

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

15

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

FRENCH TOAST SOUFFLE (VEG)

CUSTARD-SOAKED BRIOCHE, BLACKBERRIES,
CITRUS, SUZETTE SAUCE

20

SHAKSHUKA (VEG)

TWO EGGS COOKED IN SPICED TOMATO SAUCE,
KALE, CHICKPEAS, GRILLED FOCACCIA

20

HUEVOS RANCHEROS (VEG)

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

22

SESSIONS SIGNATURES

SESSIONS SLAM 21

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

PLANT BREAKFAST (V | VEG) 19

SOFT TOFU SCRAMBLE,
MUSHROOM 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

BUTTERMILK PANCAKES 18

HICKORY BACON, SASKATOON
BLUEBERRY COMPOTE,
CREAMERY BUTTER

EGGS BENEDICT

POACHED EGGS, TOASTED BRIOCHE,
HOLLANDAISE

SMOKED MEAT 22

SMOKED SALMON 25

PEAMEAL BACON 22

HICKORY BACON 20

ROASTED WILD
MUSHROOMS (VEG) 18

SESSIONS OMELET (GF) 19

SMOKED HAM, TRIPLE CRÈME BRIE,
ASPARAGUS

BRIOCHE BREAKFAST SANDWICH 20

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

STEAK & EGGS 38

8oz AAA GRILLED FLAT IRON,
POUTINE JUS, SUNNY SIDE UP EGG,
HASHBROWNS AND
THICK CUT TOAST

BEVERAGES

COFFEE & TEA

FIRE ROASTED COFFEE 5

FIRE ROASTED DECAF 5

CAPPUCCINO 7

LATTE 7

ESPRESSO 6

DOUBLE ESPRESSO 10

AMERICANO 7

METROPOLITAN TEA 5

SMALL POT OF COFFEE 10

LARGE POT OF COFFEE 16

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 CREME 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

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

TROPICAL FRUIT BOWL

(V | VEG | GF) 12

SEASONAL TROPICAL FRUITS,
MINT, HONEY SYRUP

SASKATOON BERRY SMOOTHIE BOWL

(V | VEG | GF) 15

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

SALADS & 2ND COURSE

TUNA NIÇOISE (GF) 23

ALBACORE TUNA, HARICOT VERT,
CURED TOMATO, QUAILS EGG,
NICOISE OLIVES, CONFIT POTATO,
ROASTED LEMON VINAIGRETTE

MAPLE GLAZED CHICKEN FRISEE (GF) 23

GREEN APPLE, TRIPLE CREAM BRIE,
HICKORY BACON, ROASTED
SHALLOT, FRISEE, MAPLE AND
DIJON VINAIGRETTE

BBQ SALMON (GF) 25

HOT SMOKED MAPLE SALMON,
PINK GRAPEFRUIT, AVOCADO,
PEAS, TENDRILS, HERBS, AND
GREEN GODDESS DRESSING

NOURISH BOWL (GF) 22

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

CHOICE OF:

SESAME TOFU (V | VEG) OR
ROASTED CHICKEN

(519) SIGNATURES & 2ND COURSE

FRENCH TOAST SOUFFLE

(VEG) 20

CUSTARD-SOAKED BRIOCHE,
BLACKBERRIES, CITRUS,
SUZETTE SAUCE

BUTTERMILK PANCAKES 18

HICKORY BACON,
SASKATOON BLUEBERRY COMPOTE,
CREAMERY BUTTER

HUEVOS RANCHEROS

(VEG) 22

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

CRAB AND AVOCADO BENEDICT 26

POACHED EGGS,
TOASTED BRIOCHE, LIME
HOLLANDAISE AND HASH BROWN

HOT MAPLE FRIED CHICKEN & WAFFLES 28

CORNFLAKE CRUSTED CHICKEN,
BUTTERMILK WAFFLE, GREEN APPLE
COLESLAW, POACHED EGG,
AND HOLLANDAISE

CRAB CARBONARA 28

WEST COAST CRAB, GUANCIALE,
PECORINO, EGG, LINGUINI

CROQUE MADAME 20

TOASTED PAIN DE ME, BACK BACON,
GRUYERE, MORNAY SAUCE,
SUNNY SIDE UP EGG

SMOKEHOUSE BURGER 26

CHAR GRILLED BEEF CHUCK,
HICKORY BACON, SMOKED
CHEDDAR, TOMATO JAM,
FULLY DRESSED
TOASTED BRIOCHE

BLACKENED MUSHROOM BURGER

(V | VEG) 24

AVOCADO, TOMATO JAM, MAPLE
CHILI AIOLI, 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 SYRUP CRÈME BRULÉ

(VEG | GF) 12

MAPLE DULCE DE LECHE,
MAPLE CANDY CRUNCH

DOUGHNUTS

(VEG) 12

(INSPIRED BY TIMBITS)

