

BREAKFAST

SERVED 7AM-11AM

STARTERS

AVOCADO TOAST (VEG)

AVOCADO, GOAT CHEESE MOUSSE, CHERRY TOMATOES, CUCUMBER, WHOLE GRAIN TOAST
ADD AN EGG \$4

15

MAPLE & HONEY YOGURT PARFAIT

(VEG | GF)

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

12

TROPICAL FRUIT BOWL

(V | VEG | GF)

SEASONAL TROPICAL FRUITS, MINT, HONEY SYRUP

12

SASKATOON BERRY SMOOTHIE BOWL

(V | VEG | GF)

SASKATOON BERRY AND COCONUT YOGURT CURD, VANILLA CHIA SEED, BANANA, KIWI, BERRIES, HEMP HEARTS, COCOA NIBS, TOASTED COCONUT

16

ADDITIONAL

PROTEIN (GF)

PEAMEAL BACON
CANADIAN BACON
MONTREAL SMOKED MEAT
HICKORY BACON
MAPLE BREAKFAST SAUSAGE

8

HASHBROWNS

(V | VEG | GF)

CRISP YUKON GOLD HASHBROWNS, SMOKED PAPRIKA

6

INTERNATIONAL CLASSICS

HUEVOS RANCHEROS

SUNNY SIDE UP EGGS, CORN TORTILLAS, CHORIZO, RANCHERA SAUCE, PINTO BEANS, AVOCADO, COTIJA CHEESE

23

FRENCH TOAST SOUFFLE

CUSTARD-SOAKED BRIOCHE, BLACKBERRIES, CITRUS, SUZETTE SAUCE, HICKORY BACON

20

SHAKSHUKA (VEG)

