

# STARTERS

## Tequila Watermelon Salad

Fresh, sliced watermelon marinated in tequila, lime, sugar, and mint topped with feta cheese, sunflower seeds, and fresh pea shoots.

## Cream of Broccoli Soup with Wasabi Crème

Fresh broccoli and vegetables blended with heavy cream until smooth, topped with wasabi crème.

## Vegetable Soup

A vegetable soup of the ages. Bruised vegetables in a light but flavour packed tomato and garlic broth garnished with fresh herbs from our garden.

# SALADS

## Nicoise salad

Fresh romaine hearts dressed with salty black olives, vibrant cherry tomatoes, steamed green beans, and boiled egg drizzled with a simple lemon-thyme vinaigrette.

## Caesar Salad

Crisp romaine leaf tossed with bacon, grated Parmesan, and seasoned croutons in a creamy garlic dressing.

## Garden Salad

Mixed leaf lettuce, carrot, radish, red onion, and croutons garnished with cucumber and tomato, and your choice of dressing.

## Crudités

With onion or ranch dip.

Dressing Choices: (Regular) Raspberry Vinaigrette, Balsamic Vinegar and Olive Oil, Thousand Island, Blue Cheese, Catalina, Honey Mustard, Caesar. (Light) French, Italian, Ranch.

All entrées are available in senior or child-size portions.  
Sauce can be served on the side if requested.

# ENTRÉES

## Hawaiian Mahi-mahi

Banana leaf-wrapped and steamed mahi mahi fish, topped with a sweet and spicy grilled pineapple salsa and plantain chips. Served with seasonal vegetables and black rice.

## Gourmet Burger of the day

Loaded onion ring, cheddar, and lemon-pepper aioli burger on a warm, slightly charred pretzel bun. Served with French fries and coleslaw.

## Maple Caramelized Onion Sirloin Steak

Sirloin steak grilled to your liking and topped with caramelized onion, maple, and goat cheese butter. Served with seasonal vegetables and caraway roasted potato.

## Eggplant Parmesan

An eggplant steak breaded with panko bread crumbs and Italian herbs with tomato sauce and fresh mozzarella. Served on linguine.

## Vegetarian Chana Korma

Fresh chickpeas sautéed with onions, garlic, fresh tomatoes, and garam masala spice finished with coconut milk. Served with black rice.

## Spa Chicken

For the health conscious, a breast of chicken in olive oil and herbs, chargrilled and accompanied with seasonal vegetables and black rice.

## Fruit Plate

Seasonal fresh fruit served with your choice of orange sherbet, cottage cheese, or fruit yogurt.

## Roasted Pork Loin

Pork loin seasoned with sea salt, thyme, cracked black pepper and coriander seeds roasted until crisp and golden. Served with an apple cider and whole-grain mustard sauce, and caraway roasted potato.

## Vegetable Curry

Eggplant, baby corn, and bell peppers marinated in homemade curry and jump-fried. Finished with coconut milk and topped with bean sprouts, cilantro, and toasted nuts.

## Chicken Parmesan

A chicken breast breaded with panko bread crumbs and Italian herbs with tomato sauce and fresh mozzarella. Served on linguine.

## Napoli Pizza

Personal pizza topped with fresh vegetables and zesty tomato sauce with your choice of goat cheese, blue cheese, or mozzarella.



# DESSERTS

## Peanut Butter Pie

Fern's classic peanut butter pie topped with fresh whipped cream and chocolate sauce.

## Fern's Honey Cheesecake

New York-style baked cheesecake made fresh and drizzled with Fern's honey and fresh summer berries.

## Seasonal Fruit Plate

A select assortment of delicious seasonal fruits.

## Old-fashioned Ice Cream Sundae

Scooped vanilla or chocolate ice cream topped with rich whipped cream and a cherry. Your choice of chocolate, butterscotch, or strawberry sauce.

## Calorie-reduced Desserts

Sugar-free Diet Cake  
Calorie-reduced Diet Mousse  
(Ask your server for our flavour choices.)

## Everyday Favourites

Fruit and Cheese Plate / Jello and Cookies  
Freezies / Cream Pudding  
Strawberry Frozen Yogourt / Orange Sherbet

# BEVERAGES

## Cool Downs

Milk, Chocolate Milk, Iced Tea, Coca-Cola, Diet Coke, Sprite, Ginger Ale, Root Beer, Lemonade

## Warm Ups

Regular: Coffee, Orange Pekoe Tea  
Decaffeinated: Coffee, Orange Pekoe Tea  
Herbal: Assorted - Ask your server.