**Starters**

Appetizer or Large Size

- Warm Charred Octopus Horiatiki Salad — 14/20
- Tomato, Cucumber, Watermelon, Peppers, Red Onions
  Extra Virgin Olive Oil & Olive Tapenade (GF)

- Northern Atlantic Salmon Gravlax — 12/18
  Pickled mustard seeds (VG, GF)

- Crispy Broccoli & Cauliflower "Wings" — 11/17
  Sriracha Lime Garlic Bipping Sauce (GF, VG)

- Italian Frito Misto — 13/19
  Fried Calamary & Shrimps in tormneal
  With Lemon Capers Aioli (GF)

- Warm Salad Nicoise Bowl — 13
  With Potatoes, Green Beans, Tomatoes, Roasted Egg, Olives,
  White Spanish Anchovies, with Red Wine & Olive Oil Dressing (GF)

- **Light Main Courses**
  **Warm Vietnamese Rice Vermicelli** — 13
  On Greens, with Vegetable Julienne, Shiitake Mushrooms,
  Pickled Ginger & Cashews with Soy & Sesame Olive Vinaigrette (VG, GF)

- **"Fattoush" Quinoa Salad** — 13
  With Hummus, Arichokes, Chick Peas,
  Tahini Zaatar Lemon Dressing. Toasted Pita Gris (VG)

- **Cesar Salad** — 12.5
  With Shaved Asigio Cheese & Herb Grontions (V)
  Add: Maple Wood Bacon — 2

- **F.C. Specialty Poke Bowl** — 14
  Steamed "Forbidden" Black Rice, Roasted Chickpeas,
  Edamame, Red Radish, Cucumber, Avocado, Sesame Seeds
  Cashew Nut & Tamarind Dressing (VG, GF)

- **Add a Topping Below to Make it a Complete Meal**
  Add: Grilled Chicken 6  Grilled Salmon 7
  Grilled Marinated Tofu 4  Haloumi Cheese 4
  Seared Ahi Tuna 7  Poke Tuna 7
  Roasted Mushrooms 4

- F.C. Signature Gohb’s Salad — 17.5
  Romaine & Leaf Lettuces with Chicken, Maple Smoked Bacon,
  Avocado, Hard Boiled Eggs, Tomatoes & Roquefort Cheese
  Served with Warm Sherry Vinaigrette (GF)

- Artisanal Cheese Platter
  From Ontario & Quebec (Goat and Cow Milk Cheeses)
  Grussy Bread, Nuts & Fig Chutney
  4 varieties— 13.5  6 varieties— 19

- Charcuterie & Cheese Platter — 19
  Gäslingo Salami, Beef Farmpaco & Bresaola,
  Pork Prosciutino & Artisan Cheese Selection
  with Vidalia Onions & Red Wine Chutney & Fench Baguette

- F.C. Seafood Platter — 23
  Salmon Gravlax, Shrimps, grilled Octopus, Ahi Tuna
  With Warm Potato Salad, Scallion Vinaigrette

(V-Vegetarian, VG-Vegan & G-Gluten Free)

**Main Courses**

- Yucatan Quesadilla — 13.5
  Refried Black Beans, Sautéed Peppers, Onions, Cotija Cheese
  Served with Sour Cream & Salsa (V)
  Add: Tofu — 3 Grilled Chicken — 3

- **F.C. Classic Burger** — 17.5
  Prime Rib Beef Patty, Horseradish Aioli,
  With Brie, Mushrooms & Bacon served with French Fries

- Build Your Own Burger — 16
  6oz Canadian Prime Beef Patty
  With Lettuce, Tomato, Onion, Pickle & Horseradish Aioli
  Add: Caramelized Onions or Mushrooms— 1.5 ea.
  Add: Swiss, Brie, Gorgonzola or Bacon— 2 ea.

- Crispy Caribbean Spiced Cod Sandwich — 17.5
  With Gialantone Lime Cabbage Slaw
  Served on Pretzel Bun

- Grilled Portobello Mushroom Burger — 14.5
  With Avocado, Grilled Vegetables & Babaganoush
  Served on a Plant Based & Almond Bun (VG, GF)
  Add: Grilled Tofu (VG) or Grilled Haloumi Cheese (V) 3 ea.

- **Add a Topping Below to Make it a Complete Meal**
  Add: Maple Wood Bacon — 2

- F.C. Seafood Platter — 23.5
  Grilled 7oz Angus Beef Striploin with 3 Peppercorn Sauce
  Served with Mango Chutney

- F.C. Classic Burger — 17.5
  Prime Rib Beef Patty, Horseradish Aioli,
  With Brie, Mushrooms & Bacon served with French Fries

- F.C. Signature Cobb’s Salad
  Served on Herb Flat Bread (V)
  Served with Lemon Capers Aioli (GF)

- Crispy Perigord Style Duck Leg Confit
  Add: Swiss, Brie, Gorgonzola or Bacon served with French Fries
  Served on Pretzel Bun

- Southern Atlantic Salmon Gravlax
  Add: Tofu — 3 Grilled Chicken — 3

- **Build Your Own Burger** — 16
  6oz Canadian Prime Beef Patty
  With Lettuce, Tomato, Onion, Pickle & Horseradish Aioli
  Add: Caramelized Onions or Mushrooms— 1.5 ea.
  Add: Swiss, Brie, Gorgonzola or Bacon— 2 ea.

