



SOUPS, SALADS & SNACKS

Feature Soup 6
chef's daily creation

Chef Michael Smith's Chowder 16
lobster, PEI mussels, scallops, whitefish & bacon

Express Caesar Salad 12
romaine, garlic cream, house bread, parm & prosciutto
add chicken breast, salmon or shrimp for **8 each** to any salad

Express Greens Salad 12
crisp mixed salad w/ vegetables, sundried tomatoes, pea shoots
& balsamic reduction

Roasted Beet Salad 13
roasted beets, arugula, goat cheese, pecans & maple dressing

Roasted Quinoa Salad 14
chickpeas, kale, spring mix & vegetables
w/ creamy garlic dressing

Vegetarian Spring Rolls 9
w/ sweet chili sauce

Jamacian Jerk Wings 14
spicy jerk wings finished on char grill

Mushroom & Tomato Bruschetta 12
tomato, wild mushrooms, avocado, parmesan & onion on crostini



ASK ABOUT OUR CHEF'S FEATURES



Omelette of the day w/ fries or salad 16

Chef's Lunch Box 19
w/ choice of soup, salad or fries & mini dessert



EXPRESS LUNCH ITEMS

Steamed PEI Mussels 15
steamed w/ Niagara sauvignon blanc, leeks, peppercorns, dill

Blue Crab & Shrimp Cakes 17
mango & red pepper salsa & chipotle aioli

Grill 41 Burger 18
8oz CAB ground chuck, prosciutto, house bun,
white cheddar & chipotle aioli

Chicken Burger 17
grilled chicken breast, avocado, tomato, mushrooms,
cheese & chipotle aioli

Falafel Wrap 16
falafel, kale, chickpeas, vegetables & garlic sauce in a wrap

Smoked Meat on Rye 17
Montreal smoked meat w/ mustard on light rye

Salmon & Shrimp Taco 19
sautéed shrimp & salmon in a tortilla wrap w/
shredded carrot & cabbage

Chow Mein 16
sautéed vegetables in stirfry sauce w/ chow mein noodles
add chicken or shrimp for **8 each**

Crispy Fish & Chips 17
Daily catch in crisp batter w/ house fries, fennel slaw & aioli

PASTAS & PIZZAS

Gluten Free Penne Pasta 19
artichokes, roasted peppers, olives, spinach, fresh herbs
& extra virgin olive oil

Ziti & Meatballs 19
Nona's secret pasta & meatball recipe

Margherita Pizza 14
mozzarella, basil, tomato & sauce

Italian Pizza 14
sausage, pepperoni, mushrooms, hot peppers & cheese

