

## Soups & Salads

**Add to salad:** wild shrimp (4pcs), wild smoked salmon, grilled organic chicken breast, or crispy true chicken pieces \$ 5  
**Add to salad:** fifth town goat cheese, organic brie, organic goat feta or blue cheese \$ 3

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| <b>V Mushroom Soup</b> \$ 9<br>Mixed organic mushroom purée with a hint of organic black truffle oil   | <b>V Wild Arugula Salad</b> \$ 10<br>Sautéed mushrooms and red onions, in a white wine vinaigrette topped with shaved parmesan <b>sm \$ 6</b>                                    |
| <b>V Apple Pear &amp; Walnut Salad</b> \$ 10<br>Mixed greens, apple and pear slices, raisins, cherry tomatoes, toasted walnuts in an organic honey balsamic vinaigrette <b>sm \$ 6</b> | <b>Baby Spinach Salad</b> \$ 11<br>Baby spinach, grilled ham, apples, mushrooms, and poached egg in an organic honey mustard dressing <b>sm \$ 6</b>                             |
| <b>Caesar Salad</b> \$ 10<br>*Hearts of romaine tossed with creamy caesar dressing, home made croutons, shaved *parmesan and a strip of *bacon <b>sm \$ 6</b>                          | <b>True Chicken Salad</b> \$ 13<br>Seasoned and lighty battered chicken with baby spinach, roasted almonds and seasonal berries in a Thai vinaigrette topped with organic yogurt |
| <b>V Beet Salad</b> \$ 10<br>Red and golden beets with goat feta, wild arugula in lime leaf vinaigrette <b>sm \$ 6</b>   | <b>Seafood Salad</b> \$ 18<br>Wild arugula, calamari, grilled wild shrimp, smoked wild salmon and *cherry tomatoes in a *citrus vinaigrette                                      |

## Appetizers

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| <b>Bruschetta</b> \$ 7<br>Freshly diced *tomatoes, *basil, *garlic and *olive oil on a toasted baguette<br><b>Add fifth town goat cheese for \$2</b>         | <b>Sautéed Wild Shrimp</b> \$ 14<br>Marinated wild shrimps with a choice of *lemon butter sauce or *cherry tomato & cilantro garlic oil  |
| <b>V Homemade Flat Bread</b> \$ 8<br>Choice of white, spelt or whole wheat dough with a side of hummus and seasonal dips                                     | <b>Wild Sea Scallops</b> \$ 14<br>Grilled wild and preservative-free sea scallops served on sautéed baby organic spinach; choice of *lemon herb butter sauce or *tomato jam    |
| <b>V Sautéed Mushrooms</b> \$ 12<br>Marinated organic mushrooms with a balsamic reduction, topped with shaved parmesan and drizzled with organic truffle oil | <b>Antipasto Misto</b> \$ 14<br>Naturally raised Berkshire prosciutto, *salami, *marinated olives, blue & *parmesan cheese, grilled organic vegetables and homemade *flatbread |
| <b>Grilled Calamari</b> \$ 12<br>Seasoned and grilled calamari with our classic *lemon herb *olive oil or anchovie *caper butter sauce                       |  |

## Pasta

**Alternatives organic pasta:** corn penne, brown rice penne, whole wheat pasta (penne, linguine) free of charge; homemade organic pappardelle \$ 2

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| <b>V Linguine Primavera</b> \$ 16<br>Whole wheat linguine with mushrooms, zucchini, sun-dried tomatoes and sweet bell peppers with tomato sauce | <b>Rotini Italian Sausage</b> \$ 16<br>Italian sausage, fresh mixed peppers, mushrooms, tomatoes, and wild arugula with a white wine tomato sauce |
| <b>V Fushia Spaghetti</b> \$ 17<br>Mixed red and golden beets, zucchini, and pine nuts in an *aglio-olio sauce                                  | <b>Flank Steak Rigatoni</b> \$ 18<br>Strips of organic flank steak, onions, shallots and mushrooms in an alfredo sauce                            |

