

# BREAKFAST

SERVED 7:00AM-4:00PM MONDAY TO FRIDAY | SERVED 7:00AM-10:30AM SATURDAY & SUNDAY

## STARTERS

### KELLOGG'S CEREAL (VEG)

SINGLE SERVE BOXES, WHOLE MILK, ALMOND OR SOY MILK

#### CHOICE OF:

FROOT LOOPS  
FROSTED FLAKES  
CORN POPS  
RICE KRISPIES  
SPECIAL K  
CORN FLAKES  
ALL BRAN  
RAISIN BRAN

6

### DOUGHNUTS (VEG)

INSPIRED BY TIMBITS

FROOT LOOP, CORN POP AND  
FROSTED FLAKE CRUSTED  
DOUGHNUTS, VANILLA GLAZE

10

### YOGURT PARFAIT (VEG)

GREEK YOGURT,  
MAPLE GRANOLA,  
SEASONAL PRESERVES,  
LOCAL HONEY AND MINT

12

### SEASONAL FRUIT BOWL

(VEG | GF)

LOCAL FRUITS AND BERRIES,  
HONEY, MINT, VANILLA BEAN  
CHIA SEED DIP

12

## SIDES

### EXTRA MEAT (GF)

PEAMEAL BACON, CANADIAN BACK  
BACON, SMOKED MEAT, HICKORY BACON

8

### HOME FRIES (V | VEG | GF)

CRISP YUKON GOLD HOME FRIES,  
ROASTED ONIONS

6

### MAPLE BREAKFAST SAUSAGE

(GF)

PORK, GARLIC, ROSEMARY  
AND BLACK PEPPER

8

## SESSIONS SIGNATURES

### SESSIONS SLAM 20

TWO EGGS, HOME FRIES, ROASTED TOMATO,  
THICK CUT TOAST, CHOICE OF SMOKED  
BACON, BREAKFAST SAUSAGE,  
PEAMEAL BACON OR BACK BACON

#### SESSIONS SLAM ADD-ONS:

EXTRA EGG 4 | PEAMEAL BACON 6  
BACK BACON 6 | BREAKFAST SAUSAGE 6  
BUTTERMILK PANCAKE 5

### PLANT BREAKFAST (V | VEG) 18

SOFT TOFU SCRAMBLE, RICE PAPER BACON,  
ROASTED TOMATO, AVOCADO, HOME FRIES,  
THICK CUT WHOLE WHEAT TOAST

### BREAKFAST POUTINE 18

TWO FRIED EGGS, CRISP RUSSET FRIES,  
CHEESE CURDS, SMOKED BACON,  
HOLLANDAISE AND POUTINE JUS

### SMOKED MEAT HASH (GF) 20

TWO POACHED EGGS, MONTREAL SMOKED  
MEAT, HOME FRIES, CARAMELIZED ONIONS,  
PEPERONATA, HOLLANDAISE

### EGGS BENEDICT

POACHED EGGS, TOASTED BRIOCHE,  
HOLLANDAISE, HOME FRIES  
SMOKED MEAT 22 | SMOKED SALMON 25  
PEAMEAL BACON 22 | BACK BACON 20  
ROASTED WILD MUSHROOMS (VEG) 19

### WESTERN OMELET 18

ROASTED PEPPERS, ONIONS,  
CANADIAN BACON, WHITE CHEDDAR SERVED  
WITH HOME FRIES AND THICK CUT TOAST

### BREAKFAST SANDWICH 20

SAUSAGE PATTY, THICK CUT CHEDDAR,  
SCRAMBLED EGG, ROASTED GARLIC MAYO,  
TOASTED SESAME BRIOCHE,  
SERVED WITH HOME FRIES

### STEAK & EGGS 38

8OZ CHAR GRILLED FLAT IRON MTL STEAK  
SPICE, HOME FRIES, POUTINE JUS,  
TWO FRIED EGGS

### BUTTERMILK PANCAKES 18

MAPLE SYRUP, HICKORY BACON,  
CREAMERY BUTTER

## INTERNATIONAL CLASSICS

### FRENCH TOAST

SOUFFLE (VEG) 20

CUSTARD-SOAKED BRIOCHE,  
BLACKBERRY JAM,  
LEMON CRÈME FRAICHE  
WHIPPED CREAM

### FLAMENCO EGGS 20

TWO EGGS COOKED IN  
SPANISH ROASTED  
TOMATO SAUCE,  
CHORIZO, KALE,  
GRILLED FOCACCIA

### HUEVOS RANCHEROS

(VEG) 22

TWO SUNNY SIDE UP EGGS,  
CORN TORTILLAS, REFRIED  
BEANS, RANCHERO SAUCE,  
AVOCADO, GREEN ONION  
SOUR CREAM,  
CHEDDAR QUESO

