

WINE

SPARKLING	2.5oz	5oz	Bottle
Henry of Pelham Cuvée Catharine Brut	6.25	12.5	52
WHITE	3oz	6oz	Bottle
Henry of Pelham Pinot Grigio	4	8	25
Henry of Pelham Sauvignon Blanc	4	8	25
Cave Spring Riesling Dolomite	4.5	9	30
Cave Spring Chardonnay Musque Estate	5	10	35
Fielding Estate Pinot Gris	5.5	11	37
2027 Estate Chardonnay	5.75	11.5	40
RED	3oz	6oz	Bottle
Peller Estates Trius Merlot	4	8	25
Henry of Pelham Baco Noir	4	8	25
Trius Cabernet Sauvignon	4	8	25
Cave Spring Cabernet Franc Dolomite	5.25	10.5	36
2027 Estate Pinot Noir	5.75	11.5	40
ROSÉ	3oz	6oz	Bottle
Henry of Pelham Rosé	4	8	25

BEER & CIDER

DRAUGHTS	16oz	20oz
Amsterdam 3 Speed Lager (4.2%)	6.5	7.5
Amsterdam Big Wheel Amber (5%)	6.5	7.5
Amsterdam Boneshaker IPA (7.1%)	6.5	7.5
Amsterdam Space Invader IPA (6%)	6.5	7.5
Steam Whistle Pilsner (5%)	6.5	7.5
FLIGHTS		
You choose the beers; we pour three 5oz glasses per order		7
CANS		
Amsterdam Brewery (ask your server about featured cans)		7
Beau's Lug Tread Lagered Ale (5.2%) 473mL		7
Side Launch Wheat Ale (5.3%) 473mL		7
Wellington Imperial Stout (8%) 473mL		8
CIDERS		
Pommie Farmhouse (6.0%) 473mL		7

ASK YOUR SERVER ABOUT FEATURED WINES, CANNED BEERS, CIDERS AND DRAUGHTS.

Note: Actual calories of alcoholic beverages may vary; the addition of mixes will increase the calories of these beverages. Standard serving sizes are based on one drink as outlined in Canada's Low-Risk Alcohol Drinking Guidelines.

Standard Alcoholic Beverages	Standard Serving Size	Approximate Average Calories
Red Wine (12%)	1 glass (142mL/5oz)	130
White Wine (12%)	1 glass (142mL/5oz)	120
Regular Beer (5%)	1 bottle (341mL)	150
Light Beer (4%)	1 bottle (341mL)	100
Spirits (40%)	1 shot (43mL/1oz)	100





STARTERS

Soup of the Day (80-370 Cals)	5
Insalata Caprese (220 Cals)	5.5
Polpette (2 meatballs) (380 Cals)	5.5
Soup and Salad (200-370 Cals)	7.5

SALADS

Caesar with Creamy Caesar Dressing (500 Cals)	10
Greek with Greek Feta Dressing (440 Cals)	10
Arugula, Pear, Parmigiana & Walnuts with Tangy Dressing (370 Cals)	10
Add a grilled chicken breast to any salad (200 Cals)	5

BOARDS

Charcuterie & Cheese (710 Cals)	13
An assortment of dry-cured Longo's Prosciutto di Parma and cacciatore, 6-month aged Manchego (Spain) and Longo's double cream brie (Ontario) served with sun-dried black olives, fig spread and seasoned crostini.	
Charcuterie (460 Cals)	13
An assortment of imported and domestic dry-cured specialty meats including Longo's Prosciutto di Parma, Curato salame Piacentino D.O.P., cacciatore and dry-cured beef bresaola served with Parmigiano-Reggiano, sun-dried black olives and seasoned crostini.	

SANDWICHES

Sandwich served on a baguettini with your choice of a side spring greens salad (120 Cals) or soup of the day (80-370 Cals).	
Chicken Club (770 Cals)	13
Grilled chicken breast, bacon, sliced avocado, tomatoes, spring greens and mayo.	
Vegetarian (470 Cals)	12
Grilled eggplant, zucchini, onions and peppers topped with crumbled goat cheese and a balsamic glaze.	

BURGERS

Fresh made in-store, never frozen Ontario AAA beef raised without the use of added hormones, aged 21 days, and served on a brioche bun with your choice of a side spring greens salad (120 Cals) or soup of the day (80-370 Cals).



The Traditional (520 Cals)	12
Topped with spring greens, tomatoes, red onions and pickles.	
Mushroom Swiss (690 Cals)	13
Topped with sautéed mushrooms and Canadian Swiss cheese.	

WINGS

Chicken wings tossed pub style with your choice of sauce (Longo's Buffalo, Sweet & Spicy, Korean, or Maple Habanero) and served with ranch dip and veggies.

Plain Glazed or Breaded Wings (980-2,170 Cals)	14
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10" STONE OVEN PIZZAS

Create Your Own (620-1,340 Cals)	12
Stone oven pizza crust (500 Cals) with your choice of one sauce, one cheese and three toppings.	

Sauces

Longo's Pizza Sauce (20 Cals), basil pesto (120 Cals) or olive oil (45 Cals)

Cheeses

shredded mozzarella (180 Cals), asiago (70 Cals), cheddar (120 Cals) or crumbled goat cheese (80 Cals)

Toppings

artichokes (10 Cals), bacon (100 Cals), chicken breast (20 Cals), grilled eggplant (25 Cals), grilled zucchini (15 Cals), Italian salami (70 Cals), Italian sausage (40 Cals), mushrooms (15 Cals), olives (130 Cals), onions (30 Cals), pepperoni (130 Cals), pineapple (40 Cals), roasted peppers (15 Cals) or steamed rapini (20 Cals)

Add additional topping (10-130 Cals)	1.25
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Margherita (1,120 Cals)	12
Fior di latte, pomodorino sauce and basil, drizzled with olive oil.	

Calabrese (810 Cals)	12
Shredded mozzarella, soppressata salami, roasted red peppers, red onions and Longo's black pitted olives.	

Quattro Stagioni (810 Cals)	12
Shredded mozzarella, genoa salami, mushrooms, artichokes and Longo's black pitted olives.	

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.