

# LUNCH & DINNER

FOUR  
POINTS  
BY SHERATON

## SALADS

### House Salad **\$10**

Heritage blend of lettuce, cherry tomatoes, cucumber, shredded cabbage and carrots, drizzled with a balsamic vinaigrette  
*Small \$7*

### Caesar Salad **\$11**

Crisp romaine lettuce tossed in creamy caesar dressing garnished with homemade croutons, crisp bacon and fresh parmesan cheese.  
*Add grilled chicken for \$4 or sautéed shrimp for \$5*  
*Small \$7.50*

### Feta Berry Salad **\$12**

Artisan greens with feta cheese, toasted almonds and seasonal berries drizzled with a raspberry yogurt vinaigrette  
*Small \$8*

### Sizzle Salad **\$14**

Baby spinach, hardboiled egg, grilled red onions and crispy chouriço sausage, topped with fresh parmesan & sautéed shrimp. Drizzled with a house made white balsamic vinaigrette.  
*Add chicken for \$4*

### Asian Sesame Salad **\$15**

Cantonese noodles, crispy or grilled chicken, fresh mixed greens, julienne carrots, sweet peppers, green onions, sesame seeds and slivered almonds tossed in an Asian inspired vinaigrette

## SANDWICHES

All sandwiches served with your choice of fries, soup of the day or tossed green salad  
*Sweet potato fries, Caesar salad or kettle chips for \$2 upgrade*

### Grilled 3 Cheese & Ham **\$13**

A grilled baguette with shaved black forest ham and a melted blend of cheeses, drizzled with honey mustard dijon sauce

### Mediterranean Wrap **\$13**

Spinach, a blend of sautéed mushrooms, roasted red pepper spread & goat cheese all wrapped up.  
*Add grilled chicken for \$4*

### Portobello Sandwich **\$13**

Roasted red peppers on a portobello mushroom cap topped with pepper jack cheese, crisp lettuce, alfalfa sprouts and pesto mayo on an open-faced ciabatta bun. Great vegetarian option!

### Buffalo Chicken Wrap **\$14**

Crispy fried chicken strips tossed in medium buffalo sauce wrapped in a tortilla shell with tomatoes, melted cheddar cheese, lettuce and ranch dressing. A staff favourite!

### Turkey Ciabatta Club **\$14**

Fresh roasted turkey breast, crispy bacon, sliced cucumbers, tomatoes and lettuce with pesto mayo on a ciabatta bun

### Sizzle Burger **\$14**

Mouth-watering 7oz sirloin grilled burger with bacon, cheddar cheese, sautéed onions, lettuce & tomato

### South West Chicken Sandwich **\$15**

Grilled chicken breast with sautéed peppers, cilantro chipotle mayo, mozzarella cheese and guacamole on a brioche kaiser

### Pulled Pork **\$14**

Braised pork, shredded and smothered in a Rickard's Red Apple Mesquite BBQ Sauce, topped with cheddar cheese and coleslaw on a ciabatta bun

### Steak Sandwich **\$16**

6oz NY striploin served open-faced on a roasted garlic ciabatta bun, topped sautéed mushrooms, and fiery tender onions crisps

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## ENTRÉES

### **Vegetarian Stir Fry** **\$13**

Sautéed vegetables in a teriyaki infusion served over cantonese noodles.

*Add grilled chicken for \$4 or sautéed shrimp for \$5*

### **Crispy Chicken Strips** **\$14**

Lightly breaded chicken tenders can be served plain or tossed in BBQ sauce with a side of fries, creamy coleslaw and plum sauce

### **Beer Battered Fish & Chips** **\$15**

Two large pieces of haddock hand-dipped in our homemade local Mackinnon Brothers beer batter, fried golden brown and served with seasoned fries, coleslaw and our house tartar sauce

### **Chicken Parmesan** **\$18**

Hand-breaded chicken breast rolled in parmesan cheese and bread crumbs, topped with marinara sauce and melted mozzarella cheese. Served with vegetables and creamy pesto penne

### **Balsamic Chicken** **\$18**

Two juicy chicken breasts marinated in a blend of garlic and spices and topped with a portobello balsamic cream sauce. Served with vegetables and mashed potatoes

### **Pan Seared Sea Scallop** **\$22**

Large sea scallops over a bed of rice pilaf drizzled with a delicious creamy lemon caper vinaigrette. Served with a side of seasonal vegetables

### **Salmon Filet** **\$24**

7oz Atlantic salmon filet grilled to perfection and topped with a herb garlic white wine sauce. Served with rice pilaf and seasonal vegetables

### **Grilled NY Striploin** **\$26**

10oz AAA NY striploin grilled to your liking and topped with wild mushroom red wine sauce. Served with garlic mashed potato or fries and seasonal vegetable

### **Ribeye Steak** **\$30**

12oz Ribeye steak grilled the way you like, with our own spice rub, topped with tender slices of sautéed portobello mushrooms. Served with garlic mashed potatoes or fries and seasonal vegetables

## PIZZA & PASTAS

### **Gourmet Vegetarian 10" Thin Crust** **\$14**

Tomato & pesto sauce, roasted red peppers, mushrooms, goat cheese & spinach.

*Add grilled chicken for \$4*

### **Chicken & Bacon 10" Thin Crust** **\$15**

Pesto sauce, topped with chicken, cherry tomatoes, bacon and goat cheese, drizzled with a balsamic reduction

### **Pesto Chicken Penne** **\$18**

Sliced chicken breast, tossed with spinach, tender slices of roasted red peppers and portobello mushrooms, in a creamy pesto sauce. Topped with parmesan cheese

### **White Cheddar Gnocchi** **\$18**

Potato gnocchi in our homemade white cheddar cream sauce, sautéed bacon and mushroom finished with parmesan cheese

### **Sizzle Shrimp Ravioli** **\$20**

Large ravioli stuffed with ricotta, asiago & parmesan cheese tossed with seasonal vegetables and sautéed shrimp in a herb and garlic cream sauce.

*Substitute shrimp with chicken*