

Sunflake Grill



Founded 1922



Executive Chef

A handwritten signature in black ink, consisting of a large, stylized 'J' followed by a series of loops and a long, sweeping underline that extends to the right.

Jason Caplan

Dinner

Starters


- Braised Three Onion Bisque** 6
sourdough crisp, house-blend cheese, fresh herbs
- Crispy Calamari Rings** 8
lemon and garlic aioli
-  **Vine Ripened Tomato Bocconcini** 10
Niçoise olive tapenade, pancetta chips
- Balsamic-Glazed Quail** 13
micro salad, toasted pine nuts and truffle oil
-  **“Sunflake Grill” Dip Trio** 8
spicy artichoke and spinach, garlic hummus, roasted baba ghanouj, served with grilled naan
- “Sunflake Grill” Caesar Salad** 6
herb croutons, applewood-smoked bacon, Grana Padano cheese
- Chef’s Daily Soup** 4
please ask your server



Entrées

-  **Jail Island Salmon Fillet** 20
Israeli cous-cous, vegetable ratatouille,
chive oil
- 8oz Centre-Cut Filet Mignon** 35
caper and shallot butter
-  **New Zealand Rack of Lamb** 34
mint-infused grainy mustard glaze,
Yukon gold mashed potatoes
- 10oz New York Striploin** 27
“AAA” centre-cut striploin,
caper and shallot butter
- Grilled Calf’s Liver** 17
applewood-smoked bacon, roasted onions,
natural pan jus
-  **Delicate Chicken Curry** 18
coconut basmati rice, grilled naan, cilantro oil
-  **Quinoa Risotto** 15
field and button mushrooms, asparagus, leeks
- Daily Pasta** 14
please ask your server

Additional Daily Culinary Selections
please ask your server

 The primary goal of Canada’s sustainable fisheries is to ensure that they are environmentally sustainable, while supporting economic prosperity. This means maintaining a balance between healthy fish stocks and marine environments, while allowing for prosperous fisheries. This balance is known as “sustainable development”.

Light Entrées

-  **8oz Classic Grill Steak Frites** 18
"AAA" centre-cut striploin, caper and shallot butter
-  **Roasted Rainbow Trout Fillet** 15
California baby greens, tarragon and dill aioli
- 8oz Wellington County Beef Brisket Burger** 10
garnished with sliced Bermuda onion, tomato, pickles, leaf lettuce
add: eight-year-old cheddar or crispy bacon 2
- Spicy Italian Sausage Pizza** 12
olives, red onions, house-blend cheese, marinara sauce
-  **Cobb Salad** 13
romaine, hard-boiled egg, applewood-smoked bacon, Danish blue cheese, avocado, cherry tomatoes, roasted chicken
-  **Asian Fusion Chicken Salad** 13
teriyaki chicken, edamame beans, crisp wonton strips, bell peppers, red onions, "Sunflake Grill" greens, sesame Thai vinaigrette
- Fish & Chips** 13
Guinness battered cod, shoestring fries and tartar sauce



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