POACHED EGGS, SPICED TOMATO SAUCE, KALE, CHICKPEAS

22

SESSIONS SIGNATURES

SESSIONS SLAM 22

TWO EGGS, HASHBROWNS, ROASTED TOMATO, TOAST, CHOICE OF SMOKED BACON, BREAKFAST SAUSAGE, PEAMEAL BACON OR BACK BACON

PLANT BREAKFAST (V | VEG) 20

SOFT TOFU SCRAMBLE, RICE PAPER BACON, ROASTED TOMATO, AVOCADO, HASHBROWNS, WHOLE WHEAT TOAST

BREAKFAST POUTINE 20

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

SMOKED MEAT HASH (GF) 24

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

BUTTERMILK PANCAKES 20

SASKATOON BLUEBERRY COMPOTE, CREAMERY BUTTER, HICKORY BACON

EGGS BENEDICT

POACHED EGGS, TOASTED BRIOCHE, HOLLANDAISE

SMOKED MEAT 24

SMOKED SALMON 28

PEAMEAL BACON 23

HICKORY BACON 22

ROASTED WILD MUSHROOMS (VEG) 20

SESSIONS OMELET (GF) 22

SMOKED HAM, TRIPLE CRÈME BRIE, ASPARAGUS, TOAST

BRIOCHE BREAKFAST SANDWICH 20

SCRAMBLED EGG, HICKORY BACON, TOMATO JAM, AVOCADO, TOASTED BRIOCHE, HASHBROWNS

STEAK & EGGS 42

8oz AAA GRILLED FLAT IRON, SHORT RIB JUS, SUNNY SIDE UP EGG, HASHBROWNS, TOAST

BEVERAGES

COFFEE

FIRE ROASTED COFFEE 5

FIRE ROASTED DECAF 5

CAPPUCCINO 7

LATTE 7

ESPRESSO 6

DOUBLE ESPRESSO 10

AMERICANO 7

SMALL POT OF COFFEE 10

LARGE POT OF COFFEE 16

METROPOLITAN TEA

ORANGE PEKOE 5

BLUE NILE CHAMOMILE 5

PEPPERMINT 5

ENGLISH BREAKFAST 5

ENGLISH BREAKFAST (DECAF) 5

EARL GREY 5

MASALA CHAI 5

JASMINE DRAGON 5

LEMON GINGER 5

FRESH PRESSED JUICE

GOLDEN WAVE 12

ORANGE, GRAPEFRUIT, WATERMELON

GREENS 12

GREEN APPLE, KALE, SPINACH, CUCUMBER

FRESH ORANGE JUICE 7

FRESH PRESSED IN HOUSE

SMOOTHIES

TROPICAL SUNRISE (V | VEG | GF) 14

BANANA, MANGO, PINEAPPLE, ORANGE JUICE, COCONUT MILK, AGAVE

STRAWBERRY GLOW (VEG | GF) 14

STRAWBERRIES, BANANA, MATCHA, VANILLA YOGURT, OAT MILK, HONEY

EVIAN WATER (750ML) 9 | EVIAN SPARKLING WATER (750ML) 9

(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

BRUNCH SET LIST

OPENING ACT 30
2-COURSE BRUNCH

HEADLINER 40
3-COURSE BRUNCH

MIMOSAS ON REPEAT 28
MAY BE ADDED ON WITH ANY
2 OR 3 COURSE BRUNCH EXPERIENCE

STARTERS & 1ST COURSE

WARM CINNAMON BRIOCHE (VEG) 12
CINNAMON BROWN BUTTER,
WHIPPED CREAM CHEESE

MAPLE & HONEY YOGURT PARFAIT
(VEG | GF) 12
GREEK YOGURT, MAPLE GRANOLA,
SEASONAL PRESERVES,
LOCAL HONEY AND MINT

AVOCADO TOAST (VEG) 15
AVOCADO, GOAT CHEESE MOUSSE,
CHERRY TOMATOES, CUCUMBER,
WHOLE GRAIN TOAST
ADD AN EGG \$4

SMOKED SALMON BAGEL 16
MONTREAL BAGEL, HOUSE SMOKED SALMON,
HERB CREAM CHEESE, CUCUMBER,
PICKLED SHALLOT, CAPERS, DILL

TROPICAL FRUIT BOWL
(V | VEG | GF) 12
SEASONAL TROPICAL FRUITS,
MINT, HONEY SYRUP

SASKATOON BERRY
SMOOTHIE BOWL
(V | VEG | GF) 16
FROZEN SASKATOON BERRY AND COCONUT
YOGURT CURD, VANILLA CHIA SEED, BANANA,
KIWI, BERRIES, HEMP HEARTS, COCOA NIBS,
TOASTED COCONUT

SALADS & 2ND COURSE

STEAK SALAD (GF) 30
4oz GRILLED FLAT IRON, WILD
MUSHROOMS, ROASTED
SQUASH, GRILLED LEEKS, BABY
KALE, SALSA VERDE, PECORINO

CHICKEN FRISEE (GF) 25
GREEN APPLE, WHIPPED BRIE,
HICKORY BACON,
ROASTED SHALLOT, FRISEE,
MAPLE & DIJON VINAIGRETTE

SMOKED SALMON SALAD
(GF) 25
SMOKED SALMON RILLETTA,
BRUSSEL SPROUT SLAW,
HEIRLOOM POTATO SALAD,
WHITE FRENCH DRESSING

NOURISH BOWL (GF) 26
ROASTED SWEET POTATO,
CHARRED BROCCOLINI,
AVOCADO, CUCUMBER,
CHICKPEA, QUINOA,
MAPLE TAHINI DRESSING

CHOICE OF:
ROASTED CHICKEN
OR SESAME TOFU (V | VEG)

(519) SIGNATURES & 2ND COURSE

FRENCH TOAST SOUFFLE 20
CUSTARD-SOAKED BRIOCHE,
BLACKBERRIES, CITRUS,
SUZETTE SAUCE,
HICKORY BACON

BUTTERMILK PANCAKES 20
SASKATOON BLUEBERRY COMPOTE,
CREAMERY BUTTER,
HICKORY BACON

HUEVOS RANCHEROS
(VEG) 23
EGGS SUNNY SIDE UP, CORN
TORTILLAS, CHORIZO, RANCHERA
SAUCE, PINTO BEANS, AVOCADO,
COTIJA CHEESE

CRAB & AVOCADO
BENEDICT 28
POACHED EGGS,
TOASTED BRIOCHE, LIME
HOLLANDAISE, HASHBROWNS

HOT MAPLE FRIED
CHICKEN & WAFFLES 28
CORNFLAKE CRUSTED CHICKEN,
BUTTERMILK WAFFLE, GREEN APPLE
COLESLAW, POACHED EGG,
HOLLANDAISE