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| <b>V Corn Pasta</b> \$ 16<br>Sautéed shitake and portobello mushrooms, kalamata olives, cherry tomatoes, and baby spinach in sun-dried tomato oil           | <b>Salmon Pappardelle</b> \$ 20<br>Wild smoked salmon, Scottish salmon, home-made *pappardelle, *red onions, *baby spinach, and *capers in an organic vodka rosé sauce |
| <b>Chicken Penne</b> \$ 17<br>Grilled certified organic chicken, mixed peppers, mushrooms, and sun-dried tomatoes with a nut & dairy free basil pesto sauce | <b>Seafood Capellini</b> \$ 20<br>Wild shrimps, calamari and wild scallop served with cherry tomatoes and *baby spinach in an *aglio-olio sauce                        |

## Pizza

**Choice of organic thin crust:** white, spelt or whole wheat **Toppings:** \*vegetables \$ 1, \*meats \$ 3, \*cheese \$ 3

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| <b>V Margherita Pizza</b> \$ 12<br>Organic herb tomato sauce, mozzarella cheese and fresh basil chiffonade  | <b>V Mushroom Pizza</b> \$ 16<br>Organic mushroom: portobello, shitake, cremini, and button, red onions, roasted garlic, mozzarella cheese, herb tomato sauce and sautéed spinach |
| <b>V Four Cheese Pizza</b> \$ 15<br>Organic mozzarella, fifth town goat cheese, *cheddar, and blue cheese   | <b>Meat Pizza</b> \$ 16<br>Italian sausage, pepperoni, bacon, mozzarella cheese and tomato sauce  |
| <b>V Vegetarian Pizza</b> \$ 15<br>Mixed *peppers, *mushrooms, *eggplant, *zucchini, *tomatoes, *mozzarella and *roasted garlic in a herb tomato sauce topped with fifth town goat cheese | <b>Prosciutto Pizza</b> \$ 16<br>Naturally cured La Quercia Berkshire prosciutto, *portobello mushrooms, *tomatoes, *white cheddar, and *tomato sauce, topped with arugula        |
| <b>Chicken Pizza</b> \$ 16<br>Grilled certified organic chicken breast, eggplant, sweet peppers, zucchini, mozzarella, herb tomato sauce, sun-dried tomatoes and nut free basil pesto     | <b>Salmon Pizza</b> \$ 17<br>Wild smoked salmon, thin slices of *rosemary potatoes, marinated *red onions, *capers, *mozzarella, and *crème fraîche, topped with arugula          |

## Mains

**Add organic sides:** mashed potato, sautéed baby spinach, mushrooms, brown rice or steamed vegetables \$ 4

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| <b>V Vegetable Napoleon</b> \$ 18<br>Served with mushrooms, grilled vegetables, and brown rice risotto with fifth town goat cheese    | <b>Chicken Ballotine</b> \$ 20<br>Chicken confit stuffed with dry fruits and mixed nuts served with mashed potatoes and organic red wine poached pear |
| <b>Braised Beef Short Ribs</b> \$ 20<br>Ontario organic beef ribs with bbq sauce served with potatoes of the day                      | <b>Miso Black Cod</b> \$ 26<br>Pan-seared black cod fillet with a *honey *miso glaze served with brown rice risotto                                   |
| <b>Zuppa de Pesce</b> \$ 21<br>Mixed seafood in an organic spicy tomato sauce served with crostini bread                              | <b>Ribeye Steak</b> \$ 29<br>8oz grilled Ontario ribeye steak with an organic port and juniper berry jus served with potatoes of the day              |
| <b>Grilled Scottish Salmon</b> \$ 23<br>Grilled salmon fillet with organic citrus fennel capper sauce served with brown rice risotto  | <b>Rack of Lamb</b> \$ 35<br>Marinated local organic rack of lamb with mustard herb, topped with homemade mint sauce served with potatoes of the day  |
| <b>Roast Chicken</b> \$ 25<br>Roasted certified organic chicken with spicy piri piri or classic sauce served with potatoes of the day |   |