

APPETIZERS

VEGETARIAN FLATBREAD

figs+ brie+ olives+ pears+ arugula 16 v

MEDITERRANEAN FLATBREAD

mozzarella +prosciutto+ cherry tomato + arugula + basil pesto 16

SEASONS FRENCH FRIES

House cut potatoes sm 8 Lg 12

Sub for our delicious truffle fries with truffle oil, grana Padano & dill dip – additional \$5.00 Extra dip 2.5

DUCK SPRING ROLLS WITH TAMARIND SAUCE

spring roll filled with julienne carrots+ cabbage seasoned with ginger+ garlic and sesame oil 15

EXTRA SPRING ROLL 4.50

ARANCINI

brie cheese arancini+ marinara 12 v

EXTRA ARANCINI 4

LAMB MEATBALLS

cherry tomato sauce+ rosemary + red wine reduction+ gruyere cheese 14 gf

EXTRA MEATBALL 4.50

SOUP & SALAD

SOUP OF THE DAY

daily seasonal soup 8.00

ROASTED BEET SALAD

kale+ soft goat cheese+ arugula + candied pecans+ port vinaigrette 16 v gf

add chicken 9 salmon 12

SEASONS BOWL

lentil + hummus+ cherry tomato+ artisan lettuce + honey mustard vinaigrette 16 V gf

add chicken 9 salmon 12

PASTA

LINGUINE FRUTTI DI MARE

linguine+ mussels+ shrimp+ scallops + cherry tomato sauce + grana padano 23

LINGUINE ARRABBIATA

Linguine + marinara + chili flakes + grana padano 23

Add: Chicken 9 Salmon 12

LINGUINE ALFREDO

23

Add: Chicken 9 Salmon 12

VEGETARIAN LASAGNE

mixed fresh seasonal vegetables+ tomato sauce 25 v

MAIN DISH

ALBERTA BEEF TENDERLOIN

mashed agria potato+ seasonal vegetables + garlic butter medallion 36 gf

GRILLED STRIP LOIN

roasted fingerling potato+ seasonal veg+ pepper corn sauce 32

SOUS VI DE CORNISH HEN (HALF HEN)

pan seared cornish hen+ risotto a la parmesan + seasonal veggies 29 gf

GRILLED SALMON

grilled atlantic salmon + thai carrot puree+ seasonal veg 26 gf

ALBERTA LAMB SHANK

slow cooked lamb+ poplar bluff rainbow carrots+ mashed agria potato+ jus 34 gf

SEASONS BURGER

house ground beef+ honey mustard aioli + artisan lettuce

+tomato+ onion+ bacon+ applewood smoked cheddar + fries or garden salad 19 Gluten Free Bun 2

SALMON BURGER

house ground atlantic salmon + honey mustard aioli + artisan lettuce

+tomato+ onion+ bacon+ cheddar + fries or garden salad 21 Gluten Free Bun 2

FISH AND CHIPS

beer battered cod fillets+ tartar sauce+ poppy seed coleslaw + grilled lemon 19

DESSERTS

CHOCOLATE ECLIPSE

white chocolate mousse dome with dark chocolate coating,
sponge toffee & nut praline 12 gf

CHERRY CHEESE CAKE

goat milk cheesecake with creme de cassis macerated sour cherries 12

WARM PEACH COBBLER

peaches+ sweet bread cobbler+ vanilla ice cream 11