

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

6

DOUGHNUTS (VEG)

INSPIRED BY TIMBITS

FROOT LOOP, CORN POP AND FROSTED FLAKE CRUSTED DOUGHNUT HOLES, VANILLA GLAZE

10

YOGURT PARFAIT (VEG)

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

12

TROPICAL FRUIT BOWL

(VEG | GF)

SEASONAL TROPICAL FRUITS,
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

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

BUTTERMILK PANCAKES 18

MAPLE SYRUP, HICKORY BACON,
CREAMERY BUTTER

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) 18

WESTERN OMELET 18

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

BREAKFAST SANDWICH 20

BREAKFAST SAUSAGE, 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

INTERNATIONAL CLASSICS

FRENCH TOAST SOUFFLE

(VEG) 20

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

SHAKSHUKA

(VEG) 20

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

HUEVOS RANCHEROS

(VEG) 22

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

COFFEE & TEA

FIRE ROASTED COFFEE 5

DOUBLE ESPRESSO 10

FIRE ROASTED DECAF 5

AMERICANO 7

CAPPUCCINO 7

METROPOLITAN TEA 5

LATTE 7

SMALL POT OF COFFEE 10

ESPRESSO 6

LARGE POT OF COFFEE 16

FRESH PRESSED JUICE

GOLDEN WAVE (V | VEG | GF) 12

ORANGE, GRAPEFRUIT,
WATERMELON

GREENS (V | VEG | GF) 12

GREEN APPLE, KALE,
SPINACH, CUCUMBER

FRESH ORANGE JUICE (V | VEG | GF) 12

FRESH PRESSED IN HOUSE

(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

TOMATO SOUP 10

BUTTERMILK CRÈMA, WHITE
CHEDDAR GRILLED CHEESE

ROASTED TURKEY MEATBALLS 14

CARAMELIZED SWEET POTATO,
CHEDDAR QUESO, TOMATO,
SWEET POTATO CHIPS

PEROGIES 14

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, ROASTED SQUASH,
REMOULADE, SESSIONS
GARLIC BREAD

SPICY SALMON TARTARE 14

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

FRIED MOZZARELLA 14

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

ONION RINGS 12

BATTERED ONION RINGS
WITH CANADIAN GRAINS,
BUTTERMILK RANCH

CHICKEN FINGERS 14

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

SEASONAL PLATE 18

SEASONAL ROOT VEGETABLES,
DILL PICKLES, PICKLED ONIONS,
HARD COOKED EGG, 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

SALADS

CAESAR SALAD 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 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 26

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

BLACKENED MUSHROOM BURGER (V | VEG) 23

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

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

(519) SIGNATURES

EVERYTHING CRUSTED SALMON (GF) 30

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

ROASTED CHICKEN 33

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

CANADIAN STEAK FRITES (GF) 42

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

SHORT RIB CHILI CON CARNE 26

BRAISED BEEF SHORT RIBS, GREEN ONION SOUR
CREAM AND CHEDDAR SERVED WITH GARLIC BREAD

SMOKED SALMON CARBONARA (GF) 25

HICKORY BACON, HOUSE SMOKED SALMON,
PECORINO, EGG, LINGUINI

HR MACARONI AND CHEESE (VEG) 24

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

POUTINES

SESSIONS CLASSIC POUTINE 18

CRISP RUSSET FRIES, CHEESE CURDS, POUTINE JUS

SMOKED MEAT POUTINE 19

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

CHILI POUTINE 19

CRISP RUSSET FRIES, BEEF CHILI, GREEN ONION
SOUR CREAM, POUTINE JUS

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

YOGURT PARFAIT(VEG)
GREEK YOGURT,
MAPLE GRANOLA,
SEASONAL PRESERVES,
LOCAL HONEY AND MINT

TROPICAL FRUIT BOWL
(VEG | GF)
SEASONAL TROPICAL FRUITS, MINT,
VANILLA BEAN CHIA SEED DIP

AVOCADO TOAST (VEG)
SMASHED AVOCADO,
CUCUMBER, MINT, RED ONION,
GOAT CHEESE, SOURDOUGH
WHOLE GRAIN TOAST
ADD AN EGG \$4

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 AND SALSA

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, EGG, LINGUINI

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

**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,
DULCE DE LECHE, WHITE
CHOCOLATE, CHOCOLATE SAUCE

NEW YORK CHEESECAKE
GRAHAM CRACKER CRUST,
CHERRY VANILLA SAUCE

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

DARK CHOCOLATE TART
(VEG | GF)
BUCKWHEAT AND PUMPKIN PRALINE

ICE CREAM
(VEG | GF)
VANILLA
CHOCOLATE
STRAWBERRY SORBET

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

YOGURT PARFAIT (VEG)
GREEK YOGURT, MAPLE GRANOLA,
SEASONAL PRESERVES,
LOCAL HONEY AND MINT

TROPICAL FRUIT BOWL (VEG | GF)
SEASONAL TROPICAL FRUITS,
MINT, VANILLA BEAN CHIA SEED DIP

AVOCADO TOAST (VEG)
SMASHED AVOCADO, CUCUMBER,
MINT, RED ONION, GOAT CHEESE,
SOURDOUGH TOAST
ADD AN EGG \$4

SECOND CHOICE

FRENCH TOAST SOUFFLE (VEG)
CUSTARD-SOAKED BRIOCHE,
BLACKBERRY JAM, LEMON CRÈME
FRAICHE WHIPPED CREAM

EGGS BENEDICT
POASTED EGGS, TOASTED BRIOCHE,
HOLLANDAISE, HOME FRIES,
SMOKED MEAT / 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