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

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

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

STARTERS

BUTTERMILK PULL APART ROLLS

(VEG) 12

GARLIC BUTTER, HERB SEA SALT

CHILLED SHRIMP COCKTAIL

(GF) 18

POACHED PINK SHRIMP, CURRIED AIOLI, MANGO AND CUCUMBER SALSA

LEEK & POTATO SOUP

(VEG) 10

BUTTERMILK CRÈME FRAICHE, GOAT'S MILK CHEDDAR GRILLED CHEESE

TUNA TARTARE 14

ROASTED BEET, AVOCADO CREMA, LIME AND GINGER VINAIGRETTE

MOROCCAN LAMB MEATBALLS 16

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

CHARCUTERIE | CHEESE | VEGETABLES

SERVED WITH TOASTED PAIN DE MIE

CHARCUTERIE 20

NIAGARA SPECIALTIES CHARCUTERIE, KOZLIK'S MUSTARD, HOUSE PICKLES

CHEESE 18

GUNN'S HILL CHEESES, SEA BUCKTHORN COMPOTE, LOCAL HONEY AND APPLES

VEGETABLE (VEG) 12

HEIRLOOM VEGETABLES, PICKLED MUSHROOM, FRENCH ONION BUTTER BEAN DIP

(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

TUNA NIÇOISE (GF) 23

ALBACORE TUNA, HARICOT VERT, CHERRY TOMATOES, FINGERLING POTATOES, NIÇOISE OLIVES, EGG, ROASTED LEMON VINAIGRETTE

CHICKEN FRISEE (GF) 23

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

BBQ SALMON (GF) 25

HOT SMOKED MAPLE SALMON, PINK GRAPEFRUIT, AVOCADO, PEAS, TENDRILS, HERBS, AND GREEN GODDESS DRESSING

CAESAR (GF) 16

BABY GEM LETTUCE, PANCETTA, HARD COOKED EGG, FINGERLING CHIPS, CAESAR VINAIGRETTE, PARMIGIANO REGGIANO

NOURISH BOWL (GF) 22

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

CHOICE OF:

SESAME TOFU (V | VEG) OR ROASTED CHICKEN

ARTISANAL GREENS (V | VEG | GF) 16

ARTISANAL LETTUAGES, CURED CHERRY TOMATOES, PERSIAN CUCUMBER, RADISH, HEIRLOOM CARROT, PUFFED WILD RICE, MUSTARD VINAIGRETTE

SALAD ADD-ONS

ROASTED CHICKEN BREAST 10

GARLIC PINK SHRIMP 10

COLD SMOKED SALMON 7

MAPLE SESAME TOFU 5

HANDHELDS

SERVED WITH HOUSE MADE CRISP RUSSET FRIES, HOUSE POTATO CHIPS, GREEN SALAD, OR CAESAR SALAD

SMOKEHOUSE BURGER 26

CHAR GRILLED BEEF CHUCK, HICKORY BACON, SMOKED CHEDDAR, TOMATO JAM, FULLY DRESSED 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 24

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

BLACKENED MUSHROOM BURGER

(V | VEG) 24

AVOCADO, TOMATO JAM, MAPLE CHILI AIOLI, TOASTED BRIOCHE

(519) SIGNATURES

BAKED ATLANTIC SALMON (GF) 34

DIJONNAISE, ASPARAGUS, CONFIT POTATO

ROASTED CHICKEN SUPREME (GF) 30

ASPARAGUS, HONEY MUSHROOM, BROWN BUTTER CAULIFLOWER, CHICKEN JUS

RICOTTA NUDI (VEG) 24

GARDEN PEAS, TARRAGON CREAM, PARMESAN FRICO

STEAK FRITES (GF) 42

8oz FLAT IRON, POUTINE JUS, DRESSED ARUGULA, CRISP RUSSET FRIES WITH HERB SALT

CHARRED CAULIFLOWER & BROCCOLI STEAK

(V | VEG) 22

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

DINNER

STARTERS

BUTTERMILK PULL APART ROLLS

(VEG) 12

GARLIC BUTTER, HERB SEA SALT

GARLIC BUTTER SHRIMP

(GF) 18

CUCUMBER GAZPACHO,
MANGO AND CUCUMBER SALSA

LEEK & POTATO SOUP (VEG) 10

BUTTERMILK CRÈME FRAICHE,
GOAT'S MILK CHEDDAR
GRILLED CHEESE

APPLE & FENNEL CRAB CAKE 22

GREEN APPLE & FENNEL SLAW,
CURRIED REMOULADE,
LIME AND GINGER VINAIGRETTE

OYSTERS (GF)