## COFFEE, TEA & JUICE

ORANGE JUICE 5

CRANBERRY JUICE 5

APPLE JUICE 5

GRAPEFRUIT JUICE 5

FIRE ROASTED COFFEE 5

FIRE ROASTED DECAF 5

CAPPUCCINO 7

LATTE 7

ESPRESSO 6

DOUBLE ESPRESSO 10

AMERICANO 7

METROPOLITAN TEA 5

## FRESH PRESSED JUICE

ORANGE JUICE (VEG | GF) 7

FRESH PRESSED IN HOUSE

ANTIOXIDANT (VEG | GF) 12

BLUEBERRY, ORANGE,  
BANANA, YOGURT

GREENS (V | VEG | GF) 12

GREEN APPLE, KALE, SPINACH, CUCUMBER

(V) VEGAN | (VEG) VEGETARIAN | (GF) GLUTEN FREE

FOR PARTIES OF 6 OR MORE, THERE WILL BE A LARGE PARTY GRATUITY OF 20% ADDED TO THE BILL

# LUNCH

SERVED 11:00AM-4:00PM MONDAY TO FRIDAY

## STARTERS

### PEROGIES

CANADIAN CHEDDAR AND YUKON  
GOLD POTATO, BISON SHORT RIB JUS,  
CHEDDAR SAUCE, GREEN ONION  
SOUR CREAM

16

### HOT CRAB DIP

WEST COAST CRAB, WHITE CHEDDAR,  
ASPARAGUS, REMOULADE, SESSIONS  
GARLIC BREAD

18

### SPICY SALMON TARTARE

SALMON CAVIAR, SMOKED SALMON,  
SALMON CRUDO, SWEET PEAS,  
CUCUMBER, MAPLE CHILI AIOLI

18

### FRIED MOZZARELLA

PEPPERONI, POBLANOS,  
HICKORY BACON,  
CREMINI MUSHROOMS,  
MARINARA SAUCE

16

### CHICKEN FINGERS

CORN FLAKE CRUSTED  
CHICKEN TENDERS,  
CHOICE OF TWO SAUCES:  
BUTTERMILK RANCH, BBQ,  
MAPLE CHILI AIOLI,  
OR SWEET & SOUR

14

### ONION RINGS

BATTERED ONION RINGS  
WITH CANADIAN GRAINS,  
BUTTERMILK RANCH

12

### SEASONAL PLATE

SEASONAL ROOT VEGETABLES,  
DILL PICKLES, PICKLED ONIONS,  
HARD COOKED EGGS, COLD SMOKED  
SALMON, ELK SUMMER SAUSAGE,  
SWEET POTATO DIP,  
SALTINES AND GARLIC BREAD

20

MAKE IT JUST VEGGIES (VEG)  
ADD CANADIAN CHEESE  
2oz \$7 | 4oz \$14

### LOBSTER CORN DOG

EAST COAST LOBSTER,  
CORN BATTER,  
CHIVE + SPICEY AIOLI

26

## SALADS

### CAESAR SALAD (GF) 18

ROMAINE, HICKORY BACON, HARD  
COOKED EGG, HOUSE DRESSING,  
PARMESAN, GARLIC TOAST

### BBQ SALMON (GF) 24

HOT SMOKED MAPLE SALMON,  
ROASTED SWEET POTATO,  
PEAS, TENDRILS AND LETTUCES,  
GREEN GODDESS YOGURT  
DRESSING

### CHEF'S SALAD (GF) 20

CANADIAN BACON, MTL CHICKEN,  
HARD COOKED EGG, OKA CHEESE,  
CUCUMBER, ROASTED ROMA  
TOMATOES, LETTUCES,  
FRENCH DRESSING

### GREEN WEDGE (V|VEG|GF) 18

ICEBERG LETTUCE, TOMATO,  
CUCUMBER, BBQ CHICKPEAS,  
PICKLED SHALLOTS, PUFFED  
CANADIAN GRAINS,  
BUTTERMILK RANCH

#### SALAD ADDITIONS:

MONTREAL SPICED CHICKEN 10 | CORN FLAKE CRUSTED CHICKEN 10  
CLAMATO POACHED SHRIMP 12 | HOUSE SMOKED SALMON 12  
FRIED FARM EGG 4 | SPECIAL K COATED TOFU 8

## BURGERS & SANDWICHES

SERVED WITH HOUSE RUSSET FRIES AND SESSIONS COLESLAW

### ALL CANADIAN BURGER 25

CHAR GRILLED BEEF CHUCK PATTY, FULLY DRESSED,  
HICKORY BACON, THICK CUT CHEDDAR,  
THOUSAND ISLANDS AIOLI, TOASTED SESAME BRIOCHE

#### BURGER ADDITIONS:

EXTRA PATTY 6 | SMOKED MEAT 6 | PEAMEAL BACON 6  
BACK BACON 6 | FRIED FARM EGG 4 | THICK CUT CHEDDAR 4  
CANADIAN TUXEDO-SMOKED MEAT, PEA MEAL, BACK BACON 8

### BLACKENED MUSHROOM BURGER (V | VEG) 22

RICE PAPER BACON, AVOCADO, TOMATO, SHREDDED ICEBERG  
LETTUCE, CHILI AIOLI, TOASTED PLANT-BASED BRIOCHE

### CORN FLAKE FRIED CHICKEN 26

SHREDDED LETTUCE, DILL PICKLES,  
BUTTERMILK RANCH, TOASTED BRIOCHE

### NASHVILLE FRIED CHICKEN 26

CORN FLAKE FRIED CHICKEN, NASHVILLE DRY SPICE, COLESLAW,  
MAPLE CHILI MAYO, DILL PICKLES, TOASTED BRIOCHE

### SMOKED MEAT SANDWICH 26

HOUSE SMOKED MONTREAL BRISKET, DELI MUSTARD,  
FRIED ONIONS, TOASTED BRIOCHE

### FRENCH DIP 26

SLOW ROASTED BEEF, BRAISED SHORT RIBS, CARAMELIZED  
ONIONS, AGED WHITE CHEDDAR, BAGUETTE, BEEF JUS

### FISH SANDWICH 24

SALTINE CRUSTED EAST COAST COD, THICK CUT CHEDDAR,  
TARTARE SAUCE, ICEBERG LETTUCE, DILL PICKLES,  
TOASTED SESAME BRIOCHE

