



## SOUPS & SALADS

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| <b>Chef's Soup of the Day</b> .....  | <b>\$9</b>  |
| <b>French Onion Soup</b><br>Slow cooked with caramelized onions, house-made veal broth & sherry, served gratinée with a mix of Gruyère & Emmental cheeses .....        | <b>\$12</b> |
| <b>Watermelon &amp; Greens</b><br>Watermelon steak, salty bocconcini, avocado, red onions, radishes, smoky vinaigrette, garnished with toasted pumpkin seeds .....     | <b>\$20</b> |
| <b>Arugula &amp; Endive</b><br>Garnished with radicchio, Granny Smith apples, pomegranate seeds, candied almonds, shaved old cheddar cheese, maple miso dressing ..... | <b>\$19</b> |

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| <b>Orzo &amp; Shrimp Greek Style</b><br>Cucumber, grape tomatoes, red onions, kalamata olives, feta cheese, grilled shrimp & dill-mustard vinaigrette ..... | <b>\$23</b> |
| <b>Mixed Greens</b><br>Garnished with crispy vegetables, dried cranberries, orange supreme, hazelnuts & raspberry vinaigrette .....                         | <b>\$18</b> |
| <b>Classic Caesar</b><br>Crispy romaine, house-made dressing, parmesan cheese, croutons, lemon wedge & bacon bits .....                                     | <b>\$15</b> |

## SANDWICHES & WRAPS

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| <b>Turkey Club-House</b><br>Choice of Texas or rye bread, layered with bacon, cheddar cheese, slow cooked turkey breast, lettuce, tomato & cranberry mayo .....                              | <b>\$14</b> |
| <b>Buffalo Chicken Wrap</b><br>3 buffalo chicken tenders julienned & tossed in medium hot sauce, lettuce, tomatoes, celery, carrots & ranch dressing .....                                   | <b>\$14</b> |
| <b>Fajita Wrap</b><br>Mexican beef, Monterey Jack & cheddar cheese mix, julienne peppers, lettuce, tomatoes, jalapeños & cilantro served with sour cream & guacamole .....                   | <b>\$16</b> |
| <b>Frobisher's Signature Prime Rib Dip</b><br>Shaved slow roasted prime rib, caramelized onions, horseradish mayo & cheddar cheese served on a toasted multigrain baguette with au jus ..... | <b>\$20</b> |

*Sides not included*

## MAINS

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| <b>The Staff Meal</b><br>Ask your server for details .....   | <b>Market Price</b> |
| <b>Honey-Garlic Glazed Pork Baby Back Ribs</b><br>Marinated for 24 hours & slow braised .....                                      | <b>\$35</b>         |
| <b>Pineapple-Hoisin Braised Beef Boneless Short Rib</b><br>Slow braised to perfection .....  | <b>\$35</b>         |
| <b>Sirloin 9 oz</b><br>Peppercorn sauce & truffle aioli .....  | <b>\$32</b>         |
| <b>Cod Croquette</b><br>Salted cod mixed with fresh herbs & mashed potatoes, served with onion confit & traditional coleslaw ..... | <b>\$32</b>         |
| <b>Arctic Char</b><br>Warm mango & roasted red pepper salsa .....  | <b>\$35</b>         |

*Sides not included*

## PASTA & BOWLS

|  |             |
|--|-------------|
| <b>Spaghetti &amp; Meatballs</b><br>Slow cooked house-made Angus Chuck meatballs stuffed with bocconcini cheese, tossed in Spanish-style tomato sauce .....  | <b>\$20</b> |
| <b>Seafood Mac &amp; Cheese</b><br>Shrimp, scallop, lobster, mussels & calamari in a creamy cheese sauce made from cheddar, Monterey Jack & Emmental cheese; topped with bread crumbs & oven-baked ...                 | <b>\$31</b> |
| <b>Chicken Satay Rice Noodle Bowl</b><br>Chicken skewer(s) marinated in ginger-garlic paste, rice vinegar & sambal oelek with peanut sauce, young corn, bok choy, bamboo shoots, julienne carrots & green onions ..... | <b>\$26</b> |
| <b>Red Thai Rice Bowl</b><br>Coconut cream sauce, red thai curry paste, broccoli, cauliflower, chick peas, young corn, pepper & spinach .....  | <b>\$20</b> |
| <b>Pad Thai</b><br>Ginger, garlic, sambal, fish sauce, bamboo shoots, water chestnuts, green onions, rice noodles, chopped almonds, fresh cilantro. Beef, shrimp or vegetable .....                                    | <b>\$28</b> |

## BURGERS

|   |             |
|---|-------------|
| <b>Froburger</b><br>Fresh ground Black Angus Chuck, Mesquite BBQ Sauce, Monterey Jack & Canadian cheddar, bacon, mushrooms .....  | <b>\$20</b> |
| <b>Beef &amp; Pulled Pork Stack</b><br>6 oz ground beef chuck patty seasoned with Montreal steak spices, 4 oz pulled pork slow cooked in house-made BBQ sauce, topped with old cheddar & traditional condiments ..... | <b>\$20</b> |
| <b>Lamb</b><br>Seasoned with garlic, fresh mint & oregano, rosemary aioli topped with olive tapenade arugula, tomato & Brie cheese .....  | <b>\$20</b> |
| <b>Char</b><br>Char steak with fresh herbs, Dijon mustard, tossed in panko & served with dill mayo & chive crème fraiche on brioche bun .....   | <b>\$23</b> |
| <b>Pork &amp; Fried Oyster</b><br>Ground pork patty seasoned with fresh sage, topped with butter leaf lettuce, crispy bacon, smoked oysters & tartar sauce .....  | <b>\$20</b> |