HOUSE SMOKED
TURKEY CLUB 26
HOUSE SMOKED TURKEY, HICKORY
BACON, AVOCADO, CHIVE AIOLI,
TOMATO JAM, GEM LETTUCE,
TOASTED BRIOCHE

CROQUE MADAME 24
TOASTED PAIN DE MIE, BACK
BACON, GRUYERE, MORNAY SAUCE,
SUNNY SIDE UP EGG

STEAKHOUSE BURGER 28
ROASTED DRY AGED BEEF CHUCK,
TRUFFLE GOUDA, BLACK TRUFFLE
AIOLI, FRENCH ONION,
TOASTED BRIOCHE

MUSHROOM BURGER
(V | VEG) 25
CARAMELIZED ONION, ARUGULA,
HERB & GARLIC BOURSIN,
TOASTED BRIOCHE

BRIOCHE BREAKFAST
SANDWICH 20
SCRAMBLED EGG,
HICKORY BACON, TOMATO JAM,
AVOCADO, TOASTED BRIOCHE,
HASHBROWNS

DESSERTS & 3RD COURSE

DARK CHOCOLATE
TERRINE
(V | VEG) 12
DARK CHOCOLATE MOUSSE,
DARK CHOCOLATE GÉNOISE,
ESPRESSO SYRUP,
HASKAP BERRY COMPOTE

NEW YORK
CHEESECAKE
(VEG) 12
GRAHAM CRACKER CRUST,
CHERRY VANILLA SAUCE

MAPLE
CRÈME BRULÉ
12
MAPLE DULCE DE LECHE,
MAPLE CANDY CRUNCH

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, SRIRACHA
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

FRESH PRESSED JUICE

ORANGE JUICE 7
FRESH PRESSED IN HOUSE

GOLDEN WAVE 12
ORANGE, GRAPEFRUIT, WATERMELON

GREENS 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 11AM-4PM MONDAY TO FRIDAY

NOT READY TO BREAK UP WITH BREAKFAST? ASK YOUR SERVER.

STARTERS

BUTTERMILK PULL APART ROLLS

(VEG) 12

GARLIC BUTTER,
HERB SEA SALT

CURRIED SQUASH SOUP

(VEG) 10

BUTTERMILK CREMA,
PANEER GRILLED CHEESE

TUNA TARTARE

18

ROASTED BEET, CHIVE AIOLI,
LIME & GINGER VINAIGRETTE

MOROCCAN LAMB MEATBALLS

18

GOAT CHEESE CURD,
RICOTTA SALATA, CUCUMBER,
ROASTED CHICKPEAS AND MINT

CHARCUTERIE & CHEESE

26

NIAGARA SPECIALTIES CHARCUTERIE,
GUNN'S HILL CHEESES,
HOUSE PICKLES, KOZLIK'S MUSTARD,
SEA BUCKTHORN COMPOTE,
HONEY, APPLE

SALADS

STEAK SALAD (GF) 30

4OZ GRILLED FLAT IRON,
WILD MUSHROOMS, ROASTED SQUASH,
GRILLED LEEKS, BABY KALE,
SALSA VERDE, PECORINO

CHICKEN FRISEE (GF) 25

GREEN APPLE, WHIPPED BRIE,
HICKORY BACON,
ROASTED SHALLOT, FRISEE,
MAPLE & DIJON VINAIGRETTE

SMOKED SALMON SALAD (GF) 25

SMOKED SALMON RILLETTE,
BRUSSEL SPROUT SLAW,
HEIRLOOM POTATO SALAD,
WHITE FRENCH DRESSING

NOURISH BOWL (GF) 26

ROASTED SWEET POTATO, CHARRED BROCCOLINI,
AVOCADO, CUCUMBER, CHICKPEA, QUINOA,
MAPLE TAHINI DRESSING

CHOICE OF:

ROASTED CHICKEN OR SESAME TOFU (V | VEG)