## (519) SIGNATURES

### EVERYTHING CRUSTED SALMON (GF) 30

ATLANTIC SALMON, BUTTERED LEEK MASH,  
HONEY MUSTARD AND DILL BUTTER SAUCE

### ROASTED CHICKEN 32

MTL CHICKEN SPICES, CRISP RUSSET FRIES,  
SESSIONS COLESLAW, CHALET CHICKEN JUS

### CANADIAN STEAK FRITES (GF) 40

8OZ CHAR GRILLED FLAT IRON, MTL STEAK SPICE,  
CRISP RUSSET FRIES, POUTINE JUS,  
CHEDDAR SAUCE

### HR MACARONI AND CHEESE (VEG) 24

CAVATAPPI PASTA, CANADIAN CHEDDAR,  
CHEESE CURDS, SALTED CORN FLAKE CRUNCH,  
GARLIC BREAD

#### MACARONI ADDITIONS:

HICKORY BACON 6 | SMOKED MEAT 6  
MTL GRILLED CHICKEN 10 | GREEN PEAS 4

## POUTINES

### SESSIONS CLASSIC POUTINE 19

CRISP RUSSET FRIES, CHEESE CURDS, POUTINE JUS

### SMOKED MEAT POUTINE 23

HOUSE SMOKED MONTREAL STYLE BRISKET,  
CRISP RUSSET FRIES, CHEESE CURDS, POUTINE JUS

### BBQ RIB POUTINE 23

CRISP RUSSET FRIES, BBQ PULLED BABY BACK  
RIBS, GREEN ONIONS SOUR CREAM,  
CORN RELISH, POUTINE JUS

## SIDES

### SESSIONS COLESLAW 5

(VEG | GF)

CABBAGE CARROT,  
GREEN APPLE, HONEY  
AND MUSTARD DRESSING

### CHEESE FRIES 7

(VEG | GF)

CRISP RUSSET FRIES,  
CANADIAN CHEDDAR  
SAUCE

### CHARRED

BROCCOLI 6

(VEG | GF)

BUTTERMILK RANCH,  
SALTED CORNFLAKES

### ALL DRESSED

POTATO SALAD 8

(GF)

CHEDDAR, HICKORY  
BACON, BBQ SAUCE

# BRUNCH

1 COURSE BRUNCH 25

2 COURSE BRUNCH 30

3 COURSE BRUNCH 40

ADD BOTTOMLESS  
MIMOSA'S (PP) 25

## FIRST COURSE

**KELLOGG'S CEREAL** (VEG)  
SINGLE SERVE BOXES, WHOLE MILK,  
ALMOND OR OAT MILK

**CHOICE OF:**

FROOT LOOPS  
FROSTED FLAKES  
CORN POPS  
RICE KRISPIES  
SPECIAL K  
CORN FLAKES  
ALL BRAN  
RAISIN BRAN

**YOGURT PARFAIT** (VEG)

GREEK YOGURT,  
MAPLE GRANOLA,  
SEASONAL PRESERVES,  
LOCAL HONEY AND MINT

**SEASONAL FRUIT BOWL**  
(VEG | GF)

LOCAL FRUITS AND BERRIES,  
HONEY, MINT, VANILLA  
BEAN CHIA SEED DIP

**AVOCADO TOAST** (VEG)

SMASHED AVOCADO,  
CUCUMBER, MINT, RED ONION,  
GOAT CHEESE, SOURDOUGH  
WHOLE GRAIN TOAST

## SECOND COURSE

**FRENCH TOAST SOUFFLE**  
(VEG)

CUSTARD-SOAKED  
BRIOCHE, BLACKBERRY JAM,  
LEMON CRÈME FRAICHE  
WHIPPED CREAM

**HUEVOS RANCHEROS**

(VEG)  
TWO SUNNY SIDE UP EGGS, CORN  
TORTILLAS, REFRIED BEANS,  
RANCHERO SAUCE, AVOCADO,  
GREEN ONION SOUR CREAM,  
CHEDDAR QUESO

**EGGS BENEDICT**

POACHED EGGS, TOASTED  
BRIOCHE, HOLLANDAISE,  
HOME FRIES  
SMOKED MEAT / SMOKED SALMON  
PEAMEAL BACON / BACK BACON  
ROASTED WILD / MUSHROOMS (VEG)

**FRIED CHICKEN WAFFLES**

CORN FLAKE CRUSTED CHICKEN,  
BUTTERMILK WAFFLE, SESSIONS  
COLESLAW, POACHED EGG,  
HOLLANDAISE

**CRAB CARBONARA**

HICKORY BACON, WEST COAST  
CRAB, PECORINO, FETTUCINI

**ALL CANADIAN BURGER**

CHAR GRILLED BEEF CHUCK  
PATTY, FULLY DRESSED, HICKORY  
BACON, THICK CUT CHEDDAR,  
THOUSAND ISLANDS AIOLI,  
TOASTED SESAME BRIOCHE