- Crispy Caribbean Spiced Cod Sandwich — 17.5
  With Gialantone Lime Cabbage Slaw
  Served on Pretzel Bun

- Grilled Portobello Mushroom Burger — 14.5
  With Avocado, Grilled Vegetables & Babaganoush
  Served on a Plant Based & Almond Bun (VG, GF)
  Add: Grilled Tofu (VG) or Grilled Haloumi Cheese (V) 3 ea.

- **Add a Topping Below to Make it a Complete Meal**
  Add: Maple Wood Bacon — 2

- F.C. Speciality Poke Bowl — 14
  Steamed “Forbidden” Black Rice, Roasted Chickpeas,
  Edamame, Red Radish, Cucumber, Avocado, Sesame Seeds
  Cashew Nut & Tamarind Dressing (VG, GF)

- **Add a Topping Below to Make it a Complete Meal**
  Add: Grilled Chicken 6  Grilled Salmon 7
  Grilled Marinated Tofu 4  Haloumi Cheese 4
  Seared Ahi Tuna 7  Poke Tuna 7
  Roasted Mushrooms 4

- F.C. Signature Gohb’s Salad — 17.5
  Romaine & Leaf Lettuces with Chicken, Maple Smoked Bacon,
  Avocado, Hard Boiled Eggs, Tomatoes & Roquefort Cheese
  Served with Warm Sherry Vinaigrette (GF)

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  Grussy Bread, Nuts & Fig Chutney
  4 varieties— 13.5  6 varieties— 19

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  Gäslingo Salami, Beef Farmpaco & Bresaola,
  Pork Prosciutino & Artisan Cheese Selection
  with Vidalia Onions & Red Wine Chutney & Fench Baguette

- F.C. Seafood Platter — 23
  Salmon Gravlax, Shrimps, grilled Octopus, Ahi Tuna
  With Warm Potato Salad, Scallion Vinaigrette

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**Sandwich & Burger Section**

- F.C. Club Sandwich “Panini” — 16.5
  With Chicken, Arugula, Jalapeño Havarti and Mayo

- F.C. Classic Burger — 17.5
  Prime Rib Beef Patty, Horseradish Aioli,
  With Brie, Mushrooms & Bacon served with French Fries

- Build Your Own Burger — 16
  6oz Canadian Prime Beef Patty
  With Lettuce, Tomato, Onion, Pickle & Horseradish Aioli
  Add: Caramelized Onions or Mushrooms— 1.5 ea.
  Add: Swiss, Brie, Gorgonzola or Bacon— 2 ea.

- Crispy Caribbean Spiced Cod Sandwich — 17.5
  With Gialantone Lime Cabbage Slaw
  Served on Pretzel Bun

- Grilled Portobello Mushroom Burger — 14.5
  With Avocado, Grilled Vegetables & Babaganoush
  Served on a Plant Based & Almond Bun (VG, GF)
  Add: Grilled Tofu (VG) or Grilled Haloumi Cheese (V) 3 ea.

- **All Sandwiches come with a Choice of Mixed Green Salad or Home Made Fries**
  To replace with Caesar or Greek Salad — 2
  Sweet Potato Fries or Spicy Country Wedge Potatoes — 2

- **Build Your Own Burger** — 16
  6oz Canadian Prime Beef Patty
  With Lettuce, Tomato, Onion, Pickle & Horseradish Aioli
  Add: Caramelized Onions or Mushrooms— 1.5 ea.
  Add: Swiss, Brie, Gorgonzola or Bacon— 2 ea.

- Crispy Caribbean Spiced Cod Sandwich — 17.5
  With Gialantone Lime Cabbage Slaw
  Served on Pretzel Bun

- Grilled Portobello Mushroom Burger — 14.5
  With Avocado, Grilled Vegetables & Babaganoush
  Served on a Plant Based & Almond Bun (VG, GF)
  Add: Grilled Tofu (VG) or Grilled Haloumi Cheese (V) 3 ea.

- **Add a Topping Below to Make it a Complete Meal**
  Add: Maple Wood Bacon — 2

- F.C. Speciality Poke Bowl — 14
  Steamed “Forbidden” Black Rice, Roasted Chickpeas,
  Edamame, Red Radish, Cucumber, Avocado, Sesame Seeds
  Cashew Nut & Tamarind Dressing (VG, GF)

- **Add a Topping Below to Make it a Complete Meal**
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