

The Sun Room Restaurant

Lunch Menu

Lunch Appetizers, Salads and Soups

Soup du jour 7

Our chef's local vegetarian creation

Bruschetta with C'est Bon Chevre 8

5 pieces of The Butcher The Baker olive and oregano sourdough grilled with pesto butter

Calamari 9

Served crispy with chipotle mayo and lime

Crispy Spring roll 7

Served with sweet chili soy dipping sauce

Caesar salad 8.50

A creamy recipe with lots of local garlic and a bit of a bite-
Served with bacon and our own croutons

Asian salad 8.50

Shallot Hill organic greens tossed in sweet sesame vinaigrette-
Served with mandarin oranges, pickled ginger, cucumber, cherry tomatoes, bean sprouts
and root vegetable chips

With warm stir fry chicken 4

Sweet potato frites with aioli 6.50

Simple, local and delicious

Organic Quinoa Salad 8.50

Honey citrus vinaigrette, Shallot Hill organic greens. Served with house made grilled flatbread.

Add shrimp 4.50

We proudly support local farmers, producers and artisans

Gratuity of 15% will be added to tables of 8 or more

Separate checks ~ no problem just ask

Owners ~ Carly and Ryan Flanagan

Chef ~ Jeff Freeland

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Lunch Entrees

Scallops and Grilled Asparagus 15

Seared scallops with grilled asparagus, Shallot Hill organic greens, a trio of mushrooms and caramelized onions

Fish and chips 10

Stratford Pilsner battered haddock loin
Served with Yukon gold frites

Seafood Stew 17

Fresh halibut, little neck clams, shrimp, baby leeks, oyster mushrooms, fingerling potatoes and arugula simmered in a light seafood, saffron broth

Black Angus Burger 12

House made local strip loin burger topped with bacon and aged cheddar
Served with sweet potato frites and aioli

Lentil patties 12

Red lentil patties with roasted red pepper relish, black olive aioli and arugula on home grilled flat bread
Served with sweet potato frites and aioli

Ruben Sandwich 10

Steamed corned beef with sauerkraut and swiss cheese, chipotle mayo on toasted The Butcher The Baker dark rye

Add a caesar, asian salad or fries 3

Add Sweet potato fries 4.50

Smoked salmon club 12

Salmon salad, smoked salmon, bacon, basil mayo, lettuce and tomato on The Butcher The Baker sundried tomato bread.

Add a caesar, asian salad or fries 3

Add Sweet potato fries 4.50

Stir fry

Served with lots of vegetables and your choice of coconut basmati rice, thin, soft chow mein noodles, or wide soft rice noodles
Choose from the selection below:

Tofu 12

Chicken 12

Steak 12

Shrimp 13

Combo (any 2) 14

Szechuan Noodles

Served with lots of vegetables, thick shanghai noodles in a medium spiced peanut sauce
Choose from the selection above