**BURGER ADDITIONS:**

EXTRA PATTY 6  
SMOKED MEAT 6  
PEAMEAL BACON 6  
BACK BACON 6  
FRIED FARM EGG 4  
CANADIAN BACK BACON 8

**BLACKENED  
MUSHROOM BURGER**  
(V | VEG)

RICE PAPER BACON, AVOCADO,  
TOMATO, SHREDDED ICEBERG  
LETTUCE, CHILI AIOLI, TOASTED  
PLANT-BASED BRIOCHE

**SALMON BURGER**

EVERYTHING SEASONED  
SALMON, GREEN GODDESS AIOLI,  
CUCUMBER, ICEBERG LETTUCE  
AND TOASTED SESAME BRIOCHE,

## CAESAR, EH?

**OH CANADA 18**

FINLANDIA VODKA,  
WORCESTERSHIRE,  
TABASCO PEPPER SAUCE,  
PICKLE JUICE, LEMON JUICE,  
CLAMATO JUICE, PEPPER

**SPICY MARIA 20**

HORNITOS PLATA TEQUILA,  
WORCESTERSHIRE, SIRACHA  
HOT SAUCE, LEMON JUICE, CLAMATO  
JUICE, PEPPER

**GIN & JUICE 18**

BEEFEATER LONDON  
DRY GIN, WORCESTERSHIRE,  
TABASCO PEPPER SAUCE, LEMON  
JUICE, TOMATO JUICE, PEPPER

## MIMOSA MORNINGS OR...AFTERNOONS

**PEACHY IN THE MORNING 16**

PEACH PUREE, PROSECCO

**PRETTY IN PINK 16**

RASPBERRY LEMONADE,  
SPARKLING ROSE, PROSECCO

**CITRUS SUNRISE 16**

PINEAPPLE JUICE, ORANGE JUICE,  
LEMON JUICE, PROSECCO

(V) VEGAN |  
(VEG) VEGETARIAN  
(GF) GLUTEN FREE

FOR PARTIES OF 6 OR MORE, THERE  
WILL BE A LARGE PARTY GRATUITY  
OF 20% ADDED TO THE BILL

## THIRD COURSE

**S'MORES**

GRAHAM CRACKER,  
HOMEMADE MARSHMALLOW,  
DARK CHOCOLATE, BLACKBERRIES,  
HICKORY SMOKED WHITE  
CHOCOLATE

**DOUGHNUTS** (VEG)

INSPIRED BY TIMBITS  
FROOT LOOP, CORN POP AND  
FROSTED FLAKE CRUSTED  
DOUGHNUTS, VANILLA GLAZE

**ICE CREAM** (VEG | GF)

VANILLA  
CHOCOLATE  
STRAWBERRY

# BRUNCH PLATTERS

**BRUNCH FOR TWO 80**

PICK 1 ITEM FROM EACH CATEGORY  
AND RECEIVE 2 OF EACH

**BRUNCH FOR FOUR 140**

PICK 1 ITEM FROM EACH CATEGORY  
AND RECEIVE 4 OF EACH

ADD BOTTOMLESS  
MIMOSA'S (PP) 25

## FIRST CHOICE

**SEASONAL FRUIT BOWL** (VEG | GF)

LOCAL FRUITS AND BERRIES,  
MINT, VANILLA BEAN CHIA SEED DIP

**AVOCADO TOAST** (VEG)

SMASHED AVOCADO, CUCUMBER, MINT, RED ONION,  
GOAT CHEESE, SOURDOUGH TOAST

**CAESAR SALAD** (GF)

ROMAINE, HICKORY BACON, HARD COOKED EGG,  
HOUSE DRESSING, PARMESAN, GARLIC TOAST

**HOT CRAB DIP**

WEST COAST CRAB, WHITE CHEDDAR, ASPARAGUS,  
REMOULADE, SESSIONS GARLIC BREAD

## SECOND CHOICE

**FRENCH TOAST SOUFFLE** (VEG)

CUSTARD-SOAKED BRIOCHE,  
BLACKBERRY JAM,  
LEMON CRÈME FRAICHE WHIPPED CREAM

**EGGS BENEDICT**

POASTED BRIOCHE,  
HOLLANDAISE, HOME FRIES,  
SMOKED MEAT / SMOKED SALMON /  
PEAMEAL BACON / BACK BACON /  
ROASTED WILD / MUSHROOMS (VEG)

**ALL CANADIAN BURGER**

CHAR GRILLED BEEF CHUCK PATTY, FULLY DRESSED,  
HICKORY BACON, THICK CUT CHEDDAR, THOUSAND  
ISLANDS AIOLI, TOASTED SESAME BRIOCHE

**CORN FLAKE FRIED CHICKEN**

SHREDDED LETTUCE, DILL PICKLES,  
BUTTERMILK RANCH, TOASTED BRIOCHE

**BUTTERMILK PANCAKES**

MAPLE SYRUP, HICKORY BACON,  
CREAMERY BUTTER

**BLACKENED MUSHROOM BURGER** (V|VEG)

RICE PAPER BACON, AVOCADO, TOMATO, SHREDDED ICEBERG  
LETTUCE, CHILI AIOLI, TOASTED PLANT-BASED BRIOCHE

**SMOKED MEAT HASH** (GF)

TWO POACHED EGGS, MONTREAL SMOKED MEAT, HOME FRIES,  
CARAMELIZED ONIONS, PEPERNOTTA, HOLLANDAISE

## THIRD CHOICE

**DOUGHNUTS** (VEG)

INSPIRED BY TIMBITS  
FROOT LOOP,  
CORN POP AND FROSTED FLAKE  
CRUSTED DOUGHNUT HOLES,  
VANILLA GLAZE,  
WHIPPED CREAM

