WHAT'S FOR LUNCH?

Lunch menu is available Monday to Friday 11am-4pm

Perfect for lunch-sized appetites, these items can be brought to you in a hurry, but please feel free to choose anything from our main menu. Not available in conjunction with any other offer or promotion.

STARTING AT \$999

Chicken Broccoli Alfredo

Chicken and broccoli, sautéed with bell peppers and tossed with fettuccine and Alfredo cream sauce. 11.99

Nonna's Lasagna

Our homemade, heaping portion of lasagna layered with noodles, zesty meat sauce and a three-cheese blend of Parmesan, mozzarella and cottage cheese. 12.99

Chicken Carbonara

Fettuccine with grilled chicken, bacon, mushrooms and green onion in a Parmesan cream sauce. 11.99

Penne Rustica

Italian sausage, bell peppers, red onion, mushrooms and tomatoes in a tomato basil sauce topped with crumbled feta cheese. 9.99

Asian Pasta Toss

Golden grilled chicken, crisp vegetables and roasted cashew nuts tossed with thin spaghetti noodles in our own oriental sesame sauce. 11.99

Spaghetti & Meatballs

Our made from scratch meatballs are tossed together with spaghetti noodles in our hearty Bolognese sauce. 10.99

Vegetable Primavera

Linguine noodles with broccoli, peppers, mushrooms, red and green onions in a creamy pesto sauce. 9.99

Quesadilla & Salad

A baked flour tortilla with chicken, cheese, tomato, sweet peppers and green onion. Served with Caesar salad or upgrade to Caprese, Spinach or Greek salad for \$1.99. 13.99

Pizza & Salad

A fresh Caesar salad surrounded by a 6" stone fired pizza. Choose from Classic Canadian pizza or Margherita. Upgrade to Caprese, Spinach or Greek salad for \$1.99.

Frank's Trio

Half a clubhouse wrap filled with chicken, bacon, lettuce, tomato, cheese and mayo, served with a cup of our own hearty Italian sausage soup and a Caesar salad. Upgrade to Caprese, Spinach or Greek salad for \$1.99.

Buffalo Chicken Caesar Wrap

A floured tortilla filled with breaded boneless chucks of chicken tossed in our buffalo sauce and our classic mix of Caesar salad.

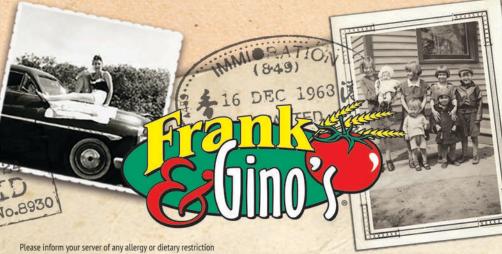
Served with seasoned fries. 13.99

Donair Sandwich

Gino's spiced donair meat piled on a garlic loaf with onions, tomatoes, sweet garlic sauce and mozzarella cheese. Served with seasoned fries. 10.99

The Herbivore

Grilled Impossible Burger patty with tomato, spring mix, red onion and creamy chipotle ranch sauce. Served with seasoned fries. 13.99



and we will do our best to accommodate your needs.

Prices do not include tax. Trademark of Grinner's Food Systems Limited, used under license. August 2024



WET YOUR WHISTLE

Italian Sodas

Sparkling water with your choice of sweet syrup. Ask your server for our current selection. **4.95**

Blueberry Ginger Julep Blueberry juice, ginger beer, lime juice and mint. 4.95

Juices

Orange, apple, tomato, Clamato, pineapple or cranberry. 2.45

The Lemonade Stand

Choose from strawberry, peach, violet or blueberry Lemonade. 4.95

Bottomless Soft Drinks

Ask your server for our current selection.

Bubly

Ask your server for our current selection. 3.95

Sparkling or Still Water

Ask your server for our current selection.

Red Bull

Ask your server for our current selection.

Non-Alcoholic Beer & Wine

Ask your server for our current selection. 4.45

Propeller Brewing Co. Ginger Beer 4.45

THE COFFEE BAR

ADD A FLAVOUR SHOT FOR \$1 ASK YOUR SERVER FOR OUR CURRENT SELECTION

Coffee

Espresso Single 2.95 Double 3.95

2.45 Regular & Decaf

Latte 4.45

Cappuccino 4.45

Café Mocha 4.45

Americano 3.45

Flat White 3.75

Hot Chocolate 2.75

Tea. 2.45