*Sides not included*

## SIDES

|                                      |               |                          |            |                                   |            |                               |            |
|--------------------------------------|---------------|--------------------------|------------|-----------------------------------|------------|-------------------------------|------------|
| Loaded Baked Potato .....            | <b>\$3.50</b> | House-made Fries .....   | <b>\$5</b> | Maple Glazed Baby Carrots .....   | <b>\$8</b> | Side Greens .....             | <b>\$5</b> |
| Roasted Garlic Mashed Potatoes ..... | <b>\$3.50</b> | Steamed Rice .....       | <b>\$3</b> | Garlic-Ginger Sautéed Bok Choy .. | <b>\$8</b> | Side Caesar .....             | <b>\$6</b> |
| Roasted Potatoes .....               | <b>\$3.50</b> | Risotto of the Day ..... | <b>\$7</b> | Steamed Broccoli .....            | <b>\$8</b> | Loaf of Sourdough Bread ..... | <b>\$6</b> |

*Only available from 5pm*

## SHARABLES

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|---|-------------|---|-------------|
| <b>Duck Confit Flatbread</b><br>Caramelized onions & mushrooms topped with Gruyère cheese .....                               | <b>\$17</b> | <b>House-made Arctic Char Gravlax &amp; Smoked Char</b><br>Orange zest, star anise & Madagascar green peppercorns; citrus mascarpone cheese & lotus chips ..... | <b>\$26</b> |
| <b>Baked Brie</b><br>Hazelnut, roasted garlic, dried cranberries & a touch of honey, served with house-made crostini .....    | <b>\$19</b> | <b>Tempura Shrimps</b><br>5 tiger prawns fried in tempura batter & panko, served with Asian slaw & spicy ginger mayo .....                                      | <b>\$20</b> |
| <b>Crispy Calamari</b><br>Tossed in corn meal & served with chipotle aioli .....  | <b>\$15</b> | <b>Duck Spring Rolls</b><br>Cranberry-onion marmalade, arugula, pulled duck meat & thai chili sauce .....   | <b>\$20</b> |
| <b>One Pound Mussels</b><br>White wine, leeks, fennel, tomato salsa, smoked paprika & fresh basil served with flatbread ..... | <b>\$20</b> | <b>Cheese Platter</b><br>Selection of Quebec cheeses, hazelnut raisin bread, assorted nuts & dried fruit .....  | <b>\$25</b> |

## FAVORITES

|   |                           |
|---|---------------------------|
| <b>Slow Roasted Angus Pride Prime Rib</b><br>Crisp onion strings, roasted garlic & shallot jus .....  | <b>8oz \$45 10oz \$55</b> |
| <b>Angus AAA New-York Striploin</b><br>Peppercorn sauce & truffle aioli .....                         | <b>10oz \$45</b>          |
| <b>Roasted BBQ Duck</b><br>Brined & slow roasted in BBQ sauce served with peaches & pears .. 1/4      | <b>\$27 or 1/2 \$54</b>   |
| <b>Braised Lamb Shank</b><br>Star anise, tomato & root vegetables, flavored braising liquid jus ..... | <b>\$45</b>               |
| <b>Halibut</b><br>Pistachio crusted, fondue leek & béarnaise cream sauce .....                        | <b>\$43</b>               |
| <b>Stuffed Chicken Supreme</b><br>Wild mushroom & bacon stuffing, rosemary truffle jus .....          | <b>\$38</b>               |

## PIZZA

|  |                              |
|--|------------------------------|
| <b>Italian Style</b><br>Salami, capicollo, Italian sausage, prosciutto, roasted red peppers, mozzarella & parmesan cheese .....                | <b>Small \$19 Large \$30</b> |
| <b>Greek Style</b><br>Spinach, cherry tomatoes, marinated artichokes, bell peppers, pickled red onions, kalamata olives & feta cheese .....    | <b>Small \$17 Large \$26</b> |
| <b>Canadian Style</b><br>Pepperoni, mushrooms, peppers, onions, ground beef, ham, bacon, mozzarella, Monterey Jack cheddar cheese mix .....    | <b>Small \$17 Large \$26</b> |
| <b>Mexican Style</b><br>Salsa base sauce, chorizo sausages, taco spices, jalapeno, corn tortilla chips, Monterey Jack cheddar cheese mix ..... | <b>Small \$17 Large \$26</b> |
| <b>Philippine Style</b><br>Adobo pulled pork, onion, mushroom, banana peppers .....  | <b>Small \$17 Large \$26</b> |
| <b>Arctic Style</b><br>Béchamel & sour cream base sauce, gravlax, smoked char, caramelized onion & Monterey Jack cheddar cheese mix .....      | <b>Small \$19 Large \$30</b> |
| <b>Garlic Cheese Fingers</b><br>Garlic butter & mozzarella cheese served with donair sauce .....   | <b>Small \$15 Large \$23</b> |

*GST not included*