

SOUP + SALAD DAYS

Caesar Classic 13
crisp romaine lettuce, smoked bacon, herb croutons, parmesan, fresh lemon with a creamy garlic dressing

Soup of the Day 8.50
ask about our soup du jour made fresh daily

Full of Beans 14.75
7 bean medley, baby kale, red onion, grated carrot, feta cheese with balsamic vinaigrette

spicy power bowl 15.75

quinoa, sauteed onion, mushroom, spinach, kale, black beans, egg, seasoned with sriracha and soya sauce

protein add-on

6oz grilled chicken breast +5.50

6oz ahi tuna steak +8

4oz grilled salmon fillet +6

vegan "beef" strips +5.25

Popeye Salad 18.50
choice of: grilled chicken or tuna steak with baby spinach, tomato, mushroom, onions, peppers, boiled egg, smoked bacon, with a smoked tomato vinaigrette

Mr. Hamilton's Lentils 18.50
green lentil and arugula with shredded carrot, cherry tomato, sautéed portabella mushrooms, green onion, feta crumble, grilled chicken and red wine vinaigrette

SHARE IT UP

Naan 9.75
warmed naan bread served with black olive tapenade, tzatziki, cilantro and kidney bean dip

Feta Bruschetta Perfecta 15.25
baked calabrese loaf brushed with garlic butter and topped with fresh tomato, onion, basil, feta cheese and balsamic drizzle

Dipping Crisps 12.25
today's selection of fresh veggies served with grilled pita, white bean hummus and raita

Macho Nacho 17.25
tri-colour chips with shredded cheese, jalepeños, tomatoes, green onion, bell peppers, black beans and black olives served with sour cream and salsa

+ add beef or chicken +5.50 ▲ Daiya vegan cheese +2.75

SHARING IS GOOD FOR THE SOUL
THE MORE, THE MERRIER

COMFY PUB GRUB

The Fingers 15.25
crispy breaded chicken fingers seasoned plain or buffalo style and served with choice of side

'Pub' Fish 17.50
beer battered or broiled haddock with fresh lemon, creamy coleslaw and hand cut fries

maverick wings 16.25

one pound best-in-class buffalo style jumbo wings with blue cheese dip, celery and carrots



Steamy Mussels 15
PEI mussels steamed in a marinara or garlic white wine broth served with sliced baguette

Calamari Crunch 14.50
crispy and tender fried calamari seasoned with sea salt and chili pepper, served with lemon aioli

embrace today. open yourself to the world around you and be inspired by the moment.

enrich your spirit and soul with a laugh shared. lose yourself in positive energy.

THE MAIN EVENT

El Taco 16

two warmed flour tortillas with grilled cilantro and lime marinated mahi-mahi, sour cream, avocado, topped with lettuce, and pico de gallo. served with a side of black bean and roasted corn salad

El Niño Pulled Chicken 15.50

two warmed flour tortillas with marinated shredded chicken breast, salsa verde, avocado salsa, lettuce, cilantro, sour cream, shredded cheese. served with a side of black bean and roasted corn salad

Not So Moroccan 18.50

slow cooked moroccan spiced chicken stewed with coconut milk, vegetables, and steamed basmati rice with naan bread and yogurt

NY Steak 29.75

9oz grilled new york striploin with sautéed mushrooms, crispy onion rings, green onion and cheddar stuffed baked potato, and steamed vegetables

Chicken Classique 24.50

herbed pan roasted chicken breast with mashed sweet potato, steamed vegetables, herbed savoury pan jus

Lime Mahi Mahi Fillet 24.75

grilled cilantro and lime marinated mahi-mahi fillet served with lemon infused black rice, avocado salsa, and steamed vegetables

Grilled Atlantic 25.50

grilled atlantic salmon fillet with steamed fingerling potatoes, white wine poached cherry tomato, seasonal vegetables, and dill beurre blanc

Pasta Feature priced daily

daily pasta creation made fresh with whole wheat, regular or gluten free pasta

FULLY VEGAN

we are proud to offer a full selection of healthy vegan dining choices, available with the same side/bread options as any regular menu item

Vegged Out Chili 10.50

tempeh, tvp, black beans, chickpeas, stewed vegetables with cilantro and spices

Health Nut Salad 14.75

organic quinoa scented with cilantro and parsley, diced tomato, sliced avocado, english cucumber, red onion seasoned with red wine vinaigrette