HANDHELDS

SERVED WITH HOUSE MADE CRISP RUSSET FRIES
UPGRADE TO GREEN SALAD \$2 | UPGRADE TO CAESAR SALAD \$3

STEAKHOUSE BURGER 28

ROASTED DRY AGED BEEF CHUCK,
TRUFFLE GOUDA, BLACK TRUFFLE AIOLI,
FRENCH ONION, TOASTED BRIOCHE

HOT MAPLE FRIED CHICKEN SANDWICH 26

BUTTERMILK THIGH, CORNFLAKE CRUST, WHITE
SAUCE, DILL PICKLE, TOASTED BRIOCHE

SMOKED MEAT SANDWICH 26

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

HOUSE SMOKED TURKEY CLUB 26

HOUSE SMOKED TURKEY,
HICKORY BACON, AVOCADO,
CHIVE AIOLI, TOMATO JAM,
GEM LETTUCE, TOASTED BRIOCHE

MUSHROOM BURGER (V | VEG) 25

CARAMELIZED ONION, ARUGULA,
HERB AND GARLIC BOURSIN,
TOASTED BRIOCHE

(519) SIGNATURES

BAKED SALMON (GF) 34

DIJONNAISE, CHARRED BROCCOLINI,
CONFIT POTATO

STEAK FRITES (GF) 44

8oz GRILLED FLAT IRON, SAUCE VERTE,
RED WINE JUS, CRISP RUSSET FRIES, HERB SALT

CHICKEN SUPREME 34

SMOKED CHEDDAR POLENTA, APPLE BUTTER,
FALL VEGETABLES, SAGE AND CHICKEN JUS

POTATO GNOCCHI BOLOGNESE 26

VEAL, PORK, TOMATO, POTATO,
PARMIGIANO REGGIANO

CHARRED CAULIFLOWER & BROCCOLI STEAK

(V | VEG | GF) 24

CITRUS ROASTED CAULIFLOWER & BROCCOLI,
CARROT COULIS, TOASTED FREGOLA,
CHIVE SOUBISE

(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

DINNER

STARTERS

BUTTERMILK PULL APART ROLLS

(VEG) 12

GARLIC BUTTER,
HERB SEA SALT

CURRIED SQUASH SOUP

(VEG) 10

BUTTERMILK CREMA,
PANEER GRILLED CHEESE

GARLIC BUTTER SHRIMP

(GF) 18

CAULIFLOWER, CHORIZO,
LIME GREMOLATA

TUNA TARTARE

18

ROASTED BEET, CHIVE AIOLI,
LIME & GINGER VINAIGRETTE

MOROCCAN LAMB MEATBALLS

18

GOAT CHEESE CURD,
RICOTTA SALATA, CUCUMBER,
ROASTED CHICKPEAS AND MINT

CHARCUTERIE & CHEESE

26

NIAGARA SPECIALTIES CHARCUTERIE,
GUNN'S HILL CHEESES,
HOUSE PICKLES, KOZLIK'S MUSTARD,
SEA BUCKTHORN COMPOTE,
HONEY, APPLE

OYSTERS (GF)

EAST COAST OYSTERS,
HERB MIGNONETTE,
BLOOD ORANGE GRANITA
½ DOZEN 28 / DOZEN 48

(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

CHICKEN FRISEE (GF) 25

GREEN APPLE, WHIPPED BRIE, HICKORY BACON,
ROASTED SHALLOT, FRISEE, MAPLE & DIJON VINAIGRETTE

SMOKED SALMON SALAD (GF) 25

SMOKED SALMON RILLETTTE, BRUSSEL SPROUT SLAW,
HEIRLOOM POTATO SALAD, WHITE FRENCH DRESSING

NOURISH BOWL (GF) 26

ROASTED SWEET POTATO, CHARRED BROCCOLINI, AVOCADO,
CUCUMBER, CHICKPEA, QUINOA, MAPLE TAHINI DRESSING
CHOICE OF: ROASTED CHICKEN OR SESAME TOFU (V | VEG)