FRIED CHICKEN WAFFLES
CORNFLAKE CRUSTED CHICKEN,
BUTTERMILK WAFFLE, SESSIONS
COLESLAW, POACHED EGG,
HOLLANDAISE

BUTTERMILK PANCAKES
MAPLE SYRUP,
HICKORY BACON,
CREAMERY BUTTER

**BLACKENED MUSHROOM
BURGER** (V|VEG)
SESSION'S COLESLAW,
SWEET POTATO HUMMUS,
TOASTED SESAME BRIOCHE

THIRD CHOICE

“DOUGHNUTS” (VEG)
(INSPIRED BY TIMBITS)
FRUIT LOOP, CORN POP AND
FROSTED FLAKE CRUSTED
DOUGHNUT HOLES, VANILLA GLAZE,
WHIPPED CREAM

NEW YORK CHEESECAKE
GRAHAM CRACKER CRUST,
CHERRY VANILLA SAUCE

FRESH PRESSED JUICE

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

GOLDEN WAVE (V|VEG|GF) 12
ORANGE, GRAPEFRUIT, WATERMELON

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

DINNER

STARTERS

TOMATO SOUP 10

BUTTERMILK CRÈMA, WHITE CHEDDAR GRILLED CHEESE

ROASTED TURKEY MEATBALLS 14

CARAMELIZED SWEET POTATO, CHEDDAR QUESO, TOMATO, SWEET POTATO CHIPS

PEROGIES 14

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, ROASTED SQUASH, REMOULADE, SESSIONS GARLIC BREAD

SPICY SALMON TARTARE 14

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

FRIED MOZZARELLA 14

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

ONION RINGS 12

BATTERED ONION RINGS WITH CANADIAN GRAINS, BUTTERMILK RANCH

FISH & CHIPS 16

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 18

SEASONAL ROOT VEGETABLES, DILL PICKLES, PICKLED ONIONS, HARD COOKED EGG, 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

SALADS

CAESAR SALAD 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 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 26

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

BLACKENED MUSHROOM BURGER (V | VEG) 23

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, 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 33

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

CANADIAN STEAK FRITES (GF) 42

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

SHORT RIB CHILI CON CARNE 26

BRAISED BEEF SHORT RIBS, GREEN ONION SOUR CREAM CHEDDAR SERVED WITH GARLIC BREAD

SMOKED SALMON CARBONARA 25

HICKORY BACON, HOUSE SMOKED SALMON, PECORINO, EGG, LINGUINI

HR MACARONI AND CHEESE (VEG) 24

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

POUTINES

SESSIONS CLASSIC POUTINE 18

CRISP RUSSET FRIES, CHEESE CURDS, POUTINE JUS

SMOKED MEAT POUTINE 19

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

CHILI POUTINE 19

CRISP RUSSET FRIES, BEEF CHILI, GREEN ONION SOUR CREAM, POUTINE JUS

SIDES

SESSIONS COLESLAW (VEG | GF) 5

CABBAGE CARROT, GREEN APPLE, HONEY AND MUSTARD DRESSING

CHEESE FRIES (VEG | GF) 7

CRISP RUSSET FRIES, CANADIAN CHEDDAR SAUCE

CHARRED BROCCOLI (VEG | GF) 6

BUTTERMILK RANCH, SALTED CORNFLAKES

(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

DESSERT

S'MORES

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

10

DARK CHOCOLATE TART (VEG | V | GF)

BUCKWHEAT AND GANACHE TART, PUMPKIN
SEED PRALINE, SASKATOON BERRY SAUCE

10

NEW YORK CHEESECAKE (VEG)

GRAHAM CRACKER CRUST,
CHERRY VANILLA SAUCE

10

DOUGHNUTS (VEG)

INSPIRED BY TIMBITS

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

10

TRIO OF SWEET TREATS

BUTTER TART, SEA SALT AND
BROWN BUTTER RICE KRISPIE SQUARE,
CORNFLAKE CHOCOLATE CHIP COOKIE

10

ICE CREAM (VEG | GF)

