

# 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 tail that extends downwards and to the right.



Jason Caplan

# Lunch

## Starters

- Braised Three Onion Bisque** 6  
sourdough crisp, house-blend cheese, fresh herbs
- Crispy Calamari Rings** 8  
lemon and garlic aioli
-  **"Sunflake Grill" Dip Trio** 8  
spicy artichoke and spinach, garlic hummus, baba ghanouj served with grilled naan
- "Sunflake Grill" Greens** 6  
home-made dressing of your choice: dill and smoked paprika, Danish blue cheese and tarragon, Swiss herbal vinaigrette or honey balsamic
- Jalapeno Popcorn Shrimp** 7  
sweet orange marmalade
- Chef's Daily Soup** 4  
please ask your server

## Signature Salads

-  **Cobb Salad** 13  
romaine, hard-boiled egg, applewood-smoked bacon, Danish blue cheese, avocado, cherry tomatoes, roasted chicken
- "Sunflake Grill" Caesar Salad** 7  
*add: roasted chicken or Norwegian smoked salmon 4*
-  **Asian Fusion Chicken Salad** 13  
teriyaki chicken, edamame beans, crisp wonton strips, bell peppers, red onions, "Sunflake Grill" greens, sesame Thai vinaigrette
- Greek Salad** 10  
romaine lettuce, feta cheese, bell peppers, onions, olives, cucumbers and tomatoes

**All Signature Salads available as half orders**



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
- Ontario Asparagus & Feta Omelette** 10  
egg whites only available upon request
- Fish & Chips** 13  
Guinness battered cod, shoestring fries and tartar sauce
- Spicy Italian Sausage Pizza** 12  
olives, red onions, house-blend cheese, marinara sauce
-  **Crispy Roadhouse Wings** 10  
mild, medium or hot, served with veggie sticks
- House-Made Daily Quiche** 12  
served with "Sunflake Grill" greens
- Seasoned Chicken Breast Strips** 13  
tangy plum sauce, served with your choice of side
-  **Pasta Primavera** 11  
mixed fresh vegetables, roasted garlic and herb tomato sauce
- Roast Chicken Quesadilla** 12  
house-blend cheese, bell peppers and onions in a whole wheat tortilla with sour cream and fire-roasted salsa, served with "Sunflake Grill" greens

## Sandwich Board

- 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*
- Steak Sandwich** 18  
8oz "AAA" centre-cut striploin, garlic butter on mini baquette
- Slider** 9  
two mini-burgers
- Roast Chicken Club** 11  
sliced roasted chicken, crisp bacon, tomato leaf lettuce and eight-year-old cheddar
- Slow Roasted Prime Rib Beef Dip** 16  
shaved prime rib, caramelized onions on mini baquette with au jus dip
- Panini Cordon Bleu** 12  
roasted chicken, Black Forest ham, Swiss cheese and honey mustard on a mini baquette
- "Sunflake Grill" Cheese** 9  
eight-year-old cheddar

All of the above are served with your choice of sweet potato fries, house-cut shoestring fries or "Sunflake Grill" greens

- "Just a Sandwich"** 7  
albacore tuna, sockeye salmon, egg salad, chicken salad, roast top sirloin or western, on your choice of Ace Bakery multigrain or sourdough  
*add: your choice of side 3*