UnChick'n Fingers 15.25

crispy breaded "chicken" fingers served with choice of side

Harvest Grill Wrap 15.75

balsamic grilled portobello and asparagus, roast peppers and onion, sliced tomato, baby kale, vegan aioli and Daiya vegan cheese on grilled whole wheat tortilla, served with choice of side

Nilly Sandwich 16.50

sauteed vegan "beef" strips with caramelized onion, tangy bbq sauce, daiya cheese, vegan aioli, and herbed dressing on a grilled ciabatta bun, served with choice of side

Zen Burger 16.75

pan roasted sweet potato black bean burger with brown rice and cilantro, topped with avocado salsa, baby spinach and vine tomato on multigrain roll served with choice of side

holy kale caesar salad 14.75

baby organic kale leaves, vegan lemon cashew and hemp heart dressing, roasted spiced chick peas

HOLD THE GLUTEN PLEASE - G FREE FAVE AT PLAY

Prices do not include HST or gratuity



#playurbancafe

taking pics of your delish dishes?
tag us on instagram or twitter

play

urban café

oo

DELI-LIGHTFUL

all sandwiches and burgers have a choice of hand-cut fries, green salad, lentil salad, caesar salad, quinoa salad, soup of the day, hand-cut sweet potato fries (+1.75), baked sweet potato (+1.75)

California Club 17
crisp bacon, grilled rosemary chicken, sliced cheddar, lettuce, tomato, avocado, and lemon aioli on 12-grain

Prime-Time Burger 16.75
8 oz hand-made burger with bacon, white cheddar, lettuce, pickles, red onion and tomato on an egg brioche roll

Classic Reuben 16.50
shaved corned beef, sauerkraut, dijon and swiss cheese on rye

Turkey Passion 15.50
smoked turkey, roasted red peppers, caramelized onion, aged cheddar, lemon aioli, baby spinach on 12-grain

Zhilly Philly 16.50
chopped steak, sautéed onion and peppers, herbed vinaigrette, provolone cheese, and horseradish mayo on a grilled ciabatta bun

The Big Turk 16.75
8oz handmade turkey burger with caramelized onion, portabella mushrooms, and pesto aioli on a multigrain roll

oo

FLATBREAD PIZZA

individual flatbread on regular or whole wheat

Margherita 10
fresh tomato sauce, basil, mozzarella

Pepperoni Original 10.75
fresh tomato sauce, basil, mozzarella, dry cured pepperoni

Grilltastic Veg 11.50
flame grilled balsamic vegetables, roast garlic, baby spinach, crumbled chèvre

Gracey 12.25
grilled rosemary chicken, broccoli, tomato, feta cheese, evoo, garlic

🌾 gluten free crust +1.75 ▲ Daiya vegan cheese +2.75

! Very close attention is paid to the preparation and handling of our menu items for those that indicate an allergy however, White Oaks Resort cannot guarantee that allergens have not been introduced during other stages of the food chain process or inadvertently during preparation. It is ultimately up to the Guest to make an informed choice that is best for their particular allergy.

get bready

We know that bread is a big deal, and we care. Though we've selected our favourites you may change your bread to the following options:

gluten free bread or bun	+1.75
almost naked romaine leaves	+free

oo

SOMETHING SWEET

Stuffed Cookie 10
chocolate chip cookies sandwiched with french vanilla ice cream dipped in chocolate

Granny Kale 10
granny smith apple and kale cake iced with lemon chèvre, cranberry, dusted with flax seed

Chocolate Power 10
chocolate brownie, french vanilla ice cream, whipped cream, caramel, maraschino cherry

Butter Tart 10
hand made tart served with french vanilla ice cream, garnished with chocolate bark

Fruit Medley 10
seasonal fruits garnished with berries

with love comes great strength. let your heart guide you and cherish passion.

look at life with a sense of natural wonder. nurture your body with wellness and play.



OO

MARTINIS

- Perfection** 13.75
gin or vodka, wet, dry or dirty
- Thai-tini** 13.75
vodka, soho lychee liqueur, grapefruit juice
- Italian Apple-tini** 13.75
sour apple schnapps, vanilla vodka, amaretto, rose's lime juice, cranberry juice
- Fuzzy Bananas** 13.75
crème de bananae, peach schnapps, amaretto, galliano, orange juice
- Black Forest Cake** 13.75
silversmith black lager, frangelico, raspberry sour puss, crème de cacao
- White Cherry Cosmo** 13.75
cherry vodka, triple sec, white cranberry juice, lime
- Purple Haze** 13.75
vodka, chambord, pineapple juice
- Icewine Sensation** 16.95
vodka, icewine

