

## APPETIZERS & SOUPS

<b>Garlic Bread</b> garlic butter and mozzarella on a braised baguette	7
<b>Bruschetta</b> braised baguette topped with spiced and diced tomato	8
<b>Wild Mushroom Crostini</b> herb chèvre crusted toast points covered in wild mushroom ragout	9
<b>Toasted Brie</b> toasted wedge of Brie garnished with caramelized onions, served with grilled toast points	11
<b>Fresh Mussels</b> freshly steamed, with your choice of a light curry or garlic tomato broth	11
<b>Calamari</b> your choice of grilled and marinated in a citrus olive oil dressing, or lightly battered and oil crisped served with a mare rosé dip	11
<b>Coconut Shrimp</b> salt water shrimp in a sweetened coconut batter served with a plum onion dip	13
<b>Antipasti Del Giorno</b> assortment of marinated olives, artichokes, mushrooms and roasted red peppers served with Parmigiano Reggiano, home made dried sausages, herbed crostini and more <i>12.00 per person with a 4 person minimum</i>	12
<b>Lobster Bisque</b> thick flavourful purée of lobster	11
<b>Minestrone Soup</b> chunky vegetables and potato in a tomato broth	6

## PASTA

<b>Cedar Plank Salmon</b> freshly made pasta with cedar smoked salmon pieces in a light rose cream sauce	15
<b>Spelt Pasta</b> lightly flavored with extra virgin olive oil, pesto and julienne vegetables	16
<b>Pappardelle D'Agnello</b> fresh wide face pasta in a slowly cooked tomato and chunky lamb sauce	17
<b>Seafood Linguini</b> fresh narrow face pasta in a tomato basil sauce topped with sautéed shrimp, scallops, clams, mussels, and squid	22
<b>Whole Wheat Pasta Primavera</b> short whole-wheat pasta with julienne vegetables in a tomato basil sauce	13
<b>Gnocchi</b> home made sweet potato gnocchi in a wild mushroom and cream reduction	18
<b>Crêpe Manicotti</b> crêpe rolled and stuffed with ricotta and spinach covered in a delicate cream sauce	15
<b>Linguini Vongole</b> tossed in a garlic chardonnay or tomato basil sauce	15

## RISOTTO

<b>Wild Mushroom Risotto</b> creamy Arborio rice with assortment of wild mushrooms and a hint of arugula leaves	15
<b>Seafood Risotto</b> delectably creamy Arborio rice infused with Tuscan chopped seafood with a hint of tomato	21

## SALADS

<b>One Up Classic House</b> garden house salad in our signature balsamic vinaigrette	8
<b>Woolwich</b> 'Woolwich' goat cheese and roasted red peppers on a bed of mixed field greens	11
<b>Caesar</b> crisp romaine cores lightly covered in creamy roasted garlic dressing, topped with parmigiano-reggiano shavings and herbed crostini	9
<b>Greek Village</b> crisp lettuce, bell peppers, Bermuda onions, seedless cucumbers, ripe tomatoes, feta cheese and Kalamata olives drizzled with citrus EV olive oil and oregano	9
<b>Portobello Twist</b> grilled Portobello mushroom topped with roasted cherry tomatoes and Italian onion, on a bed of orange fennel dressing	12
<b>Caprese</b> beefeater tomato, buffalo bocconcini, EV olive oil, basil, topped with roasted red peppers and prosciutto	13
<b>Baby Spinach</b> baby springs tossed in anjou pear vinaigrette topped with crushed cashews	11
<b>Grilled Vegetable Tower</b> layers of grilled vegetables and bocconcini, balsamic reduction drips	12

## ENTRÉES

<b>Chicken</b> boneless breast pan seared and topped with a creamy Frangelico reduction and pine nuts	21
<b>Duck</b> scored breast pan flashed topped with black currant compote	26
<b>NY Striploin</b> aged AAA sirloin steak cross-grilled with a Remy Martin reduction	26
<b>Rib-Eye Steak</b> grilled and topped with sautéed button mushrooms and a port wine reduction	29
<b>Filet Mignon</b> centre cut, grilled and served with a fig Marsala reduction	29
<b>Veal Chop</b> top grade grilled chop served in a sweet Shiraz reduction	33
<b>Lamb Shank</b> slow roasted in a Bavaria broth	24
<b>Lamb Rack</b> dry rubbed and grill seared, topped with a dash of rosemary-thyme olive oil	38

## SEAFOOD

<b>Salmon</b> cross grilled and topped with a spicy blueberry mango chutney	19
<b>Tilapia</b> grilled Tilapia topped with a sweet raspberry and orange glaze	26
<b>Seafood Bouillabaisse</b> assortment of fish and shellfish in a light saffron broth. <i>platter for 2 guests</i>	50
<b>Seafood Platter</b> assortment of fish and shellfish in tomato or garlic and white wine served on a bed of linguini. <i>platter for 2 guests</i>	75