

Beginnings

Soups

Tomato Basil Cream
Daily Choice

Bowl \$5.75 Cup \$4.50
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Salads

Honey Greens

With tomatoes, carrots, Spanish onions, artichoke hearts and a red wine honey vinaigrette

Full \$8.25 Half \$5.25

Raspberry Spinach Salad

Topped with spiced pecans, caramelized onions, Feta and a cracked peppercorn raspberry vanilla vinaigrette

Full \$9.50 Half \$6.25

Dish Caesar

Romaine, asiago, herb croutons, smoked bacon and focaccia spears
* with grilled chicken

Full \$9.50 Half \$6.25
add \$3.50

Dijon Chicken on Greens

Dijon marinated breast of chicken on mixed greens with tomatoes, carrots, Spanish onions, artichoke hearts and a roasted red pepper dressing
*grilled portobello mushroom can be substituted for chicken

Full \$11.25

Spicy Beef on Greens

Chili and garlic marinated beef flank steak on mixed greens with tomatoes, carrots, Spanish onions, artichoke hearts and a fresh herb citrus vinaigrette.
*grilled portobello mushroom can be substituted for beef

Full \$11.50

Lighter Fare & Good to Share

Stuffed Baked Brie

A pesto and brie stuffed sourdough crueller oven baked and served with honey greens

\$11.75

Pear & Cambazola Triangles

Oven baked on flatbread with caramelized red onions served with honey greens

\$12.25

Risotto Cakes

Asiago and spinach risotto cakes stuffed with goat cheese and served on a fresh tomato salad

\$11.75

Artichoke Lemon Pesto Dip

A fresh lemon, artichoke and parmesan pesto whipped with cream cheese served with a variety of toast points and olives

\$11.50

We have a second kitchen for catering... ask for a **The Runaway Spoon** Catering Menu

Big Bistro Sandwiches

Served with soup or honey greens. Substitute spinach or Caesar salad for \$1.25.
Multigrain available upon request.

Swiss Shrimp Melt \$11.75

Oven baked with a dill mayo, red onions and Swiss cheese
- served open-faced on a German bun

Mango Curry Chicken Wrap \$11.50

Grilled chicken with a curried mango chutney,
spinach and tomatoes in a roma tomato flat wrap

Grilled Portobello and Brie \$11.25

With roasted red peppers, caramelized onions
and a chipotle mayo on focaccia

Ham and Gouda \$11.25

With a raspberry aioli - served warm on multigrain

Our Entrees

Roast Lemon Chicken \$15.75

A Feta crusted chicken supreme, oven baked and finished with a light lemon
fresh herb sauce - served with rice pilaf and seasonal vegetables

Gourmet Mac and Cheese \$13.75

Oven baked pasta with gouda, asiago and cheddar and
a parsley garlic butter crumb topping. - served with Caesar salad

Rustic Lamb Stew \$15.50

Seared Alberta lamb, roma tomatoes, carrots and potatoes in
a rosemary white wine stew served with a weggli bun

Deep Dish Sweet Potato Shepherds Pie \$13.75

Slow cooked beef and vegetables topped with a layer of
whipped sweet potatoes - served with honey greens

Crab Cakes \$16.25

Three crispy oven baked crab cakes with a mango coulis
served with rice pilaf and seasonal vegetables
*Can be served on a full spinach salad with a mango vinaigrette

Wild Mushroom and Feta Pasta \$14.25

Wild mushrooms and Feta in a rosemary cream on pasta topped
with freshly grated asiago - served with focaccia toast points

Gluten Friendly Items Available – Please ask for a menu.
A 15% gratuity will be added to parties of eight or more.