**S'MORES**

GRAHAM CRACKER,  
HOMEMADE MARSHMALLOW,  
DARK CHOCOLATE,  
BLACKBERRIES,  
HICKORY SMOKED WHITE  
CHOCOLATER

## FRESH PRESSED JUICE

**ORANGE JUICE** (VEG | GF) 7  
FRESH PRESSED IN HOUSE

**ANTIOXIDANT** (VEG | GF) 12  
BLUEBERRY, ORANGE, BANANA, YOGURT

**GREENS** (V | VEG | GF) 12  
GREEN APPLE, KALE, SPINACH, CUCUMBER

# DINNER

## STARTERS

### PEROGIES 16

CANADIAN CHEDDAR AND YUKON GOLD POTATO, BISON SHORT RIB JUS, CHEDDAR SAUCE, GREEN ONION SOUR CREAM

### HOT CRAB DIP 18

WEST COAST CRAB, WHITE CHEDDAR, ASPARAGUS, REMOULADE, SESSIONS GARLIC BREAD

### SPICY SALMON TARTARE 18

BBQ SALMON, SMOKED SALMON, SALMON CRUDO, SWEET PEAS, CUCUMBER, MAPLE CHILI AIOLI

### FRIED MOZZARELLA 16

PEPPERONI, POBLANOS, HICKORY BACON, CREMINI MUSHROOMS, MARINARA SAUCE

### ONION RINGS 12

BATTERED ONION RINGS WITH CANADIAN GRAINS, BUTTERMILK RANCH

### FISH & CHIPS 18

SALTINE CRUSTED EAST COAST COD, TARTAR SAUCE, DILL PICKLES, HOUSE MADE CRISPS

### CHICKEN FINGERS 14

CORN FLAKE CRUSTED CHICKEN TENDERS, CHOICE OF TWO SAUCES: BUTTERMILK RANCH, BBQ, MAPLE CHILI AIOLI, OR SWEET & SOUR

### SEASONAL PLATE 20

SEASONAL ROOT VEGETABLES, DILL PICKLES, PICKLED ONIONS, HARD COOKED EGGS, COLD SMOKED SALMON, ELK SUMMER SAUSAGE, SWEET POTATO DIP, SALTINES AND GARLIC BREAD

MAKE IT JUST VEGGIES (VEG)  
ADD CANADIAN CHEESE  
2oz \$7 | 4oz \$14

### LOBSTER CORN DOG 26

EAST COAST LOBSTER, CORN BATTER, CHIVE AND SPICY AIOLI

(V) VEGAN | (VEG) VEGETARIAN  
(GF) GLUTEN FREE

FOR PARTIES OF 6 OR MORE, THERE  
WILL BE A LARGE PARTY GRATUITY  
OF 20% ADDED TO THE BILL

## SALADS

### CAESAR SALAD (GF) 18

ROMAINE, HICKORY BACON, HARD COOKED EGG, HOUSE DRESSING, PARMESAN, GARLIC TOAST

### BBQ SALMON (GF) 24

HOT SMOKED MAPLE SALMON, ROASTED SWEET POTATO, PEAS, TENDRILS AND LETTUCES, GREEN GODDESS YOGURT DRESSING

### CHEF'S SALAD (GF) 20

CANADIAN BACON, MTL CHICKEN, HARD COOKED EGG, OKA CHEESE, CUCUMBER, ROASTED ROMA TOMATOES, LETTUCES, FRENCH DRESSING

### GREEN WEDGE (V | VEG | GF) 18

ICEBERG LETTUCE, TOMATO, CUCUMBER, BBQ CHICKPEAS, PICKLED SHALLOTS, PUFFED CANADIAN GRAINS, BUTTERMILK RANCH

#### SALAD ADDITIONS:

MONTREAL SPICED CHICKEN 10 | CORNFLAKE CRUSTED CHICKEN 10  
CLAMATO POACHED SHRIMP 12 | HOUSE SMOKED SALMON 12  
FRIED FARM EGG 4 | SPECIAL K COATED TOFU 8

## BURGERS & SANDWICHES

SERVED WITH HOUSE RUSSET FRIES AND SESSIONS COLESLAW

### ALL CANADIAN BURGER 25

CHAR GRILLED BEEF CHUCK PATTY, FULLY DRESSED, HICKORY BACON, THICK CUT CHEDDAR, THOUSAND ISLANDS AIOLI, TOASTED SESAME BRIOCHE

### BLACKENED MUSHROOM BURGER (V | VEG) 22

RICE PAPER BACON, AVOCADO, TOMATO, SHREDDED ICEBERG LETTUCE, CHILI AIOLI, TOASTED PLANT-BASED BRIOCHE

#### BURGER + SANDWICH ADDITIONS:

EXTRA PATTY 6 | SMOKED MEAT 6 | BACON 6  
PEA MEAL BACON 6 | BACK BACON 6  
FRIED FARM EGG 4 | THICK CUT CHEDDAR 4  
CANADIAN TUXEDO-SMOKED MEAT, PEA MEAL, BACK BACON 8