OO

FLUTE COCKTAILS

- Brunch in Hawai'i** 11.50
blue curaçao, pineapple juice, sparkling wine
- Espumoso Diablo** 11.50
tequila, casis, sparkling wine, fresh lime
- Rosette Royale** 11.50
dillon's rose gin, triple sec, sparkling wine

OO

NOT-SO STANDARDS

- Ja Makin Me Thirsty** 11.25
appleton's rum, pineapple juice, topped with clamato, jerk spiced rim
- Niagara Breeze** 11.25
vodka, amaretto, cranberry juice, grapefruit juice
- Long Island Iced Peach** 11.25
peach schnapps, gin, tequila, rum, triple sec, sour mix, topped with cola
- Strawberry Mango Margarita** 11.25
tequila, triple sec, strawberry and mango slush
- G & T with Lime** 11.25
ginger ale, tequila, muddled lime, triple sec, coriander salt rim
- Colada Bananas** 11.25
rum, banana liqueur, coconut slush
- Cinnamon Sour** 11.25
ammaretto, jameson whiskey, apple sour puss, citrus juice, cinnamon, soda water
- Port Lemonade** 11.25
vodka citron, limoncello, bar lemon mix, soda water, topped with port

OO

FINE SCOTCH + COGNAC

ask your server about our wide selection

OO

PROHIBITION

Soft Drinks	3.05	
Juice	3.50	
Still Water	3.50 sm	7.00 lg
Sparkling Water	4.65 sm	8.25 lg
O'Douls	4	
Red Bull	4.65	

OO

BREWS

ON TAP	12 oz./20 oz./Pitcher
Domestic	5.75/9.25/20
Import	6.75/10.25/21.50

- BOTTLES**
- Domestic** 6.50
Labatt Blue, Labatt Blue Light, Bud Light, Budweiser, Coors Light, Molson Canadian, Molson 67, Molson Export, Old Vienna, Bud Light Lime, Moosehead, Miller Genuine Draft, Sleeman's Original Dark, Sleeman's Cream Ale
- Import** 7.25
Heineken, Corona, Stella Artois Light, Beck's, Red Stripe
- Coolers** 7.50
Smirnoff Ice, Mike's Hard Lemonade, Mike's Hard Cranberry

OO

VINO

NEW! SANGRIA red or white
9.75/glass 25/pitcher

WHITE	5 oz./9 oz./Bottle
Chateau des Charmes Chardonnay, Unoaked, Niagara	7.75/11.95/34
Megalomaniac Homegrown Riesling, Niagara	9/12.15/40.15
Inniskillin Niagara Series Pinot Grigio, Niagara	7.75/11.95/34
Mike Weir Wine Sauvignon Blanc, Niagara	11.25/15.50/49.95
Mapu Sauvignon Blanc, Chile	7.75/11.95/34
Poggio Bracco Pinot Grigio, Italy	11.25/15.50/44.25
Konzelmann Gewurztraminer, Niagara	11.25/15.50/49.95
Robert Mondavi Woodbridge Sauvignon Blanc, California	8.75/12.40/37
Peller Estate Chardonnay, Niagara	7.75/11.80/33.25
Monkey Bay Sauvignon Blanc, NZ	9/12.15/40.15
Megalomaniac Rose, Niagara	9/12.15/40.15
Hillebrand Trius Brut Sparkling, Niagara	x/16/79.25 bottle

RED	5 oz./9 oz./Bottle
Chateau des Charmes Cabernet Merlot, Niagara	7.75/11.95/34
Jackson Triggs Cabernet Sauvignon/ Cabernet Franc, Niagara	7.75/11.95/34
Inniskillin Niagara Series Pinot Noir, Niagara	7.75/11.95/34
Konzelmann Merlot, Niagara	7.75/11.95/34
Peller Estate Baco Noir, Niagara	7.65/11.70/33.15
Colaneri Corposo Ripasso, Niagara	11.25/15.50/49.75
Robert Mondavi Woodbridge Cabernet Sauvignon, California	8.80/12.50/37.95
Creekside Syrah, Niagara	11.25/15.50/51.15
Marcus James Malbec, Argentina	11.25/15.50/44.25
Ravenswood Zinfandel, California	11.25/15.50/57.90
Ravine Sand & Gravel Cabernet Franc, Niagara	11.75/15.95/52.70
Blackstone Merlot, California	11.25/15.50/55.65
Echeverria Carmenere, Chile	11.25/15.50/43.25