



CAFÉ MONTEREY

LUNCH MENU

Our Executive Chef uses only the finest & freshest ingredients for a delightful culinary experience.


SOUPS



 **CHEF'S KETTLE SOUP** 8
Chef's daily vegetarian creation.



 **HARIRA SOUP** 10
 The national soup of Morocco. A hearty tomato broth with chickpeas, kidney beans, lentils and a blend of Moroccan spices.


QUÉBEC ONION SOUP 10
Thinly-sliced onions, marinated overnight in a mixture of thyme, Sherry and red wine for a robust full flavor. Finished with toasted croutons, Parmesan and melted Quebec Swiss cheese.

SALADS

 **CAFÉ MONTEREY CAESAR SALAD**
Fresh Romaine leaflet tossed with Parmesan cheese and served with a creamy garlic dressing.
Small 12 **Large** 15
Add Tofu 5 Chicken 8 Shrimp 9 Salmon 12 Tuna 14

 **FARMER'S HARVEST SALAD**
 Fresh seasonal colourful lettuces blended with a mixture of tomatoes, cucumbers, sweet onions, & finished with our balsamic vinaigrette.
Small 12 **Large** 15
Add Tofu 5 Chicken 8 Shrimp 9 Salmon 12 Tuna 14

 **MEDITERRANEAN SALAD**
 Baby arugula, baby kale, parsley, spiced walnuts, shaved fennel, pomegranate, maple pomegranate dressing.
Small 12 **Large** 15
Add Tofu 5 Chicken 8 Shrimp 9 Salmon 12 Tuna 14

 **TUNA NICOISE SALAD** 19
Rare seared Yellowfin tuna, hardboiled egg, poached fingerling potatoes, French beans, tomatoes, sundried tomato & oregano dressing.



Gluten Free



Vegan



Vegetarian



Halal

CLASSICS

All sandwiches are served with a choice of French fries or zesty sweet potato fries or mixed garden salad with your choice of dressing.

THE YORKDALE CLUB 19

Grilled chicken, Canadian back bacon, sliced tomato, lettuce, red onion, Canadian cheddar cheese.

CANADIAN CLASSIC BURGER 20

Canadian ground chuck with Canadian back bacon, Canadian cheddar, lettuce, sliced tomato, red onions and a dill pickle.

BUTCHER'S BLOCK FRENCH DIP 20

Thinly-sliced Angus beef dipped in au jus and topped with horseradish mayo on a french baguette.

SHARABLES


CHICKEN FLATBREAD 17

Toasted flatbread topped with plum tomatoes, oregano, grilled chicken, sweet red onions, cheese blend of goat and parmesan cheeses. Finished with a horseradish pesto dressing.

MEZZA PLATE CAFÉ MONTEREY TRIO 15


Fresh trilogy of Mediterranean dips served with warm mini pitas.

CHICKPEA AND SPINACH RAGOUT 15

 Curried chickpeas simmered in a spicy plum tomato ragout topped with baby spinach. Served with warm mini naan bread.

COMFORT FOOD

QUINOA THAI VEGETABLE BOWL 21

 Stir-fried vegetables served on a bed of quinoa with a Thai ginger sauce, topped with cashews. Add Tofu 5 Chicken 8 Shrimp 9 Salmon 12 Tuna 14

EAST COAST FISH & CHIPS 23

Traditional hand-battered cod tails served with coleslaw, tartar sauce and your choice of regular or sweet potato fries.



Applicable taxes and gratuities not included.

YYZTY OCTOBER 2017