

DINNER

STARTERS

Gf V TORTILLA CHIPS | 5

Gf V GUACAMOLE 8OZ | 7

Gf V SALSA 8OZ | 7

1 LB WINGS | 15

CHOOSE ONE

(HONEY GARLIC / FRANK'S BUTTER)

FRIED CALAMARI | 16

WITH CHIPOTLE AIOLI

Gf **1 LB MUSSELS** | 16

WHITE WINE, PESTO, CREAM,
GARLIC, ONION, BABY SPINACH

Gf **EPIC 3 CHEESE NACHOS** | 18.5

ADD GROUND CHUCK (\$7)

Gf **ADD GRILLED CHICKEN BREAST** (\$7)

ADD FRIED CHICKEN BITES (\$5)

TORTILLA CHIPS, CHEESE BLEND, SALSA,
PICO DE GALLO, GUACAMOLE,
GRILLED PEPPERS, SOUR CREAM

TACOS

SERVED ON A SOFT TORTILLA,

Gf V CORN TORTILLA AVAILABLE

Halal **FRIED CHICKEN TACO** | 8

GUACAMOLE, PICO DE GALLO, MARINATED CABBAGE,
CHIPOTLE AIOLI

PULLED PORK TACO | 8

GUACAMOLE, PICO DE GALLO, MARINATED CABBAGE

FISH TACO | 8

GUACAMOLE, PICO DE GALLO, MARINATED CABBAGE,
JALAPEÑO, CHIPOTLE AIOLI

Vg Gf **FRIED TOFU TACO** | 8

FRIED CURRIED TOFU, PICO DE GALLO,
GUACAMOLE, MARINATED CABBAGE, CHIPOTLE AIOLI

TACO FLIGHT | 22

CHOOSE ANY THREE

SANDWICHES

ADD STRIP BACON (\$4), GUACAMOLE (\$3.5), CHÈVRE (\$3.5),
PICKLES (\$1.5), REPLACE BUN WITH VEGAN BUN (\$2),
SAUTÉED ONIONS (\$2), SAUTÉED MUSHROOMS (\$2)

INSOMNIA BURGER | 12

ACE BAKERY BUN, 6OZ GROUND
CHUCK, CHEDDAR, LETTUCE, TOMATO,
RED ONION, PICKLE, GARLIC AIOLI

Halal **FRIED CHICKEN THIGH SANDWICH** | 12

SUBSTITUTE CHICKEN BREAST (\$3)

ACE BAKERY BUN, CREAMY SLAW, ZARKON SAUCE

Vg **BLACK BEAN BURGER** | 12

ACE BAKERY BUN, LETTUCE, TOMATO, RED ONION,
GUACAMOLE, CHIPOTLE AIOLI

Halal **SPICY GRILLED CHICKEN SANDWICH** | 12

ACE BAKERY BUN, GRILLED CHICKEN BREAST, FRANK'S
BUTTER, LETTUCE, TOMATO, RED ONION, GARLIC AIOLI

FRIES

Gf Vg **HAND CUT FRIES** | 8

WITH GARLIC AIOLI

Vg **SWEET POTATO FRIES** | 9

WITH CHIPOTLE AIOLI

Gf Vg **POUTINE** | 13

ADD PULLED PORK (\$5.5)

ADD FRIED CHICKEN BITES (\$5)

HAND CUT FRIES, CHEESE CURDS, GRAVY

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Gf GLUTEN-FREE **Vg** VEGETARIAN **V** VEGAN **Halal** HALAL

INSOMNIA EST. 1997

DINNER

SALADS

- JL GF** ADD GRILLED CHICKEN BREAST (\$7)
- GF** ADD 5 GRILLED TIGER SHRIMP (\$7)
- GF** ADD GRILLED SALMON (\$16)
- VG GF** **SPINACH SALAD | 11**
SPINACH, STRAWBERRIES, PECANS, CHÈVRE,
RED ONIONS, SWEET ONION DRESSING
- V GF** **GARDEN SALAD | 11**
MIXED GREENS, CUCUMBER, CHERRY TOMATOES,
RED ONIONS, GREEN PEPPER, DILL RED WINE DIJON
VINAIGRETTE
- VG GF** **BEET SALAD | 12**
SPINACH, BEET, CARROT, WALNUTS, CHÈVRE,
DILL RED WINE DIJON VINAIGRETTE

PASTAS

SUBSTITUTE GLUTEN FREE PASTA (\$3)

- CHICKEN LINGUINE | 22**
WHITE WINE, PESTO, CREAM, GARLIC,
ONION, TOMATO, FRESH PARMESAN
- VG** **WILD MUSHROOM PENNE | 20**
SHIITAKE, CREMINI, OYSTER MUSHROOMS,
SPINACH, WHITE WINE PARMESAN, CREAM SAUCE
- SHRIMP LINGUINE | 21**
WHITE WINE, ROSÉ SAUCE, GARLIC, ONION,
GRILLED BELL PEPPER, SPINACH
- OG BACON MAC & CHEESE | 19**
CHEESE BLEND, CREAM, BACON,
CRISPY ONIONS, PARMESAN
- LASAGNA | 17**
GROUND BEEF, PARMESAN, 3 CHEESES,
TOMATO SAUCE, BASIL

MAINS

- JL** **FRIED CHICKEN 'N WAFFLES | 24**
SUBSTITUTE FRIED CHICKEN BREAST (\$6)
BONELESS THIGHS, CREAMY SLAW, ZARKON SAUCE
- GF** **10oz AAA NY STRIPLOIN STEAK | 29**
RED WINE MUSHROOM JUS,
HERB INFUSED POTATO WEDGES
- GF** **GRILLED ATLANTIC SALMON | 26**
GRILLED ASPARAGUS, BEURRE BLANC

SIDES

- VG GF** **SEASONAL VEGETABLES | 6**
- VG GF** **HERB INFUSED POTATO WEDGES | 5**
- VG GF** **GARLIC BUTTER GRILLED ASPARAGUS | 7**
- VG GF** **GRILLED BELL PEPPERS | 4**
- VG GF** **SAUTÉED WILD MUSHROOMS | 5**

JUST SO YOU KNOW:

BRUNCH / MONDAY-FRIDAY | 10AM - 4PM
BRUNCH / WEEKENDS & HOLIDAYS | 9AM - 4PM
HAPPY HOUR / MONDAY-SUNDAY | 4PM - 6PM
DINNER / MONDAY-SUNDAY | 4PM - 2AM

- NONE OF OUR MENU PRICES INCLUDE APPLICABLE TAXES
- A 15% GRATUITY MAY BE ADDED TO TABLES OF 6 OR MORE
- ALTHOUGH SUBSTITUTIONS SEEM EASILY ACCOMMODATED,
THEY AFFECT THE EFFICIENCY OF OUR SERVICE. FOR EACH
SUBSTITUTION A \$1.00 CHARGE WILL BE APPLIED TO THE BILL
- BECAUSE OF RISK OF CROSS CONTAMINATION OUR FOOD IS
NOT SUITABLE FOR THOSE WITH SEVERE ALLERGIES
- PLEASE NOTIFY YOUR SERVER OF ANY FOOD ALLERGIES

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GF GLUTEN-FREE **VG** VEGETARIAN **V** VEGAN **JL** HALAL

INSOMNIA EST. 1997