

whet your appetite



Appetizers

MEZZEH Red pepper hummus, black olive tapenade, eggplant baba ganoush and crispy pita	\$12
WARM SPINACH AND ARTICHOKE DIP With stone-ground blue, red and yellow corn tortilla chips	\$12
TRI COLOUR NACHOS Melted cheddar cheese, jalapeño peppers, black olives, tomato, scallions add Traders Chili \$5 add Rosemary Chicken \$6	\$12
QUESADILLA Guacamole, cilantro cream, fresh tomato salsa add Jerk Shrimp \$6 add Rosemary Chicken \$6	\$10
POUTINE Golden fries topped with five cheese blend and gravy	\$13
CHICKEN FINGERS Served with fries and your choice of dip: plum or BBQ sauce	\$14
SLIDERS 2 char grilled mini beef burgers with caramelized onion and blue cheese	\$11
TRADERS PLATTER 2 char grilled mini beef burgers, spinach and artichoke dip with stone ground chips and half order of chicken wings	\$27

Wings

Juicy breaded chicken wings with ten original
flavours to choose from \$18

Hot	Honey Garlic
Medium	Jamaican Jerk
Mild	Sweet Chili Sesame
Caesar Parmesan	Taj Mahal Makhani
Feeling Hot, Hot, Hot	Teriyaki Sauce

Served with veggie sticks and blue cheese dip

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Menu prices do not include applicable taxes or gratuities. Parties of 8 or more will have a gratuity of 15% added.



From the Garden

GREENS	\$12
Vine ripened tomato, fennel, pine nuts, goat cheese, beets with balsamic vinaigrette	
CAESAR	\$12
Hearts of romaine, bacon bits, parmesan and croutons, drizzled with caesar dressing	
PAN ASIAN	\$12
Baby spinach, mandarin, mango, crispy wonton strips, spiced cashew nuts, with sweet chili dressing	
CALIFORNIA COBB SALAD	\$12
Crisp bacon, egg, avocado, vine ripened tomato, onion, crumbled blue cheese and dressing	
add Rosemary Chicken	\$6
add Citrus Salmon	\$6
add Jerk Shrimp	\$6

Soup

4X4 ONION SOUP	\$7
Four onions & four cheeses melted on thyme crostini	
SOUP OF THE DAY	\$7
Please ask your server	

Panini

(Served with your choice of side salad, regular fries, or sweet potato fries)

CHICKEN TOSCA	\$14
basil aioli, roasted peppers, fresh mozzarella	
TURKEY BRIE MELT	\$14
caramelized onions, cranberries, smoked mustard	
BURGUNDY ROAST BEEF	\$14
black pepper horseradish aioli, sauteed onions and swiss cheese	
THREE CHEESE	\$14
buffalo mozzarella, chevre goat, parmesan, sun dried tomato, basil aioli	
TUSCAN	\$14
black olive tapenade, charred eggplants, grilled zucchini, fire roasted peppers, goat cheese	

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flavour OF THE day

Traders Burger

(Available with white or whole wheat buns. Served with your choice of house salad, steak house fries, or sweet potato fries)

BLACK AND BLUE \$16
Peppercorn, blue cheese

CALIFORNIA \$16
Guacamole, fire roasted peppers, goat cheese

MONTREAL \$16
Smoked mustard, sauerkraut, swiss cheese

THE CANADIAN EH! \$16
Portobellini, button and oyster mushrooms, caramelized onions, cheddar cheese

Traders Mains

INDIAN BUTTER CHICKEN \$17
A classic indian dish served with basmati rice and crisp toasted papardum

TRADERS CHILI \$12
Cheddar cheese, sour cream and scallions in yorkshire pudding bowl

PENNE ARRABIATA \$12
Pasta in a rich tomato sauce with chili flakes and parmesan cheese. Available with regular or whole wheat pasta.
add Rosemary Chicken \$6
add Citrus Salmon \$6
add Jerk Shrimps \$6

FISH AND CHIPS \$18
Beer battered haddock with fries and tartar sauce

CITRUS ATLANTIC SALMON FILLET \$24
Prime fillet of salmon, with fresh cilantro and squeezed fresh lime, zucchini ribbons, asparagus spears, green beans, orange and grapefruit sections and citrus drizzle

ASIAN STIR FRY \$18
Shanghai style noodles with jump fried shrimp, coriander, crisp vegetables in a light mushroom oyster sauce
add Rosemary Chicken \$6
add Citrus Salmon \$6

SIRLOIN \$25
Char-grilled 8oz aged angus beef topside steak served with roasted garlic mashed potato, black pepper horseradish aioli and sautéed vegetable medley

Steak cooked to your liking with choice of topping:
Roquefort
Sesame Teriyaki
Three Mushroom Balsamic
Sun Dried Tomato & Goat Cheese
Pink, Black & Green Peppercorn Glaze

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Desserts

APPLE CRUMBLE A LA MODE Ontario granny smith apples, toasted oats, yellow sugar and coconut crust with vanilla ice cream	\$7
CHOCOLATE TUXEDO TRUFFLE GATEAUX Tower of sponge cake, layered with dark and white chocolate mousse served with a blueberry sauce	\$7
CHOCOLATE CHEESE CAKE LOLLIPOPS Covered in candied crumbs, raspberry compote dip	\$7
FIELD STRAWBERRIES Field strawberries with lemon poppy seed cake, whipped cream and dark chocolate curls	\$8

TRADERS TASTING Trio of Apple Crumble a la Mode Chocolate Tuxedo Truffle Gateaux Fresh strawberries & cream	\$11
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Specialty Coffees

Espresso	\$5
Cappuccino	\$6
Café Au Lait	\$6
Irish Coffee	\$8
Monte Cristo	\$8
Spanish Coffee	\$8
B-52 Coffee	\$8
Baileys Coffee	\$8
Kahula Coffee	\$8
Grand Marnier Coffee	\$8
Navan Coffee	\$8

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