### CORN FLAKE FRIED CHICKEN 26

SHREDDED LETTUCE, DILL PICKLES, BUTTERMILK RANCH, TOASTED BRIOCHE

### NASHVILLE FRIED CHICKEN 26

CORN FLAKE FRIED CHICKEN, NASHVILLE DRY SPICE, COLESLAW, MAPLE CHILI MAYO, DILL PICKLES, TOASTED BRIOCHE

### SMOKED MEAT SANDWICH 26

HOUSE SMOKED MONTREAL BRISKET, DELI MUSTARD, CARAMELIZED ONIONS, TOASTED BRIOCHE

### FRENCH DIP 26

SLOW ROASTED BEEF, BRAISED SHORT RIBS, CARAMELIZED ONIONS, AGED WHITE CHEDDAR, BAGUETTE, BEEF JUS

## (519) SIGNATURES

### EVERYTHING CRUSTED SALMON (GF) 30

ATLANTIC SALMON, BUTTERED LEEK MASH, HONEY MUSTARD AND DILL SAUCE

### ROASTED CHICKEN 32

MTL CHICKEN SPICES, CRISP RUSSET FRIES, SESSIONS COLESLAW, CHALET CHICKEN JUS

### MAPLE MUSTARD PORK BELLY 28

SUMMER CORN, VEGETABLE AND BACON SUCCOTASH, SWEET POTATO

### CANADIAN STEAK FRITES (GF) 40

8OZ CHAR GRILLED FLAT IRON, MTL STEAK SPICE, CRISP RUSSET FRIES, POUTINE JUS, CHEDDAR SAUCE

### SMOKED BBQ BABY BACK RIBS (GF) 28

CANADIAN CLUB BBQ, ALL DRESSED POTATO SALAD, COLESLAW

### HR MACARONI AND CHEESE (VEG) 24

CAVATAPPI PASTA, CANADIAN CHEDDAR, CHEESE CURDS, SALTED CORN FLAKE CRUNCH, GARLIC BREAD

MACARONI ADDITIONS: HICKORY BACON 6 | SMOKED MEAT 6  
MTL GRILLED CHICKEN 10 | GREEN PEAS 4

## POUTINES

### SESSIONS CLASSIC POUTINE 20

CRISP RUSSET FRIES, CHEESE CURDS, POUTINE JUS

### SMOKED MEAT POUTINE 23

HOUSE SMOKED MONTREAL STYLE BRISKET, CRISP RUSSET FRIES, CHEESE CURDS, POUTINE JUS

### BBQ RIB POUTINE 23

CRISP RUSSET FRIES, BBQ PULLED BABY BACK RIBS, GREEN ONION SOUR CREAM, CORN RELISH, POUTINE JUS

## SIDES

### SESSIONS COLESLAW 5 (VEG | GF)

CABBAGE CARROT, GREEN APPLE, HONEY AND MUSTARD DRESSING

### CHEESE FRIES 7 (VEG | GF)

CRISP RUSSET FRIES, CANADIAN CHEDDAR SAUCE

### CHARRED BROCCOLI 6 (VEG | GF)

BUTTERMILK RANCH, SALTED CORNFLAKES

### ALL DRESSED POTATO SALAD 8 (GF)

CHEDDAR, HICKORY BACON, BBQ SAUCE

# COCKTAILS

## SESSIONS SIGNATURES

### FASHIONABLY LATE 19

VANILLA CROWN ROYAL, DEMERARA SYRUP, ORANGE BITTERS

### PEAR WITH ME HONEY 20

GREY GOOSE LA POIRE VODKA, ELDERFLOWER, HONEY SYRUP, LEMON JUICE, CARDAMOM BITTERS, FRESH PEAR

### A MOMENT IN THYME 20

HORNITO'S REPOSADO TEQUILA, COINTREAU, BLUEBERRY THYME SYRUP, LEMON JUICE, SODA, FRESH BLUEBERRIES, FRESH THYME

### LAST CALL 17

CRANBERRY INFUSED BEEFEATER LONDON DRY GIN, APRICOT BRANDY, WHITE CRANBERRY JUICE, FRESH LIME

## TWISTED & TASTY

### COSMOJITO 17

KETEL ONE VODKA, TRIPLE SEC, MINT SYRUP, FRESH LIME, CRANBERRY JUICE, FRESH MINT, SODA

### JALAPENO WATERMELON MARGARITA 18

HORNITO'S PLATA TEQUILA, COINTREAU, JALAPENO WATERMELON SYRUP, FRESH LIME, WATERMELON

### CUCUMBER BASIL SMASH 18

CUCUMBER INFUSED BOMBAY SAPPHIRE GIN, BASIL SYRUP, LEMON JUICE, FRESH BASIL, FRESH CUCUMBER

### (519) MAR-TINI 18

VANILLA AND ESPRESSO BEAN INFUSED KETEL ONE VODKA, VANILLA BEAN CREAM, COFFEE LIQUEUR, VANILLA SYRUP, ESPRESSO

### LAVENDER SOUR 19

FLOR DE CANA 5 YEAR RUM, CRÈME DE CASSIS, LAVENDER SYRUP, LEMON JUICE, EGG WHITE, ORANGE BITTERS

### SPRITZ-5 17

LIMONCELLO, ELDERFLOWER, LEMON JUICE, BLUE SPIRULINA TINCTURE, PROSECCO, SODA

### SWEET SANGRIA 17

PINOT GRIGIO, COINTREAU, PEACH SCHNAPPS, WHITE CRANBERRY JUICE, FRESH PEACHES, FRESH ORANGES, FRESH MINT

### LONDON MULE 16

PARADIGM SPIRITS JULIET GIN, POMEGRANATE SYRUP, LEMON JUICE, GINGER BEER

## FREE OF ALCOHOL, FULL OF SPIRIT

### MR. JONES 15

SEEDLIP SPICE, PINK GRAPEFRUIT JUICE, SIMPLE SYRUP, LEMON JUICE

### MRS. OFFICER 15

SEEDLIP SPICE, COCONUT CREAM, HONEY SYRUP, CALAMANSI JUICE

## YOUNG & FUN

(MILKSHAKES)