VANILLA | CHOCOLATE | STRAWBERRY SORBET

8

COFFEE & TEA

FIRE ROASTED COFFEE 5

FIRE ROASTED DECAF 5

CAPPUCCINO 7

LATTE 7

AMERICANO 7

ESPRESSO 6

DOUBLE ESPRESSO 10

AMERICANO 7

METROPOLITAN TEA 5

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

COCKTAILS

HOTEL SIGNATURE

THREE SISTERS 19

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

SESSIONS
SIGNATURES

MANGO CHOW CHOW 20

HABANERO INFUSED
CAPTAIN MORGAN RUM,
PINEAPPLE RUM,
TAMARIND SYRUP, MANGO,
FRESH LIME, CILANTRO

THYME COLLINS 19

EMPRESS 1908 GIN,
CHAMOMILE SYRUP,
FRESH LEMON,
FRESH THYME, SODA

PEAR WITH ME HONEY 20

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

LAST CALL 17

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

FREE OF ALCOHOL,
FULL OF SPIRIT

MR. JONES 16

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

MRS. OFFICER 16

SEEDLIP SPICE, COCONUT CREAM,
HONEY SYRUP, CALAMANSI JUICE

TWISTED & TASTY

COSMOJITO 17

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

COCONUT MINT MARGARITA 18

HORNITO'S PLATA
TEQUILA, COINTREAU,
COCONUT SYRUP,
FRESH LIME, FRESH MINT

CUCUMBER BASIL SMASH 18

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

WINTER SANGRIA 18

PINOT GRIGIO, COINTREAU,
PEACH SCHNAPPS, CRANBERRY
JUICE, FRESH CRANBERRIES,
FRESH ORANGES, FRESH
ROSEMARY

CRÈME BRULEE MARTINI 19

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

LONDON MULE 16

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

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
9oz

6oz

HOUSE WHITE BLEND, TWO SISTERS, ONTARIO, CANADA	13	19
COLLAVANI, PINOT GRIGIO, VENETO, ITALY	13	19
FLAT ROCK, CHARDONNAY, ONTARIO, CANADA	17	25
WHITEHAVEN, SAUVIGNON BLANC, MARLBOROUGH, NEW ZEALAND	17	25
HENRY OF PELHAM, REISLING, ONTARIO, CANADA	14	21

ROSE

WHISPERING ANGEL, ROSE, PROVENCE, FRANCE	20	30
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RED

HOUSE RED BLEND, TWO SISTERS, ONTARIO, CANADA	13	19
JACOB'S CREEK, CABERNET SAUVIGNON, BAROSSA, AUSTRALIA	17	25
KIM CRAWFORD, PINOT NOIR, MARLBOROUGH, NEW ZEALAND	21	32
CHATEAU SAINT-GERMAIN, BOURDEAUX, BOURDEAUX, FRANCE	15	22
WOLF BLASS YELLOW LABEL, SHIRAZ, BAROOSA, AUSTRALIA	15	22

SPARKLING

5oz

LATTE MIELE PROSECCO, VENETO, ITALY	12
MIONETTO, PROSECCO, VENETO, ITALY	16
BOTTEGA VINO DEI POETI BRUT ROSE, VENETO, ITALY	12

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

KIDS MENU

BREAKFAST

SERVED UNTIL 4PM 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,
WHIPPED CREAM

9

TATER TOT POUTINE

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

9

CHOCOLATE CHIP PANCAKES

(VEG)

MAPLE SYRUP,
VANILLA WHIPPED CREAM

12

MINI SESSIONS SLAM

SCRAMBLED EGG,
TATER TOTS, BACON,
THICK CUT TOAST

12

LUNCH & DINNER

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

I DON'T KNOW

(CAESAR SALAD)

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

12

I'M NOT HUNGRY

(MACARONI AND CHEESE)

CAVATAPPI PASTA, CANADIAN
CHEDDAR, CHEESE CURDS,
SALTED CORNFLAKE CRUNCH,
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, KETCHUP, TOASTED BUN,
SERVED WITH CRISP RUSSET FRIES

12

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

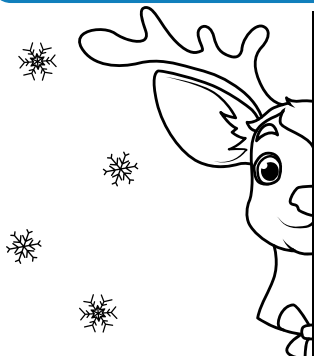
(BROCCOLI)

CHEDDAR CHEESE SAUCE

5



FINISH THE SECOND PART



FIND 2 IDENTICAL SNOWFLAKES

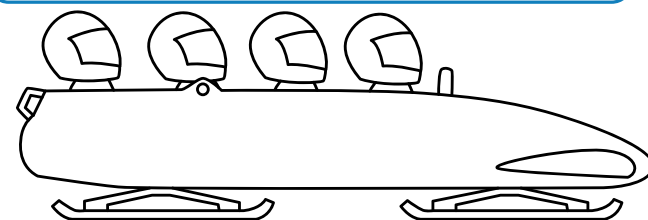


Winter
FUN



CONNECT DOTS BY NUMBERS

DECORATING A BOBSLEIGH SLEIGH



FIND WAY TO THE HOCKEY GOAL

