

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 \$9.99

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. **11.99**

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. **11.99**

Buffalo Chicken Caesar Wrap

A floured tortilla filled with breaded boneless chunks 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**





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. **3.45**

Bubly

Ask your server for our current selection. **3.95**

Sparkling or Still Water

Ask your server for our current selection. **3.95**

Red Bull

Ask your server for our current selection. **3.45**

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

Regular & Decaf **2.45**

Espresso

Single **2.95** Double **3.95**

Cappuccino 4.45

Latte 4.45

Americano 3.45

Café Mocha 4.45

Flat White 3.75

Hot Chocolate 2.75

Tea 2.45

Specialty Tea

Ask your server for our current selection. **2.95**