EAST COAST OYSTERS,
POMEGRANATE & PINK PEPPERCORN
MIGNONETTE, HERB GRANITA

½ DOZEN 25

DOZEN 44

CHARCUTERIE | CHEESE | VEGETABLES

SERVED WITH
TOASTED PAIN DE MIE

CHARCUTERIE 20

NIAGARA SPECIALTIES CHARCUTERIE,
KOZLIK'S MUSTARD, HOUSE PICKLES

CHEESE 18

GUNN'S HILL CHEESES,
SEA BUCKTHORN COMPOTE,
LOCAL HONEY AND APPLES

VEGETABLE (VEG) 12

HEIRLOOM VEGETABLES,
PICKLED MUSHROOM,
FRENCH ONION BUTTER
BEAN DIP

(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

TUNA NIÇOISE (GF) 23

ALBACORE TUNA, HARICOT VERT, CHERRY
TOMATOES, FINGERLING POTATOES, NIÇOISE
OLIVES, EGG, ROASTED LEMON VINAIGRETTE

NOURISH BOWL (GF) 22

ROASTED SWEET POTATO, CHARRED BROCCOLINI,
AVOCADO AND A CUCUMBER, CHICKPEA AND
QUINOA SALAD, TAHINI DRESSING

CHOICE OF:

SESAME TOFU (V | VEG) OR ROASTED CHICKEN

CHICKEN FRISEE (GF) 23

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

BBQ SALMON (GF) 25

HOT SMOKED MAPLE SALMON,
PINK GRAPEFRUIT, AVOCADO,
PEAS, TENDRILS, HERBS,
GREEN GODDESS DRESSING

HANDHELDS

SERVED WITH HOUSE MADE CRISP RUSSET FRIES, HOUSE SALAD, OR CAESAR SALAD

TRUFFLE STEAKHOUSE BURGER 28

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

HOT MAPLE FRIED CHICKEN SANDWICH 26

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

BLACKENED MUSHROOM BURGER (V | VEG) 24

AVOCADO, TOMATO JAM, MAPLE CHILI AIOLI, TOASTED BRIOCHE

(519) SIGNATURES

HALIBUT (GF) 32

CHORIZO, CHERRY TOMATOES,
CREAMED ZUCCHINI

EVERYTHING CRUSTED SALMON

(GF) 34

ATLANTIC SALMON, BUTTERED LEEKS, POMME
PUREE, MAPLE MUSTARD AND DILL

LAMB SIRLOIN (GF) 44

NEW POTATOES, BOURSIN, CHARRED
BROCCOLINI, RHUBARB KETCHUP

STEAK FRITES (GF)

SAUCE VERT, DEMI,
CRISP RUSSET FRIES, HERB SALT

8oz AAA BEEF FLAT IRON 42

12oz AAA NEW YORK STRIPLOIN 68

ROASTED CHICKEN SUPREME

(GF) 30

ASPARAGUS, HONEY MUSHROOM,
BROWN BUTTER CAULIFLOWER, CHICKEN JUS

CRAB CARBONARA 28

WEST COAST CRAB, GUANCIALE,
PECORINO, EGG, LINGUINI

RICOTTA NUDI (VEG) 24

GARDEN PEAS, TARRAGON CREAM,
PARMESAN FRICO

CHARRED CAULIFLOWER & BROCCOLI STEAK

(V | VEG) 22

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

DESSERT

DARK CHOCOLATE TERRINE (VEG)

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 (VEG)

MAPLE DULCE DE LECHE,
MAPLE SUGAR CRUNCH

12

TRIO OF SWEET TREATS (VEG)

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 | GF)

