

AVENUE

EATERY & CAFE

ME NU

EST. 2020

STARTERS

CAPRESE SALAD STACK 18

Tomatoes, fresh mozzarella, basil, balsamic reduction, served on baguette

AVOCADO SPREAD 11

Smashed avocado spiced with salt, pepper, and lemon juice, on a toast

FRIES 7.5

Yukon gold fries or sweet potato fries

CHICKEN WINGS 14

Your choice of bbq sauce, soy sauce, hot sauce or salt & pepper

MEXICAN TACOS (3PCS)

Lettuce, cabbage, tomatoes, guacamole, chipotle, sour cream, white or corn tortilla, and your choice of:

- chicken 13
- shrimp 14
- steak 16
- add side of salsa 2.5

SUPREME NACHOS 18

Tortilla chips, cheddar and Monterey jack cheese, tomatoes, black olives, jalapenos, peppers, salsa + sour cream

- add cubed chicken breast 6
- add ground beef 6
- add side of guacamole 4
- add extra side of salsa 2.5
- add extra side of sour cream 2.5

STEAK BITES 14.5

7oz flat iron steak, cut in cubed sizes, cooked in garlic, butter, chilly flakes, seasoned with parsley

SOUPS

House made daily, served fresh with toasted baguette

SOUP OF THE DAY

Please ask your server for today's soup special

BLOODY MARY 11

Tomatoes, onion, garlic, carrot, red wine vinegar, Tabasco sauce

CHICKEN STEW 12

Chicken, green peas, tomatoes, onions, carrot, celery, potatoes

GREENS

GARDEN SALAD 8/14

Iceberg lettuce, romaine, spinach, cherry tomatoes, carrots, cucumbers, radish

CEASAR SALAD 8/14

Romaine, croutons, parmesan

ARUGULA & PROSCIUTTO 9/16

Arugula, prosciutto, shaved parmesan

EVERYTHING SALAD 9/16

Spring mix, kale, pecans, cherry tomatoes, carrots, avocado, boursin cheese

QUINOA SALAD 9/16

Quinoa, chickpeas, cucumber, bell pepper, onion, cherry tomatoes, parsley

ADD TO YOUR GREENS

- seared tuna, 6oz 8
- grilled salmon, 8oz 10.5
- grilled chicken, 6oz 6
- grilled flatiron Steak, 7oz 10.5

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BREAKFAST BURGERS & SANDWICHES

AVENUE'S BREAKFAST BURGER 15

Bacon, egg cooked to your choice, lettuce, tomatoes, cheese, beef patty

WESTERN SANDWICH 13

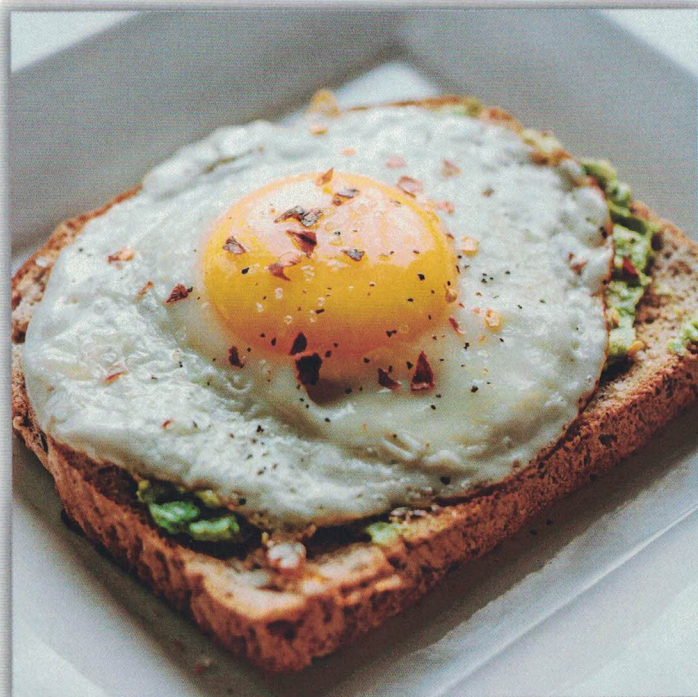
Ham, onions, red peppers, cheddar cheese, served on toast

