



Shallows Restaurant

Lunch Menu

Starters

<i>Soup du Jour</i>	3.95
<i>French Onion Soup au Gratin</i>	5.75
<i>Shrimp Cocktail Martini</i>	7.95
<i>Seasonal Fruit Platter with cottage cheese</i>	10.95
<i>Classic Caesar Salad</i>	5.25
	<i>With Grilled Chicken</i> 9.25
	<i>With Grilled Prawns or Scallops</i> 13.95
<i>Organic Greens with Herbed Vinaigrette</i>	3.95
<i>Smoked Duck on Spinach & Orange Salad</i>	9.95
<i>Thai Chicken Salad</i>	10.95

Sandwiches

<i>Southway Clubhouse</i>	8.95
<i>Croque Monsieur</i>	8.50
<i>Ham & Swiss Cheese on pumpernickel French toast. Served with Salad</i>	
<i>Shrimp Salad on an open-faced croissant</i>	11.95
<i>Pesto Crusted Chicken with grilled vegetables</i>	8.95
<i>Served open-faced on Panini bread</i>	
<i>Toasted BLT Sandwich served with Soup du Jour</i>	7.95
<i>Grilled Beef Burger</i>	7.50
	<i>With Cheese</i> 8.50
	<i>With Cheese & Bacon</i> 9.25
<i>Roasted Beef Wrap in Spinach Tortilla</i>	9.25
<i>Smoked Salmon on an open-faced Bagel</i>	9.75
<i>Garden Vegetables & Swiss Cheese on Multigrain</i>	6.95

PST, GST & Gratuity not included

Entrées

<i>Calf Liver with Onion Compote</i>	13.50
<i>Served with bacon, apple rings, home fries & vegetables</i>	
<i>Pork Schnitzel</i>	12.50
<i>Served with home fries and vegetables</i>	
<i>Chicken Schnitzel</i>	12.95
<i>With cranberry compote, home fries and vegetables</i>	
<i>Pan-seared Filet of Sole Meunier</i>	15.95
<i>Served with capers, lemon, parsley butter, rice & vegetables</i>	
<i>Poached Salmon</i>	15.95
<i>Served on Rice Pilaf with a lemon dill cream. Vegetable of the day</i>	
<i>Grilled Salmon</i>	15.95
<i>Served with tarragon & red onion beurre blanc.</i>	
<i>Pasta Primavera</i>	9.95
<i>Garden vegetables sautéed in a garlic tomato sauce on pasta</i>	
<i>Oriental Vegetable Stir-Fry</i>	10.95
<i>Seasonal vegetables stir-fried in orange hoisin sauce on rice</i>	
<i>With Scallops or Prawns</i>	16.95
<i>4 oz Filet Mignon, Organic Green & Strawberry Salad</i>	16.95
<i>Charbroiled 6 oz New York Steak</i>	15.95
<i>Served on garlic toast with French Fries</i>	
<i>Ham & Cheese Omelet</i>	9.95
<i>Smoked Salmon & Asparagus Omelet</i>	12.25
<i>Chicken & Mushroom Crepe</i>	12.95

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