HANDHELDS

SERVED WITH HOUSE MADE CRISP RUSSET FRIES
UPGRADE TO GREEN SALAD \$2 | UPGRADE TO CAESAR SALAD \$3

STEAKHOUSE BURGER 28

ROASTED DRY AGED BEEF CHUCK, TRUFFLE GOUDA,
BLACK TRUFFLE AIOLI, FRENCH ONION, TOASTED BRIOCHE

HOT MAPLE FRIED CHICKEN SANDWICH 26

BUTTERMILK THIGH, CORNFLAKE CRUST, WHITE SAUCE, DILL PICKLE, TOASTED BRIOCHE

MUSHROOM BURGER (V | VEG) 25

CARAMELIZED ONION, ARUGULA, HERB AND GARLIC BOURSIN, TOASTED BRIOCHE

(519) SIGNATURES

HALIBUT (GF) 36

WILD MUSHROOMS, KALE, POMME PUREE,
PORCINI BUTTER, LEEK SOUBISE

BAKED SALMON (GF) 34

CREAMED PARSNIP, BRAISED ENDIVE,
CITRUS BEURRE BLANC

DUCK (GF) 38

DUCK TWO WAYS, WILD FRIED RICE, BEET COULIS,
CHARRED BROCCOLINI, MAPLE MISO JUS

STEAK FRITES (GF)

SAUCE VERTE, RED WINE JUS,
CRISP RUSSET FRIES, HERB SALT

8oz AAA BEEF FLAT IRON 44
12oz AAA NEW YORK STRIPLOIN 72

CHICKEN SUPREME 34

SMOKED CHEDDAR POLENTA, APPLE BUTTER,
FALL VEGETABLES, SAGE AND CHICKEN JUS

LAMB LASAGNA 28

BRAISED LAMB RAGU, MERGUEZ SAUSAGE,
BECHAMEL, GARLIC SPINACH

POTATO GNOCCHI BOLOGNESE 26

SLOW COOKED VEAL AND PORK, TOMATO,
POTATO, PARMIGIANO REGGIANO

CHARRED CAULIFLOWER & BROCCOLI STEAK

(V | VEG | GF) 24

CITRUS ROASTED CAULIFLOWER & BROCCOLI,
CARROT COULIS, TOASTED FREGOLA,
CHIVE SOUBISE

DESSERT

DARK CHOCOLATE TERRINE (V | VEG | GF)

DARK CHOCOLATE MOUSSE,
DARK CHOCOLATE GÉNOISE, ESPRESSO SYRUP,
HASKAP BERRY COMPOTE

12

NEW YORK CHEESECAKE (VEG)

GRAHAM CRACKER CRUST,
CHERRY VANILLA SAUCE

12

MAPLE CRÈME BRULÉ

MAPLE DULCE DE LECHE,
MAPLE SUGAR CRUNCH

12

TRIO OF SWEET TREATS

BUTTER TART,
SEA SALT AND BROWN BUTTER RICE KRISPIE
SQUARE, MAPLE CRÈME COOKIE

12

DOUGHNUTS (VEG)

(INSPIRED BY TIMBITS)

FRUIT LOOP, CORN POP, & FROSTED FLAKE
CRUSTED DOUGHNUT HOLES, VANILLA GLAZE

12

ICE CREAM (VEG)

VANILLA | CHOCOLATE | STRAWBERRY

10

DESSERT COCKTAILS

19+

BAILEYS, FRANGELICO,
RICE KRISPIE INFUSED MILK,
FRENCH VANILLA ICE CREAM,
RICE KRISPIES

20

BAD APPLE

APPLE CROWN ROYAL,
BUTTERSCOTCH RIPPLE LIQUEUR,
CINNAMON SYRUP,
APPLE CIDER

19

COCKTAILS

HARD ROCK HOTEL LONDON SIGNATURES

THREE SISTERS 19

PARADIGM SPIRITS JULIET GIN,
AMARO MONTENEGRO,
DOMAINE DE CANTON, FRESH ORANGE,
GRAPEFRUIT JUICE

WINTER WHISPERS 20

WHITE WINE, COINTREAU, PEACH SCHNAPPS,
FRESH APPLE, FRESH ORANGE,
FRESH ROSEMARY, APPLE CIDER

TWISTED & TASTY

PUT A SPRITZ IN YOUR STEP 18

CACAO INFUSED APEROL,
LAMBRUSCO, PROSECCO

WHISKY BUSINESS 20

DISARONNO AMARETTO, PECAN INFUSED ARCHWELL WHISKY,
BANANA PUREE, EGG WHITE, LEMON JUICE
WINE NOT?? ADD A MULLED WINE FLOAT \$3

