

small plates

- 6 **glo bread** rosemary, garlic + cracked pepper flatbread, asiago cream.
- 8 **trio of dips** rosemary, garlic + cracked pepper flatbread, sundried tomato, black olive tepanade, roasted garlic dips.
- 12.5 **fritto misto di mare** crispy fried squid, shrimp, bay scallops, artichokes, jalapeno peppers, cumin lime yogurt.
- 11.5 **spanish prawns** bacon wrapped prawns, caramelized pineapple salsa, passion fruit honey, lemon aioli.
- 12 **asian lettuce wraps** pulled hoi sin chicken + mushrooms, kimchi slaw, Korean bbq sauce, ginger plum sauce, bean sprouts.
- 12 **tacos al pastor** shaved adobo roasted pork loin, roasted pineapple, salsa taquera, queso fresco, lime.
- 12 **seared scallops** sweet pea puree, pear + bacon won ton, mint yogurt, hazelnut praline.
- 11.5 **chicken wings** rustic favourites, choose: frank's red hot, smoked honey garlic, sesame teriyaki, salt + pepper.
- 18 **the block** a selection to share; The Whole Beast Salumi, local cheeses, compote, pickled vegetables + artisan bread.
- 6 **glo frites** kennebec potatoes, herbs, lemon. choose: chipotle aioli or truffle-lemon aioli.
- 12 **short rib poutine** glo frites, cheese curds, braised boneless short ribs, crispy shallots, red wine jus.

soups

- c 4.5 b 6.5 **soup spontanée** consult your server for today's soup.
- c 6.5 b 8.5 **seafood chowder** fresh seafood, vegetables, cream
- 11.5 **soup + salad duo** field greens, spinach + goat cheese, or caesar salad upgrade to seafood chowder 2

leaves + greens

- 9 **field greens** fig-anise balsamic vinaigrette, chick peas, grape tomato, cucumber, carrot julienne.
- 10.5 **caesar salad** romaine hearts, caesar vinaigrette, crouton, shaved parmesan, fried capers, bacon, hard boiled egg.
- 12 **spinach + goat cheese salad** roasted apple vinaigrette, apple slaw, roasted beets, hazelnuts, goat cheese.
- 12.5 **thai noodle salad** greens, snap peas, baby corn, citrus-sesame vinaigrette, farkay noodles, pickled vegetables, chicken satay.
- 15 **pondicherry tuna salad** curry poached albacore tuna, exotic potato salad, cucumber "papardelle" hardboiled egg, roasted tomato, greens.
- 15 **chopped cobb salad** lettuce, avocado vinaigrette, gorgonzola, hard boiled egg, grilled chicken, bacon, roasted tomato.
upgrade to chicken or shrimp 5 upgrade to roasted salmon or halibut 7

pizza

- 13.5 **margherita** tomato sauce, mozzarella, grape tomato, bocconcini, basil puree.
- 14 **funghi e nocciola** garlic cream, forest mushrooms, mozzarella, hazelnuts, brie, leeks, truffle essence.
- 14.5 **affumicata** tomato sauce, mozzarella, smoked chicken, artichoke, roasted garlic, olives, rosemary.
- 14 **tropicale** tomato sauce, mozzarella, capiccoli, grilled pineapple, pinenuts.
- 14.5 **moroccan lamb** lamb sausage, spiced tomato cream, mozzarella, potato, roasted garlic, pumpkin seeds, yogurt, cilantro.
Have another in mind? Please consult your server.

sandwiches

- 14 **glo burger** beef burger, aged white cheddar, tomato relish, house-made mustard, lettuce, tomato, onion rings.
- 14.5 **lamb burger** tatziki, feta, lettuce, tomato, smoked paprika mayonnaise.
- 14.5 **chicken brie + fig ciabatta** rustic ciabatta, grilled chicken, lettuce, brie, fig-anise jam.
- 15 **beef short rib dip** boneless braised short rib, gogonzola mayonnaise, crispy onions, mushroom duxelle, baguette, red wine jus.
- 16 **steak sandwich** grilled angus sirloin, garlic bread, horseradish mayonnaise, forest mushrooms, sauteed onions.
All sandwiches include choice of fries, soup spontanée, greens, spinach + goat cheese or caesar salad. upgrade to seafood chowder 2
add bacon or forest mushrooms 1.5 each

pasta

- 15 **smoked chicken garganelli** smoked chicken breast, roasted garlic cream, red onion, sun dried tomato, spinach, shaved parmesan.
- 16 **papardelle foresta** shaved beef tenderloin, forest mushrooms, shallots, green peppercorns, red wine cream, shaved parmesan.
- 15 **spaghetti alle vongole** local Manilla clams, bacon, white wine cream, roasted garlic, parsley, shaved parmesan.
- 15 **rigatoni bolognese** classic meat-tomato ragout, fresh rigatoni, herbs, shaved parmesan.
- 14 **kashmir vegetable curry** vegetables, basmati rice, mango chutney, naan, apple raita, papadum add shrimp or chicken 2

main plates

- 1p14 2p18 **halibut + chips** lager batter, house cut fries, coleslaw, tartare sauce.
- 21 **pan roasted spring salmon** local spring salmon, lobster-squash bisque, fondant potato, leek + spinach flan, asparagus tempura.
- 20 **roasted free run hen breast** yukon gold mash, roasted root vegetables, grainy Dijon-maple cream.
- 27 **grilled angus rib eye** 12oz., bacon scallop potato, roasted root vegetables, spinach sauté, red wine jus.
- 25 **grilled angus ny strip** 10 oz., forest mushroom ravioli, mushroom ragout, caramelized shallots, braised greens, truffle potato crisps.