

Trendz Café & Wine Bar

Light fare

Ginger scented shrimp & beef \$12
Skewered beef and jumbo shrimp with pickled carrot and an orange cardamom sauce

Spiked Sea Scallops \$13
Seared scallops, with wilted baby spinach on garlic croutons with bacon tequila lime cream

Fried Mozzarella \$9
Panko crusted mozzarella, with stewed cherry tomatoes, balsamic glaze and Prosciutto

Trendz tossed Salad \$9
Greens, julienne vegetables, slivered almonds, strawberries with a sweet poppy seed dressing

Traditional Caesar Salad \$9
Crisp romaine leaves, croutons, torn bacon, Parmesan cheese, tangy garlic dressing

Warm Spinach Salad \$12
Spinach, orange segments, blueberries, chicken with a warm apple cider vinaigrette

Chefs Soup Inspiration \$6
A creative soup made daily with the freshest ingredients

Sautéed Seafood & Chowder \$11
Cream based chowder with fresh seafood jewels from the banks of the Atlantic

Ginger Carrot Soup \$7
Ginger scented sweet carrot soup garnished with a tortilla crisps and roasted cashews

Entrées

Scallops in Pernod cream \$17
Pan-seared in Pernod cream, with a fennel grapefruit slaw and parmesan risotto

Filet of Atlantic Salmon \$16
Oven roasted, vanilla scented beurre blanc served with risotto and vegetables

Caribbean Chicken \$16
Grilled chicken breast with rum, butter, bananas, almond and raisin basmati rice

Sirloin of Beef \$13
5 oz AAA beef, juniper berry demi, caramelized pearl onions, galette potatoes

Chicken Crepes \$15
Chicken filled crepes with mushroom sauce over a pillow of almond and raisin basmati rice

Panko Crusted Haddock \$13
Japanese breaded haddock served on a bed of ginger fried vegetables and an orange sauce

Rack of barbequed ribs \$14
1/3 Rack Barbequed, side ribs served with potatoes and garnished with asparagus

Pad Thai Shrimp \$15
Rice noodles tossed with crisp vegetables, eggs, cashews and shrimp with a Pad Thai sauce

Bacon wrapped pork \$14
Bacon wrapped Pork loin roasted on a skewer, roasted potatoes and caramelized pear

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Fresh Pasta and risotto

- Lobster Cannelloni** \$18
Nova Scotia lobster ragout wrapped in pasta, julienne basil, cream sauce, tomato garnish
- Pan-seared Potato Gnocchi** \$13
Creamy Parmesan white sauce, smoked Italian ham, and pesto tomato concassee
- Mushroom Ravioli** \$14
Pasta filled with sautéed field mushrooms Topped with herbs and a brown butter sauce
- Chicken & Spinach roll** \$15
Spinach & chicken and cream cheese rolled in pasta, béchamel sauce, and parmesan cheese
- Wild Mushroom Risotto** \$13
Creamy Parmesan risotto, wild mushroom medley, with sautéed shiitake mushrooms
- Lobster Risotto** \$17
Creamy lemon scented risotto, with morsels of lobster, garnished with a lobster claw

Vegetarian

- Teriyaki Roasted Vegetables** \$15
Roasted chunks of vegetables with a tangy teriyaki sauce served on barley risotto
- Wilted Spinach & Tomatoes** \$14
Warmed spinach, oven-roasted tomatoes and mascarpone on a pillow of risotto and a balsamic glaze

Sandwich board

- Montreal Smoked Meat** \$12
Warmed Montreal smoked meat with dijon, sliced onion, toasted rye bread, soup and salad

- Monte Cristo** \$12
Black Forrest ham, apple smoked cheddar, egg dipped sour dough bread, soup and salad
- French Beef Dip** \$13
Roasted sirloin. Of beef Served on a baguette bread, with beef au jus soup and salad
- Roasted Portobello Melt** \$12
Tortilla wrapped, roasted Italian vegetables, balsamic glaze, lettuce, tomato, soup and salad
- Italian Chicken Sandwich** \$12
Sun-dried tomato & rosemary rubbed chicken, Prosciutto, pesto mayo on fresh focaccia
- Tandoori Pork wrap** \$11
Shredded lettuce, tomato, Tandoori seasoned pork, yogurt sauce, peppers in a pita wrap

Light fair

- Battered Haddock** \$13
Lightly battered haddock, with tarter sauce and oven roasted potato cuts
- Sesame Seed Chicken** \$14
Breast of chicken crusted with sesame seeds orange ginger jam, oven roasted potato cuts