AVOCADO BACON ON A BAGEL 16

Avocado, bacon, egg cooked to your choice, cheese, beef patty, bagel of your choice

MAPLE BACON BURGER 16

Bacon, egg cooked to your choice, cheese, arugula, beef patty, maple syrup, whole grain dijon mustards, English muffin



BREAKFAST SIDES

TWO EGGS 3.5

SIDE OF MEAT 4.5

FRENCH TOAST 8

PANCAKES 8 - add blueberries or chocolate chips 2

POTATO WEDGES 6

FRUIT BOWL 7

CROISSANT 3.5

REGULAR TOAST 2 - MULTIGRAIN TOAST +1 - GLUTEN FREE TOAST +1.5

REGULAR BAGEL 2.5 - MULTIGRAIN BAGEL +.5 - GLUTEN FREE BAGEL +1 - add cream cheese 2

FRESH BAKED MUFFIN 5 *Please ask your server for available flavours*

YOGURT PARFAIT 8 Greek yogurt, fresh berries, granola

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MAINS

Substitute fries with house salad
Add small salad

2
4

CLASSIC BURGER

17

served with Yukon gold fries
Beef patty, bacon, lettuce, tomatoes, cheddar or swiss cheese, sautéed onions, and mushrooms

CRUNCHY COLESLAW BURGER

18

served with Yukon gold fries
Beef patty or grilled chicken breast, cheese, coleslaw made with red cabbage, green cabbage, carrots, mayo, Dijon mustard

CHIPOTLE GRILL CHICKEN

16

served with Yukon gold fries
Chipotle sauce, avocado, bocconcini cheese, grilled chicken breast

SPICY CAJUN BURGER

19

served with Yukon gold fries
Beef patty or grilled chicken breast, aioli mayo, dijon mustard, cheddar or swiss cheese, lettuce, tomatoes, cucumbers, onion, hot banana peppers

FISH & CHIPS

22

served with Yukon gold fries and coleslaw
2 pieces of fresh cod dipped into batter, your choice of deep fried or pan fried

STEAK FRITES

24

served with Yukon gold fries
7oz flat iron steak grilled to your choice, topped with garlic mushrooms

PISTACHIO CRUSTED SALMON

24

Baked salmon topped with crusted pistachio, serviced with mashed potatoes or rice and seasonal vegetables

MAC & CHEESE

15

Penne, ham, heavy cream, mozzarella, cheddar and breadcrumbs

LAMB CHOP

22

2 pieces of tender lamb chops topped with mustard thyme sauce, served with mashed potatoes or rice and vegetables

BUTTER CHICKEN

21

Tender chicken breast cut up into pieces, cooked in homemade tomato sauce and heavy cream, served with basmati rice and seasonal vegetables

STEAK DINNER

25

7oz Flat iron steak grilled to your choice topped with sauteed mushrooms and onions, served with mashed potatoes and seasonal vegetables
- add garlic butter shrimp

7

PIZZAS

MARGHERITA PIZZA

15

Tomato sauce, mozzarella, tomatoes, fresh basil

PROSCIUTTO & ARUGULA PIZZA

19

Tomato sauce, mozzarella, prosciutto, shaved parmesan, arugula



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SANDWICHES & WRAPS

Add fries or soup 2.5
Add salad 3.5

CHICKEN SALAD SANDWICH OR WRAP 9

Chicken, celery, green onions

EGG SALAD SANDWICH OR WRAP 8

Eggs, celery, green onions

PROSCIUTTO ON A CIABATTA BUN 10

Prosciutto, arugula, shaved parmesan and mozzarella

CHICKEN BLT AVOCADO 12

Chicken, bacon, avocado, lettuce, tomatoes, cucumber, onion, croissant

SMOKED SALMON EGG SALAD 13

Smoked salmon, eggs, green onions, spinach, croissant



DESSERTS

BANANA SPLIT 10

1 scoop each of chocolate, vanilla and strawberry ice-cream, whip cream, chocolate syrup and pecans
- Make it a milkshake +1