### KRISPIE SWIRL 10

RICE KRISPIE INFUSED MILK, FRENCH VANILLA ICE CREAM, RICE KRISPIES, POP ROCKS

### FLAKE & SHAKE 10

FROSTED FLAKE INFUSED MILK, FRENCH VANILLA ICE CREAM, FROSTED FLAKES

MAKE IT A BOOZY MILKSHAKE +\$8

# WINES BY THE GLASS

## WHITE

6oz 9oz

HOUSE WHITE BLEND, TWO SISTERS, ONTARIO, CANADA 13 19

WAYNE GRETZKY, PINOT GRIGIO, ONTARIO, CANADA 15 22

WAYNE GRETZKY, CHARDONNAY, ONTARIO, CANADA 15 22

FLAT ROCK, CHARDONNAY, ONTARIO, CANADA 17 25

WHITEHAVEN, SAUVIGNON BLANC, MARLBOROUGH, NEW ZEALAND 17 25

FEATHERSTONE BLACK SHEEP, RESILING, ONTARIO, CANADA 16 24

## ROSE

HENRY OF PELHAM, ROSE, ONTARIO, CANADA 13 19

JACKSON TRIGGS, ROSE, ONTARIO, CANADA 16 24

## RED

HOUSE RED BLEND, TWO SISTERS, ONTARIO, CANADA 13 19

RED KNOT, CABERNET SAUVIGNON, MCLAREN VALE, AUSTRALIA 16 24

TRAPICHE MEDALLA, CABERNET SAUVIGNON, MENDOZA, ARGENTINA 20 30

KIM CRAWFORD, PINOT NOIR, MARLBOROUGH, NEW ZEALAND 21 32

OPEN RED TAIL, MERLOT, ONTARIO, CANADA 16 24

RIOJA VEGA CRIANZA, TEMPRANILLO, RIOJA, SPAIN 15 22

CHATEAU SAINT-GERMAIN, BOURDEAUX, BOURDEAUX, FRANCE 20 30

WOLF BLASS YELLOW LABEL, SHIRAZ, BAROOSA, AUSTRALIA 15 22

## SPARKLING

5oz

BOTTEGA VINO DEI POETI BRUT ROSE, VENETO, ITALY 12

MIONETTO, PROSECCO, VENETO, ITALY 16

NICOLAS FEUILLATTE, CHAMPAGNE, CHAMPAGNE, FRANCE 36

## DRAUGHT

16oz

BUD LIGHT 9

STELLA ARTOIS 13

MICHELOB ULTRA 10

MILL STREET ORGANIC 12

MILL STREET HAZE PHAZE IPA 12

ALEXANDER KEITHS AMBER ALE 10

MILL STREET ORANGE CITRUS WHEAT 12

BRICKWORKS CIDER 12

POWERHOUSE LIGHT LAGER 10

POWERHOUSE IPA 10

POWERHOUSE SEASONAL 13

GUINNESS 13



# KIDS MENU

## BREAKFAST

SERVED UNTIL 4PM DAILY

### KELLOGG'S CEREAL

(VEG) 6

SINGLE SERVE BOXES,  
WHOLE MILK, ALMOND  
OR SOY MILK

#### CHOICE OF:

FRUIT LOOPS,  
FROSTED FLAKES,  
CORN POPS, RICE KRISPIES,  
SPECIAL K, CORN FLAKES,  
ALL BRAN

### DOUGHNUTS (VEG) 10

INSPIRED BY TIMBITS

FRUIT LOOP, CORN POP AND  
FROSTED FLAKE CRUSTED  
DOUGHNUTS, VANILLA GLAZE

### YOGURT PARFAIT (VEG)

12

GREEK YOGURT,  
MAPLE GRANOLA,  
SEASONAL PRESERVES,  
LOCAL HONEY AND MINT

### SEASONAL FRUIT

BOWL 12

(VEG | GF)

BERRIES, COMPRESSED,  
FRUITS, MINT, VANILLA,  
BEAN CHIA SEED DIP

### FRENCH TOAST

SOUFFLE 9

(VEG | GF)

CUSTARD-SOAKED BRIOCHE,  
STRAWBERRY JAM,  
WHIPPED CREAM

### TATER TOT POUTINE 9

CRISP TATER TOTS,  
SCRAMBLED EGGS,  
CHEESE CURDS,  
POUTINE GRAVY

### CHOCOLATE CHIP

PANCAKES (VEG) 12

MAPLE SYRUP,  
VANILLA WHIPPED CREAM

## LUNCH & DINNER

SERVED DAILY FROM 11:00AM-9:00PM

### I DON'T KNOW 7

(CAESAR SALAD)

ROMAINE,  
HICKORY BACON,  
HARD COOKED EGG,  
HOUSE DRESSING,  
CANADIAN PARMESAN,  
GARLIC TOAST  
CROUTONS

### I'M NOT HUNGRY 12

(MACARONI AND CHEESE)

CAVATAPPI PASTA,  
CANADIAN CHEDDAR,  
CHEESE CURDS,  
SALTED CORNFLAKE  
CRUNCH, SESSIONS  
GARLIC BREAD

### MOMMMMM!!!! 12

(TATER TOT POUTINE)

