

# **Seasons**

RESTAURANT

*Canadian Influenced Cuisine*

## ***Soups, Salads & Starters***

|                                                                                                                               |             |
|-------------------------------------------------------------------------------------------------------------------------------|-------------|
| <b><i>~ Soup of the Rockies ~</i></b>                                                                                         | <b>\$6</b>  |
| <i>Prepared daily in our kitchen.</i>                                                                                         |             |
| <b><i>~ Caesar Salad ~</i></b>                                                                                                | <b>\$8</b>  |
| <i>A traditional favourite with a twist; romaine lettuce, garlic croutons, parmesan cheese and sun dried tomatoes.</i>        |             |
| <b><i>~ Mixed Green Salad ~</i></b>                                                                                           | <b>\$8</b>  |
| <i>A fresh seasonal spring mix with julienne vegetables and a raspberry vinaigrette.</i>                                      |             |
| <b><i>~ Maple Blueberry Salad with Sea Scallops ~</i></b>                                                                     | <b>\$14</b> |
| <i>A warm maple blueberry sauce on fresh spinach topped with two jumbo scallops.</i>                                          |             |
| <b><i>~ Couscous ~</i></b>                                                                                                    | <b>\$10</b> |
| <i>Fresh chorizo sausage couscous and asparagus.</i>                                                                          |             |
| <b><i>~ Rock Lobster Tail ~</i></b>                                                                                           | <b>\$13</b> |
| <i>A tempura batter with a pommery mustard remoulade and potato frits.</i>                                                    |             |
| <b><i>~ Canadian Cream Brie ~</i></b>                                                                                         | <b>\$12</b> |
| <i>A Filo of Brie with a honey and orange emulsion and spring mixed greens.</i>                                               |             |
| <b><i>~ Antipasto Platter ~</i></b>                                                                                           | <b>\$16</b> |
| <i>Perfect for two with a tasting of fine meats, cheeses and more. Please ask your server for the combination of the day.</i> |             |

*All food and beverage prices are subject to 5% GST.  
For groups of 8 or more a 15% gratuity will automatically be added to the final bill.*

## ***Mains***

### ***~ Rainbow Trout ~***

***\$18***

*Alberta rainbow trout, baked to perfection. Finished with herb butter.*

### ***~ Salmon Wellington ~***

***\$20***

*Baked British Columbia salmon with a mushroom duxelle wrapped in a puff pastry and drizzled with a Newburg shrimp sauce.*

### ***~ Free Range Supreme Chicken ~***

***\$24***

*Stuffed with crab, scallops and sundried tomatoes and roasted in the oven.*

### ***~ Roasted Duck Breast ~***

***\$26***

*From the Brome Lake region. Accented with a port cranberry jus.*

### ***~ Rack of Lamb ~***

***\$26***

*A rack of lamb with a rosemary garlic, Dijon crust finished with a mint sherry jus.*

### ***~ Steak Gallery ~***

*A 6oz. cut of Beef Tenderloin.*

***\$28***

*A 8oz Beef Striploin.*

***\$22***

*An 8oz Elk Rib Eye.*

***\$30***

*All come with your choice of homemade demi glaze or peppercorn sauce.*

*Add a lobster tail*

***\$12***

### ***~ Vegetable Tower ~***

***\$18***

*Portobello mushrooms, spinach, basil, savoury peppers in a rich tomato basil sauce.*

***All the above entrees served with fresh seasonal vegetables and your choice of sticky rice or starch of the day. Ask your server about the daily special.***

### ***~ Lobster Ravioli ~***

***\$19***

*Ravioli stuffed with spinach and cheese in a delicate parmesan cream sauce with lobster and snow pea shoots.*

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