

# FOSTER'S LUNCH

## APPETIZERS

**GF DAILY SOUP ... \$7**

*seasonally inspired*

**GF V HOUSE SALAD ... \$9**

*mixed greens, tomato, cucumber, carrot, red onion,  
tarragon and whole grain mustard vinaigrette*

**CAESAR SALAD ... \$11**

*romaine hearts, double smoked bacon, herbed croutons,  
shaved Parmesan*

**CRISP FRIED CALAMARI ... \$12**

*"souvlaki" style grilled lemon, tzatziki*

**JAPANESE FRIED CHICKEN "KARA AGE STYLE" ... \$12**

*togarashi mayo, pickled carrot, cucumber salad*

**SHRIMP TEMPURA ... \$15**

*pickled ginger, togarashi mayo, scallions*

**GF BEET SALAD ... \$12**

*ricotta, harissa vinaigrette, toasted almonds*

**GF WARM MUSHROOM ARUGULA SALAD ... \$14**

*truffle vinaigrette, celery root purée, Parmesan*

**P.E.I. MUSSELS & FRESH GRILLED BREAD**

**CHOOSE FROM 3 WAYS ... \$14**

*\* white wine, garlic fresh herbs, roasted pepper rouille \**

*\* bacon, cider, green chilli, chimichurri \**

*\* grainy mustard, white wine, dill cream \**

**GF ROASTED BUTTERNUT SQUASH RISOTTO ... \$12**

*brussels sprouts, double smoked bacon,  
Parmesan, toasted almonds*

**CRAB CAKES ... \$16**

*mango salsa, curried mayo*

**v FOSTER'S MEZZE PLATTER ... \$15**

*eggplant caviar, hummus, sweet potato carrot cumin,  
Kalamata olives, grilled naan*

**LAMB MEATBALLS ... \$12**

*grilled bread, goat cheese, tapenade*

## ENTRÉE SALADS

**GF V HOUSE SALAD ... \$13    CAESAR SALAD ... \$16**

*add tofu \$6, chicken \$8, shrimp \$10, salmon \$12*

**GF GRILLED SIRLOIN OR SALMON NIÇOISE SALAD ... \$25**

*green beans, new potatoes,  
cherry tomatoes, grilled vegetables, arugula,  
hard boiled egg, balsamic vinaigrette*

**GF COBB SALAD ... \$22**

*grilled chicken breast, mixed greens, avocado,  
hard boiled egg, bacon, gorgonzola cheese, red wine vinaigrette*

**CRAB CAKES ... \$23**

*celery root purée, fennel slaw, arugula, sauce grabieche*

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## FOSTER'S FAVOURITES

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### GF STEAK FRITES

*perfectly grilled steak of your choice, served with hand cut frites, aioli, red wine jus*

• sirloin \$32, striploin \$34 or tenderloin \$36 •

### GF SESAME GINGER SHAKING BEEF ... \$18

*red and green onion, nappa cabbage, steamed jasmine rice, sweet and sour sauce*

### CHEF'S PASTA ... \$15

*a daily Chef's creation made to order with the freshest seasonal ingredients*

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## SANDWICHES

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*served with your choice of soup, salad or frites  
upgrade to a caesar salad...\$2 ½ fries ½ salad...\$1*

### GRILLED CHICKEN AND BACON WRAP ... \$14

*avocado, cucumber, tomato, mixed greens, housemade ranch dressing*

### GRILLED CHEESE SANDWICH ... \$12

*extra old cheddar and swiss  
perfectly grilled on housemade white bread  
add bacon \$3*

### CANADIAN AAA STEAK SANDWICH ... \$19

*grilled sirloin served open faced on a toasted baguette  
with sautéed mushrooms, caramelized onions, aioli  
add cheese \$3*

### JAPANESE FRIED CHICKEN SANDWICH ... \$17

*pickled carrot and cucumber, hot sauce mayo*

### OPEN FACED REUBEN ... \$15

*housemade corned beef, thousand island dressing, sauerkraut, melted swiss cheese*

### GRILLED VEGETABLE WRAP ... \$13

*hummus, grilled zucchini, peppers, onions, tapenade, goat cheese*

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## FOSTER'S BURGERS

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*Fosters is famous for our burgers -- served on a warmed bun  
with tomato, lettuce, red onion, pickle, aioli and hand cut frites*

### BEEF BURGER ... \$17

### LAMB BURGER ... \$18

### VEGETARIAN ... \$17

*\* topped with goat cheese and salsa \**

### EXTRA TOPPINGS ... \$3

*4 year old cheddar, gorgonzola, goat cheese, bacon,  
caramelized onions, sautéed mushrooms, onion rings*