SUENO AZUL 19

HORNITO'S PLATA TEQUILA, COINTREAU, AGAVE SYRUP, LIME JUICE,
BLUE SPIRULINA TINCTURE, HIMALAYAN PINK SALT, BUZZ BUTTON DUST

EXPRESSO YOURSELF 19

VANILLA AND ESPRESSO BEAN INFUSED ARCHWELL VODKA,
VANILLA BEAN CREAM, COFFEE LIQUEUR, VANILLA SYRUP, ESPRESSO

CHEEKY LITTLE TIKI 21

SPICED RUM, DARK RUM, COCONUT RUM, CINNAMON SYRUP,
APPLE CIDER, PINEAPPLE JUICE, LEMON JUICE, ANGOSTURA BITTERS

PEAR-ENTAL ADVISORY 24

GREY GOOSE LA POIRE VODKA, APRICOT BRANDY,
VANILLA GALLIANO, PEAR NECTAR, PROSECCO

VIOLET KISS 18

BUTTERFLY PEA FLOWER INFUSED ARCHWELL GIN,
ELDERFLOWER LIQUEUR, VIOLET SYRUP, LEMON JUICE, EGG WHITE

FREE OF ALCOHOL, FULL OF SPIRIT

MR. JONES 18

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

WINTERBERRY MULE 18

SEEDLIP SPICE, CRANBERRY JUICE, LIME JUICE,
GINGER BEER, SIMPLE SYRUP

WRAPPED IN RED 18

SEEDLIP GARDEN, POMEGRANATE JUICE, ORANGE JUICE,
LEMON JUICE, CINNAMON SYRUP, GINGER ALE

WINES BY THE GLASS

WHITE

6oz 9oz

TWO SISTERS PRIVATE LABEL | WHITE BLEND | 2024

13 19

NIAGARA ON THE LAKE VQA, ONTARIO
(PINOT GRIGIO, CHARDONNAY)

MOSOLE | PINOT GRIGIO | 2024

18 27

LISON PRAMAGGIORE, ITALY (PINOT GRIGIO)

WHITEHAVEN | SAUVIGNON BLANC | 2025

18 27

MARLBOROUGH, NEW ZEALAND (SAUVIGNON BLANC)

PUNTI FERRER GRAND RESERVE | CHARDONNAY | 2024

18 27

CACHAPOAL VALLEY, CHILE (CHARDONNAY)

MARIA BONITA | VINHO VERDE | 2024

16 24

VINHO VERDE, PORTUGAL (LOUREIRO)

RED

TWO SISTERS PRIVATE LABEL | CABERNET MERLOT | 2021

13 19

NIAGARA RIVER VQA, ONTARIO (CABERNET SAUVIGNON, MERLOT)

CHATEAU DE MUS | PINOT NOIR | 2023

18 27

LANGUEDOC, FRANCE (PINOT NOIR)

CHATEAU PESQUIE "TERRASSES" ROUGE | 2024

20 30

RHONE VALLEY, FRANCE (GRENACHE, SYRAH)

VALLE SECRETO | CABERNET SAUVIGNON | 2024

16 24

CACHAPOAL VALLEY, CHILE (CABERNET SAUVIGNON)

TOLAINI LEGIT TOSCANA IGT | 2021

28 42

TUSCANY, ITALY (CABERNET SAUVIGNON)

ROSE

WHISPERING ANGEL | ROSE | 2024

20 30

PROVENCE, FRANCE (GRENACHE, SYRAH, VERMENTINO)

SPARKLING

5oz

BIANCA VIGNA PROSECCO DOC BRUT | NV

16

VENETO, ITALY (GLERA)

DRAUGHT

	16oz
POWERHOUSE LIGHT LAGER	11
POWERHOUSE IPA	11
POWERHOUSE PILSNER	11
POWERHOUSE CREAM ALE	11
POWERHOUSE SEASONAL	13
BUD LIGHT	11
STELLA ARTOIS	14
MICHELOB ULTRA	11
MILL STREET ORGANIC	14
MILL STREET HAZE PHAZE IPA	14
ALEXANDER KEITHS AMBER ALE	11
GUINNESS	14

