

# LUNCH

## SOUPS & SALADS

**Niçoise Salad** sashimi-grade yellow fin tuna tataki encrusted in coriander and cumin, quail eggs, green beans, potatoes, olives, cherry tomatoes, red onion 16

- ⓧ **Zucchini Noodles** crunchy zucchini, kalamata olives, capers, fresh tomato 10
- ⓧ **Toasted & Smoked Tomato Soup** homemade, using Ricarda's secret recipe 11
- ⓧ **Southern French Vegetable Soup** with pesto, parmesan (*contains pine nuts*) 11
- Crab Bisque** crab claws and crab meat, pistou, brandy, prosecco 14

## Create your own salad 11

Build your custom salad by making a selection from each category

### LETTUCE (choose two):

frisée, arugula, baby spinach, baby kale, mixed lettuce, homemade slaw, baby gem

### VEGETABLES (choose two):

each additional choice \$1.50

cherry tomatoes, pickled beetroot, cucumber, grapes, green beans, green asparagus, zucchini, carrots, fingerling potatoes, roasted peppers, watermelon, shallots, mushrooms, broccoli, avocado, brussels sprouts, fava beans, peas

### DRESSINGS:

balsamic, honey-lime, yoghurt & mint, orange & ginger flavoured caesar, champagne vinaigrette

### NUTS, FRUIT & SEEDS (choose two):

each additional choice \$1.90

pistachios, walnuts, almonds, pumpkin seeds, dried apricots, dried cranberries, dried figs

### PROTEIN (add \$4.75):

prosciutto di parma, tuna tataki, smoked chicken, poached salmon, grilled chorizo

### CHEESE (add \$2.50):

feta, mozzarella, swiss, manchego, gorgonzola, pecorino

## HEALTHY BOWLS <550 CALORIES

- ⓧ **Spring Quinoa Salad** cucumber, cherry tomatoes, roasted peppers, olives, raisins, oranges, almond flakes, green onion, fresh mint, lemon juice, olive oil 12
- ⓧ **Israeli Couscous Mix** zucchini, carrots, shallots, mixed peppers, sundried tomatoes, chives, orange-honey vinaigrette 12
- ⓧ **Mixed Bean Salad** white beans, red kidney beans, fava beans, corn, green peas, walnuts, parsley, sundried tomato vinaigrette 12
- ⓧ **Green Lentil & Chickpea Salad** cucumber, shallots, celery, cherry tomatoes, carrots, chia seeds, sesame, grape seed oil, citrus vinaigrette 12

**add Your Choice of Protein\* (choose one) 4.75**

prosciutto di parma, tuna tataki, smoked chicken, poached salmon or grilled chorizo



low in carbs



high in protein



high in dietary fibre



healthy fats

## HOMEMADE PASTA

**Buffalo Mozzarella Lasagne** with bolognese ragu (*contains pork*) 17

**Spaghetti & Meatballs** with homemade meatballs of veal, pork and beef 16

**Pappardelle** with slow-cooked beef and sautéed spinach, topped off with parmigiano-reggiano cheese 16

**Lobster Linguine** double smoked bacon, saffron cream, manchego cheese 19

**Spaghetti Vongole** with clams in white wine-pernod sauce 15

- ⓧ **Mushroom Linguine** mixed wild mushrooms, marsala cream sauce 18

## MAINS

**Lamb Burger** swiss cheese, caramelized onions, tomato mayonnaise, romaine lettuce, served with hand-cut fries 18

- ⓧ **Vegetarian Burger** creamy manchego corn patty, swiss cheese, red and green pepper jam, served with hand-cut fries 17

**Grilled Sirloin Steak** (7oz) mustard gelato, salsa brava, green beans, shoestring fries 24

**Sous Vide Salmon** served crispy skin on, calamaretti-salicorne-tomato risotto 19

**Branzino Filet** served crispy skin on, israeli couscous, sautéed vegetables, basil oil 25

**Chorizo Frittata** spicy red chorizo, pumpkin, kale, piquillo pepper, arugula, shallot & cherry tomato salad (*contains pork*) 14

**Prawn & Saffron Risotto** king prawns, fava beans, pecorino cheese 17

## DESSERTS

**Ricarda's Tiramisu** in chocolate spiral 8

**Rizogola** warm lemon cinnamon rice pudding, sesame seed cannoli, citrus rose water semifreddo 7

**Chocolate Ricotta Tart** fresh orange pomegranate salad, cardamom & orange flower water 9

**Warm Almond Cake** roasted pear & saffron cream (*gluten free*) 9

## STARTERS & SMALLER PLATES

**Grilled Shrimp** whole shrimp served head and tail on, tomatillo salsa, chargrilled with lemon butter, citrus aioli 16

- ⓧ **Burrata** fresh Ontario burrata, buttered beetroot, vincotto, crispy rosemary 17

**Diver Scallops** pan-roasted, parsnip purée, crispy capers 20

**Red Snapper** citrus and mint-cured for 24 hours, pickled radish 15

**Chicken Shish** yoghurt-marinated, mint, lemon zest, smoked paprika, pita crisps, hummus 14

**Crostini Trio** prosciutto di parma, shrimp, burrata 8

- ⓧ **Halloumi** skewered, grapes, toasted almonds, vincotto, homemade pickles 8

**Ham & Cheese Croquetas** with smoked paprika aioli 11

- ⓧ **Manchego & Corn Fritter Balls** with raspberry coulis 11

## FLATBREADS

- ⓧ **Milano** mixed mushrooms, artichoke, chard, pecorino, truffle oil 17

**Orbetello** prosciutto di parma, figs, brussels sprouts, walnuts, gorgonzola 18

**Toulon** duck sausage, 'nduja, sliced potato, red onion, egg, rosemary, stracciatella 18

- ⓧ **Patras** broccoli, leeks, olives, goat cheese, kale-pistachio pesto, warmed honey 16