

Breakfast Starters

Toasted High Fibre Granola fresh fruit & yoghurt	7.95
Fresh Fruit Salad light mint & lime syrup	7.95
Thick Steel-Cut Oatmeal topped with blueberries & cinnamon	6.95

Brunch

Broccoli, Leek & Goat Cheese Quiche choice of mixed greens, spinach or Caesar salad	13.50		
Baked French Toast bread & butter pudding style with warm strawberries, rhubarb, & honey almonds	11.95		
Belgian Waffle fresh off the iron with mixed berries, lemon whipped cream & maple syrup	11.95		
Eggs Benedict two poached eggs on a cheddar scone with roasted ham, cottage fried potatoes & hollandaise sauce	13.50		
Eggs n' Lox scrambled eggs on toasted brioche with fresh local smoked salmon, chives, grilled asparagus & mascarpone	14.95		
Poached Eggs on Polenta two poached eggs on creamy polenta with roasted peppers, hominy & sweet corn, spicy lamb sausage & Parmigiano-Reggiano	13.95		
Savoury Smoked Chicken Crêpe two poached eggs, wilted spinach, Thunder Oak Gouda, Northern Woods mushrooms & hollandaise sauce	14.95		
O&B Breakfast two eggs any style, cottage fried potatoes, choice of bacon, sausage or peameal & whole wheat or white toast	12.95		
Roasted Vegetable Omelette goat cheese & choice of mixed greens, spinach or Caesar	13.95		
	egg whites only 14.95		
Grilled 7 oz New York Striploin Steak one egg any style, served with béarnaise sauce & Yukon Gold fries	19.95		
Bacon, Peameal or Breakfast Sausage	3.95	Baked Beans	1.95
Toast or Scone	2.25	Cottage Fried Potatoes	3.95
Grilled Asparagus lemon zest & olive oil	3.95	Sweet Potato Fries with spicy tomato mayo	6.95
Vine-Ripened Tomatoes basil, sea salt & olive oil	1.95	Yukon Gold Fries with spicy tomato mayo	5.95

Feel Good...

Breakfast Smoothie energizing & immune boosting smoothie with banana, apple, kiwi, mixed berries, soy milk & flaxseed 5.95

'Kick the Blues' Smoothie immune boosting smoothie with blueberries, bananas & mangoes 5.95

Feel Better...

Classic Caesar vodka topped with Clamato juice, Worcestershire & Tabasco 5.95

Asian Caesar unfiltered sake & Clamato juice spiced with wasabi, soy sauce & Worcestershire 5.95

Blue Mango Sparkling Bellini Alizé, mango rum, Prosecco 7.95

Marmalade Mojito Havana Club Añejo Rum, Grand Marnier, fresh mint, marmalade, muddled orange & lime, topped with soda 7.95

Pineapple Passion Sangria mango rum, white wine, fresh passionfruit, pineapple & mango juice, fresh strawberries, melon & orange 7.95

Appetizers

Classic Caprese Bruschetta with buffalo mozzarella	6.95
Tossed Sweet & Bitter Greens fresh pear & red wine vinaigrette	7.75 small 4.75
Caesar focaccia croutons, maple bacon, creamy garlic & Parmigiano-Reggiano dressing	9.25 small 5.75
Garden Spinach mushrooms, shaved apple, pecans & Honeycup Mustard dressing	8.50 small 5.25
Jump's Original Grilled Calamari anchovies, capers, tomatoes & black olives in a lemon brown butter sauce	10.95

Soups

Oliver & Bonacini's Mushroom Soup (no cream or butter)	7.75 cup 3.95
Tuscan Onion caramelized onion broth with bocconcini & Parmigiano-Reggiano	7.95 cup 4.25
Charred Tomato Gazpacho smoky chipotle, feta & whipped avocado	7.95 cup 4.25

Pizzetta

mini pizza with choice of salad or Yukon Gold fries; for whole wheat pizza dough, add 1.00

Margherita vine ripened tomatoes, bocconcini cheese & basil	11.95
Giardiniera fire roasted red peppers, feta, spinach, caramelized onions & black olives	12.50
Pancetta sautéed mushrooms, roasted garlic, arugula & Parmigiano-Reggiano cream	13.95
Chorizo roasted red peppers, goat cheese, pesto, mozzarella & tomato sauce	13.95

Pasta

Rock Shrimp Linguine diced tomato, basil & almond pesto, white wine	16.50
Spicy Italian Sausage Penne in a classic tomato basil sauce with Tuscan black olives	15.25
O&B Macaroni & Cheese slivered chicken, garden peas, Balderson cheddar & goat cheese	14.95

Mains

Grilled Chicken & Bacon Panini Monterey Jack, salsa verde, chipotle mayo & choice of salad (mixed greens, spinach or Caesar), Yukon Gold fries or soup	13.25
Pressed Smoked Country Ham & Gruyère on olive ciabatta with whole grain Dijon mayo & choice of salad (mixed greens, spinach or Caesar), Yukon Gold fries or soup	12.95
Grilled Chicken Paillard on Japanese Caesar edamame, roasted shiitake, cashews, wasabi peas & pickled ginger in a lime & soy Caesar dressing	16.95
Grilled Atlantic Salmon grilled artichokes, arugula, pickled mushrooms & Niagara prosciutto with lemon aioli	18.25
Grilled Provimi Calf's Liver on buttermilk mashed potatoes, crisp bacon & caramelized onions	17.95
The Classic Burger 8 oz of flame broiled lean ground Wellington County beef with onion marmalade, dill pickle, Yukon Gold fries & coleslaw	12.95
top it up... crispy bacon, Balderson cheddar, goat's milk feta, blue cheese, caramelized onion, sautéed mushrooms	each 1.95

upgrade your Yukon Gold fries to sweet potato fries for 1.00 more