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

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

COCKTAILS

HARD ROCK HOTEL LONDON SIGNATURES

THREE SISTERS 19

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

SPILL THE TEA 18

ARCHWELL VODKA, YERBA MATE TEA,
HONEY, LEMON JUICE, MINT

SUMMER LOVE 21

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

TWISTED & TASTY

AROUND THE WORLD 20

CUCUMBER INFUSED BOMBAY SAPPHIRE GIN,
ELDERFLOWER LIQUEUR, AGAVE SYRUP,
FRESH CUCUMBER, LEMON JUICE, SODA

WELCOME TO THE JUNGLE 19

DARK RUM, CAMPARI, DEMERARA SYRUP,
PINEAPPLE JUICE, LIME JUICE

STRAWBERRY FIELDS 20

1800 COCONUT TEQUILA, APEROL,
VANILLA GALLIANO, STRAWBERRY SYRUP,
LEMON JUICE

EXPRESSO YOURSELF 18

VANILLA AND ESPRESSO BEAN INFUSED ARCHWELL VODKA,
CUSTARD CREAM, VANILLA SYRUP, VANILLA ESPRESSO

LATE CHECK OUT 18

STRAWBERRY INFUSED APEROL,
PROSECCO, SODA, FRESH MINT

LETTERS TO JULIET 18

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

FREE OF ALCOHOL, FULL OF SPIRIT

MR. JONES 17

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

MINT CONDITION 17

SEEDLIP SPICE, MINT SYRUP, PEACH JUICE, LEMON JUICE, LIME JUICE

COASTAL BREEZE 18

SEEDLIP GROVE 42, COCONUT SYRUP, LEMON JUICE,
PINEAPPLE JUICE, GINGER BEER

WINES BY THE GLASS

WHITE

6oz 9oz

TWO SISTERS PRIVATE LABEL | WHITE BLEND | 2024

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

13 19

MOSOLE | PINOT GRIGIO | 2024

LISON PRAMAGGIORE, ITALY (PINOT GRIGIO)

18 27

WHITEHAVEN | SAUVIGNON BLANC | 2025

MALBOROUGH, NEW ZEALAND (SAUVIGNON BLANC)

18 27

PUNTI FERRER GRAND RESERVE | CHARDONNAY | 2024

CACHAPOAL VALLEY, CHILIE (CHARDONNAY)

18 27

MARIA BONITA | VINHO VERDE | 2024

VINHO VERDE, PORTUGAL (LOUREIRO)

16 24

RED

TWO SISTERS PRIVATE LABEL | CABERNET MERLOT | 2021

NIAGARA RIVER VQA, ONTARIO (CABERNET SAUVIGNON, MERLOT)

14 21

CHATEAU DE MUS | PINOT NOIR | 2023

LANGUEDOC, FRANCE (PINOT NOIR)

17 25

CHATEAU PESQUIE "TERRASSES" ROUGE | 2024

RHONE VALLEY, FRANCE (GRENACHE, SYRAH)

20 30

VALLE SECRETO | CABERNET SAUVIGNON | 2024

CACHAPOAL VALLEY, CHILE (CABERNET SAUVIGNON)

15 21

TOLIANI LEGIT TOSCANA IGT | 2021

TUSCANY, ITALY (CABERNET SAUVIGNON)

28 42

ROSE

WHISPERING ANGEL | ROSE | 2024

PROVENCE, FRANCE (GRENACHE, SYRAH, VERMENTINO)

20 30

SPARKLING

5OZ

BIANCA VIGNA PROSECCO DOC BRUT | NV

VENETO, ITALY (GLERA)

15

DRAUGHT

	16oz
POWERHOUSE LIGHT LAGER	10
POWERHOUSE IPA	10
POWERHOUSE PILSNER	10
POWERHOUSE CREAM ALE	10
POWERHOUSE SEASONAL	12
BUD LIGHT	9
STELLA ARTOIS	13
MICHELOB ULTRA	10
MILL STREET ORGANIC	12
MILL STREET HAZE PHAZE IPA	12
ALEXANDER KEITHS AMBER ALE	10
GUINNESS	13

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,
CORN POPS,
RICE KRISPIES,
SPECIAL K,
CORN FLAKES,
ALL BRAN

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

6

FRENCH TOAST SOUFFLE

(VEG)

CUSTARD-SOAKED BRIOCHE,
STRAWBERRY JAM

9

TATER TOT POUTINE

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

9

CHOCOLATE CHIP PANCAKES

(VEG)

