seeds
Apple Cider Vinegar & Olive Oil Dressing

Chicken Caesar Salad 23

Roasted Chicken Breast • Romaine Lettuce • Bacon • Parmesan Cheese
Lemon • Garlic Crouton • House Made Dressing

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Sandwiches

Served on Grilled Bread with Choice of Daily Soup, Mixed Green Salad with Yoghurt Poppy Seed Dressing or Roasted Potatoes
or add Seafood Chowder for \$7.50
Sandwiches can be made with Gluten Free Bread

Grilled Chicken 23

Seasoned Chicken Breast • Bacon • Tomato • Spinach • Smoked Cheddar
Lemon Thyme & Rosemary Aioli • Grilled Sourdough

Bourbon & BBQ Pulled Pork 24

Carrot & Cabbage Slaw • Pulled Pork with Cheddar • Spinach • Crispy Onions
Sriracha Aioli Sourdough

Falafel Wrap *Vegetarian* 22

Spinach • Red Onion • Cherry Tomatoes • Chickpeas • Tzatziki • Flour Tortilla

Roast Beef & Cheddar Melt 24

Thinly Sliced Roast Beef • Red Peppers • Sautéed Onions
Cheddar Mornay Sauce • Toasted Baguette

Entrées

Traditional Salt Cod Cakes 23

Local Salt Cod Simmered in Milk • Rosemary • Savoury • Caramelized Onions
Potato • Grainy Mustard Aioli • Mixed Green Salad with Yoghurt Poppy Seed Dressing

Burger (Beef or Veggie) 26.5

Garlic Toasted Sesame Bun • Mozzarella • Miso Glazed Wild Mushrooms & Onions • Sriracha
Aioli • Lettuce • Tomato

*Choice of Mixed Green Salad with Yoghurt Poppy Seed Dressing,
Soup of the Day or Roasted Potatoes*

Seafood Stew 31

Atlantic Salmon • Local Cod • Shrimp & Scallops • Mussels • Fish Broth • Tomatoes
Carrot • Turnip • Onion • Celery • Fennel • Toasted Garlic Baguette

Cod & Scallop Linguini 30

Local Cod • Bay Scallops • Pesto • Cherry Tomatoes • Red Onions • Parmesan

Savory Stuffed Chicken 29.5

Mount Scio Savoury Dressing • Cranberry Reduction • Roasted Potatoes • Seasonal Vegetables

Wild Mushroom Stir Fry *Vegan* 25.5

Toasted Cashews • Red Peppers • Carrots • Red Onion • Maple Garlic Sauce • Basmati Rice

Mediterranean Cod Bake 27.5

Local Cod Fillets • Olives • Capers • Tomato Sauce • Parmesan
Marinated Artichoke Hearts • Roasted Potatoes

Duck Risotto 28.5

Duck Confit • Local Mushrooms • Spinach • Carrot • Parmesan • Arborio Rice

Kid's Menu *Ages 12 and under*

Served with Juice or milk 10.5

Grilled Cheese Sandwich with Carrot Sticks

Cheese Pizza with Fresh Tomato Sauce

Spaghetti with Cream or Tomato Sauce topped with Parmesan

Soft Pretzel with Cheese Dipping Sauce & Carrot Sticks