FRESH PRESSED JUICE

GOLDEN WAVE 12
ORANGE, GRAPEFRUIT, WATERMELON

GREENS 12
GREEN APPLE, KALE, SPINACH, CUCUMBER

ORANGE JUICE 7
FRESH PRESSED IN HOUSE

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

SESSIONS

KIDS MENU

BREAKFAST

SERVED 7AM-11AM DAILY

KELLOGG'S CEREAL (VEG)

SINGLE SERVE BOXES,
2% MILK, ALMOND
OR SOY MILK

CHOICE OF:

FROOT LOOPS,
FROSTED FLAKES,
RICE KRISPIES,
CORN FLAKES

6

"TIMBITS" (VEG)

INSPIRED BY TIMBITS

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

10

TROPICAL FRUIT BOWL

(VEG | GF)

SEASONAL TROPICAL FRUITS, MINT,
VANILLA BEAN CHIA SEED DIPT

12

YOGURT PARFAIT

(VEG)

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

8

FRENCH TOAST SOUFFLE

(VEG)

CUSTARD-SOAKED BRIOCHE,
STRAWBERRY JAM

12

BREAKFAST TATER TOT POUTINE

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

12

PANCAKES

(VEG)

CHOCOLATE SAUCE
AND MAPLE SYRUP

12

MINI SESSIONS SLAM

SCRAMBLED EGG,
TATER TOTS, BACON,
THICK CUT TOAST

12

I DON'T KNOW (CAESAR SALAD)

BABY GEM, HICKORY BACON,
HARD COOKED EGG,
HOUSE DRESSING,
CANADIAN PARMESAN,
CHEDDAR GOLDFISH

12

I'M NOT HUNGRY (MACARONI AND CHEESE)

CAVATAPPI PASTA,
CANADIAN CHEDDAR,
SESSIONS GARLIC BREAD

JUST TOMATO SAUCE
/ JUST BUTTER

12

MOMMMMM!!!!

(TATER TOT POUTINE)

CRISP TATER TOTS, CHEESE CURDS,
POUTINE JUS

12

WHATEVER

(GRILLED CHEESE)

BRIOCHE, CHEDDAR CHEESE,
HOUSE MADE FRIES, KETCHUP

12

I DON'T CARE

(CHEESEBURGER)

BEEF PATTY, CHEDDAR, LETTUCE,
TOMATO, TOASTED BUN, SERVED
WITH CRISP RUSSET FRIES

12

LUNCH & DINNER

ALL DAY MENU SERVED FROM 11AM-9PM

I DON'T WANT ANYTHING (CHICKEN SANDWICH)

CORNFLAKE FRIED CHICKEN,
LETTUCE, RANCH DRESSING,
TOASTED BUN, SERVED WITH
HOUSE MADE FRIES

12

I JUST WANT CHICKEN FINGERS (CHICKEN FINGERS)

CHICKEN TENDERS, FRIES,
SWEET & SOUR SAUCE

12

FINEEE, I'LL GET PIZZA (PIZZA)

PEPPERONI, MOZZARELLA,
TOMATO SAUCE

OR

CHEDDAR, MOZZARELLA,
TOMATO SAUCE

12

DADDDDD!!!!

(CHEESE FRIES)