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

11

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

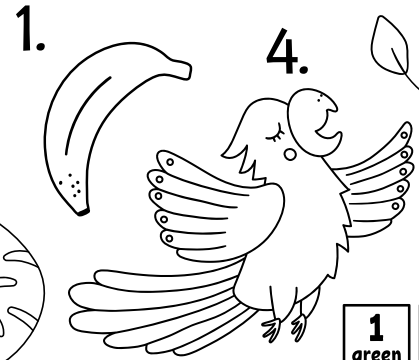
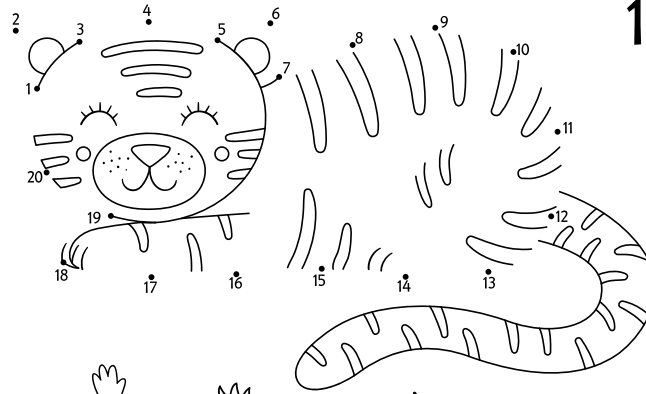
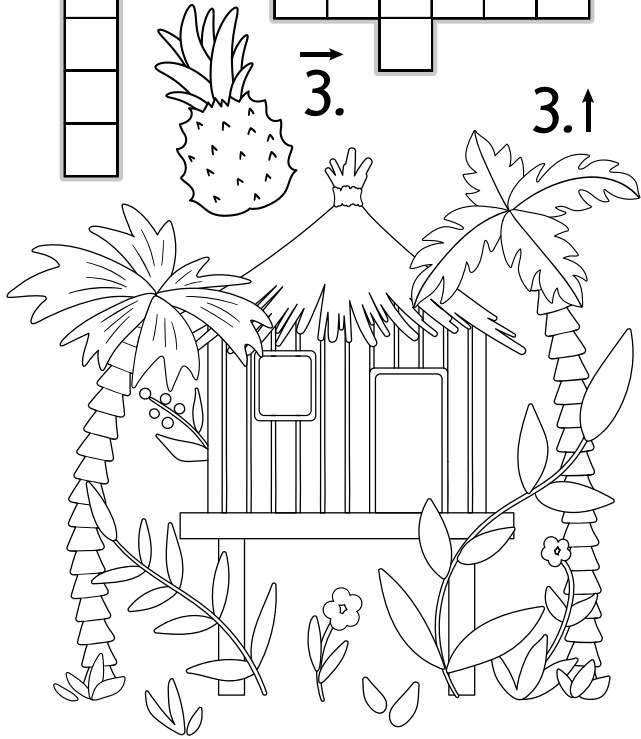
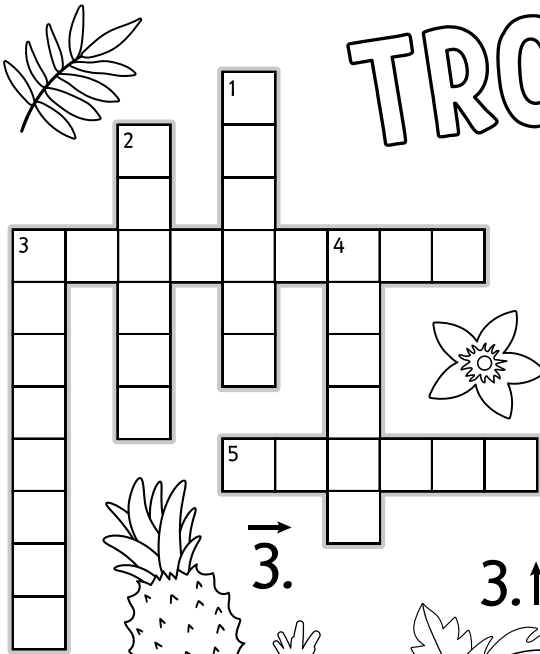
I DON'T WANT THAT

(BROCCOLINI)

CHEDDAR CHEESE SAUCE

5

TROPICAL PLACEMAT



1 green 2 yellow 3 brown



WORDSCRAMBLE

ENKOMY _____
 RATORP _____
 WERLOF _____