TRIPLE CHOCOLATE BROWNIE 6 - Make it an a la mode +2

GOLDEN PECAN TART 6

CUPCAKES 5

TURTLE CHEESECAKE 8

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DRINK MENU

SMOOTHIES

METABOLISM BOOSTER 10.5

Spinach, kale, orange, banana, lemon, ginger and almond milk

BERRY POWER 10

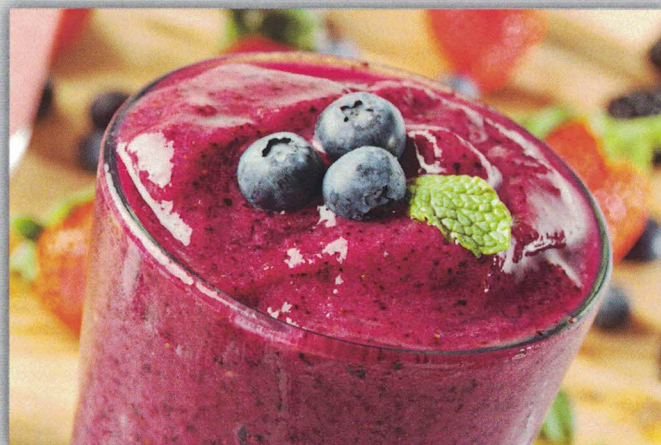
Strawberry, blueberry, blackberry, raspberry, yogurt

POWERHOUSE 11

Spinach, banana, apple, hemp seeds, oats and almond milk

MANGO LASSI 9

Mangoes, yogurt, honey and milk



NON-ALCOHOLIC BEVERAGES

POP 2.5

Pepsi, Diet Pepsi, 7-Up, Ginger Ale & Iced Tea

BOTTLED WATER 3

SPARKLING WATER 4.5

JUICE 3.5

Orange, Apple, Tomato

CLAMATO JUICE 4

TEA 3

Regular Orange Pekoe, Green Tea, Peppermint Tea, English Breakfast, Earl Grey, Rooibos

COFFEE 3

CAPPUCCINO *make it with soy or almond for additional \$1*

Small 4 Large 6

LATTE *make it with soy or almond for additional \$1*

Small 4 Large 6

AMERICANO

Small 3.5 Large 4.5

ESPRESSO

Single shot 2.5 Double shot 3.5



CHAI TEA 5

CHAI LATTE

Small 4 Large 6

MOCHA

Small 4 Large 6

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DRINK MENU

ALCOHOLIC BEVERAGES

BEERS ON TAP (16OZ)

Molson Canadian 7
Alexander Keith's, Stella Artois, Rickard's Red 8

BOTTLED BEER

Molson Canadian, Budweiser, Kokanee, Blue 6
Alexander Keith's, Stella Artois, Rickard's Red, Heineken, Corona 7

WINES (6OZ/BOTTLE)

Pinot Noir, Merlot, Malbec, Shiraz, Cabernet Sauvignon 8/32
Pinot Grigio, Sauvignon Blanc, Chardonnay 8/32

HIGHBALLS (1.5OZ LIQUOR)

Seven & Seven, Rum & Coke, Scotch & Soda, Vodka & Orange Juice 8

CEASAR (1.5OZ LIQUOR)

Vodka, Clamato Juice, Soy Sauce, Tabasco Sauce, Worcestershire Sauce, Celery, Lime 10