CRISP TATER TOTS,  
CHEESE CURDS,  
POUTINE GRAVY

### I DON'T CARE 12

(CHEESEBURGER)

BEEF PATTY, CHEDDAR,  
LETTUCE, TOMATO, KETCHUP,  
TOASTED SESAME BRIOCHE,  
SERVED WITH HOUSE  
MADE FRIES

### I JUST WANT CHICKEN FINGERS 12

(CHICKEN FINGERS)

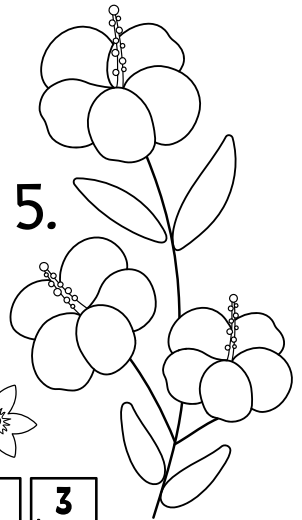
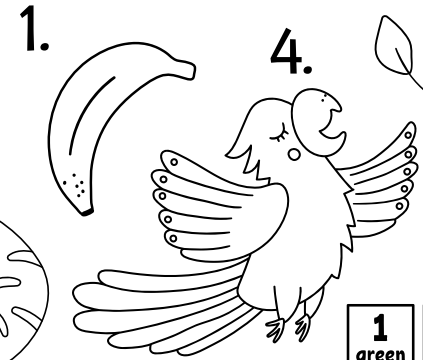
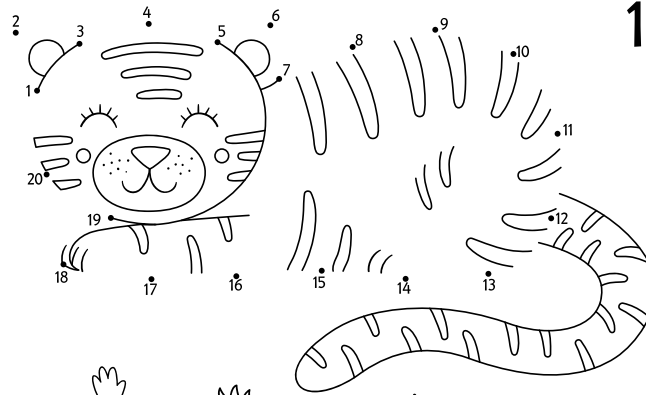
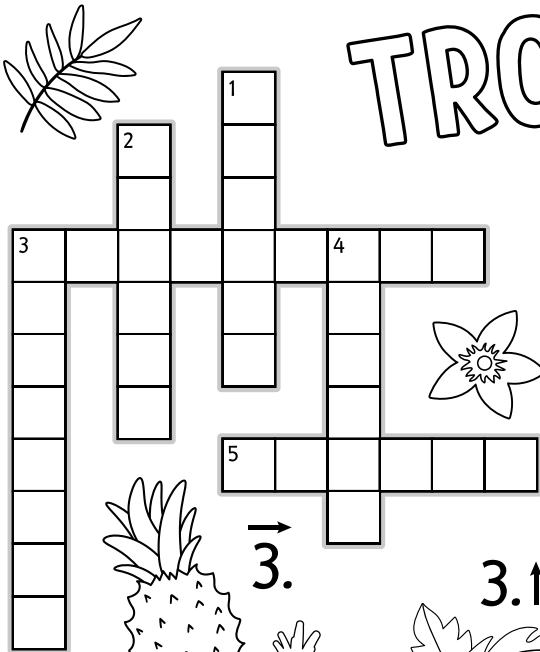
CHICKEN TENDERS, FRIES,  
SWEET & SOUR SAUCE

### I DON'T WANT THAT 5

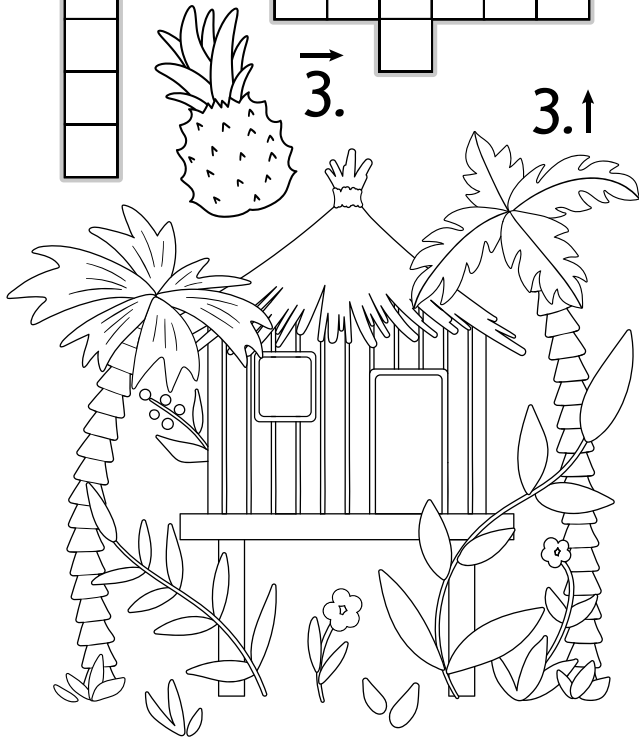
(BROCCOLI)

CHEDDAR CHEESE SAUCE

# TROPICAL PLACEMAT



1 green 2 yellow 3 brown



## WORDSCRAMBLE

ENKOMY

RATORP

WERLOF