CRISP FRIES,
CHEDDAR CHEESE SAUCE

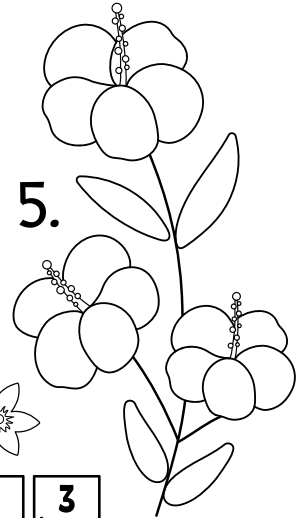
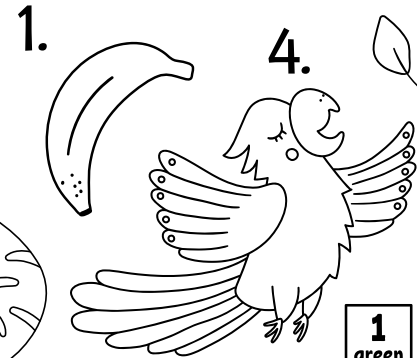
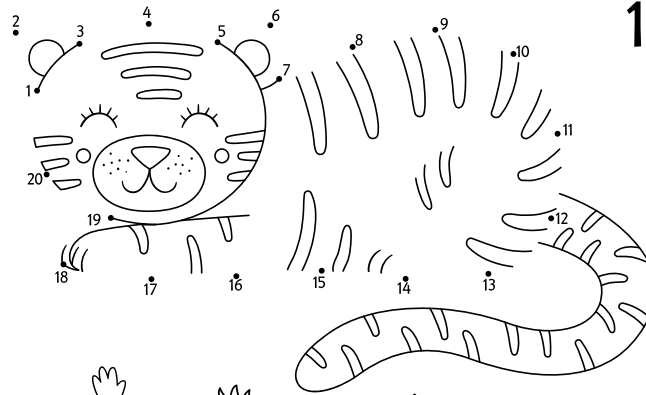
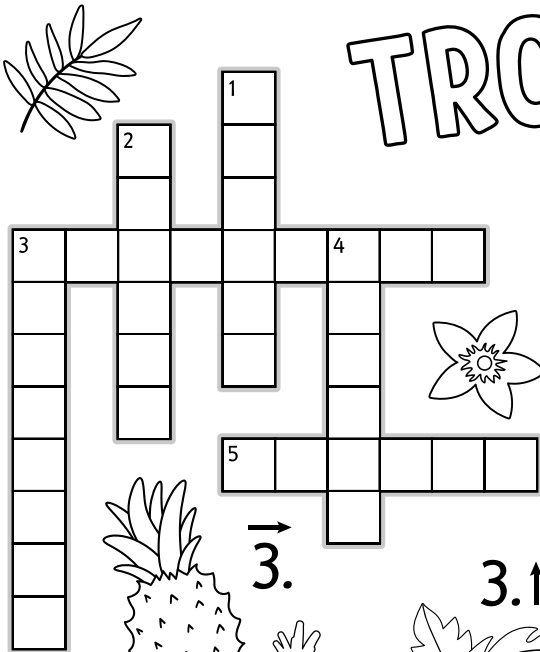
7

I DON'T WANT THAT (BROCCOLINI)

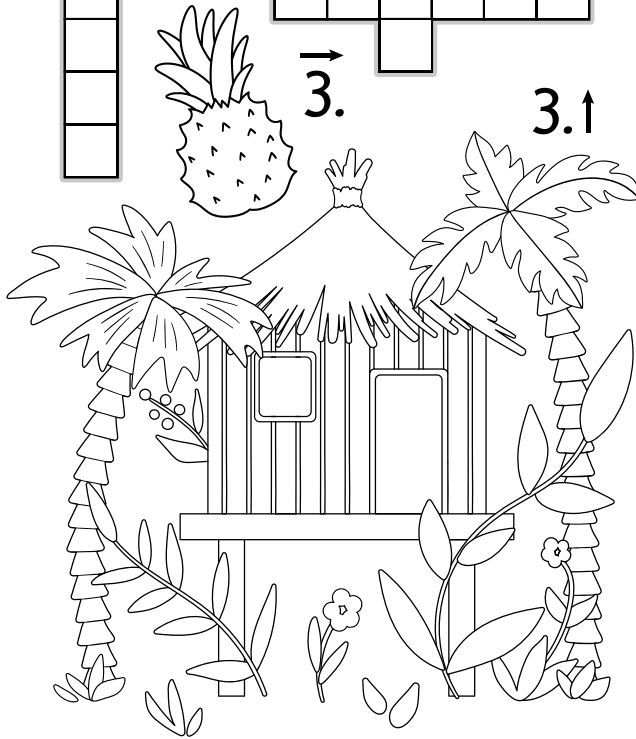
CHEDDAR CHEESE SAUCE

5

TROPICAL PLACEMAT



1 green 2 yellow 3 brown



WORDSCRAMBLE

ENKOMY

RATORP

WERLOF

