

# DINNER

5PM - 10PM

## STARTERS

- Gf** **TORTILLA CHIPS** | 4
- Vc** **ROASTED GARLIC CHICKPEA HUMMUS** 4oz (\$5)
- V** **GUACAMOLE** 4oz (\$5)
- V** **SALSA** 4oz (\$5)
  
- Vc** **BRIE CROSTINI** | 7.5  
ADD HONEY ROASTED PEAR (\$2.5)  
WITH ROASTED GARLIC
  
- Vc** **BRUSCHETTA** | 7.5  
ADD BRIE (\$3.5), CHÈVRE (\$3.5)
  
- 1 LB WINGS** | 14.5  
CHOOSE ONE  
(HONEY GARLIC / FRANK'S BUTTER)
  
- CURRIED CRAB CAKES** | 13.5  
CLAW, PANKO, CHIPOTLE AIOLI
  
- FRIED CALAMARI** | 14.5  
WITH TZATZIKI
  
- Gf** **1 LB MUSSELS** | 15.5  
WHITE WINE, PESTO, CREAM,  
GARLIC, ONION, BABY SPINACH
  
- Gf Vc** **EPIC 3 CHEESE NACHOS** | 18.5  
ADD 6oz GROUND CHUCK (\$7)  
6oz SMOKED OR GRILLED CHICKEN BREAST (\$7)  
TORTILLA CHIPS, CHEESE BLEND, KALAMATA  
OLIVES, GRILLED BELL PEPPER, PICO DE GALLO,  
SALSA, SOUR CREAM, GUACAMOLE

## FRIES

- Gf Vc** **HAND CUT FRIES** | 7  
WITH GARLIC AIOLI
  
- Vc** **SWEET POTATO FRIES** | 9  
WITH CHIPOTLE AIOLI
  
- Gf Vc** **POUTINE** | 12  
ADD PULLED PORK 4oz (\$5.5)  
HAND CUT FRIES, CHEESE CURDS, GRAVY

## SALADS

- Gf** ADD GRILLED CHICKEN BREAST (\$7)
- Gf** 5 GRILLED TIGER SHRIMP (\$7)
- Gf** GRILLED SALMON (\$16)
  
- Gf Vc** **ARUGULA SALAD** | 9  
HONEY ROASTED PEAR, ROASTED PECANS,  
CHERRY TOMATOES, CHÈVRE,  
BALSAMIC VINAIGRETTE
  
- Gf V** **KALE SALAD** | 9  
SUGAR SNAP PEAS, PINE NUTS, ONION SPROUTS,  
CARROTS, LEMON TAHINI DRESSING
  
- Gf V** **MIXED GREENS & ROOT VEGETABLES** | 9  
MIXED GREENS, RED BEETS, BUTTERNUT SQUASH,  
ONION SPROUTS, CARROTS, ROASTED  
SUNFLOWER SEEDS, DRIED CRANBERRIES,  
CAMELIZED SHALLOT DRESSING
  
- Gf V** **HARVEST SALAD** | 13  
QUINOA SALAD, ARUGULA, AVOCADO SLICES,  
BABY SPINACH, PEA SHOOTS, PICKLED RED  
ONIONS, KALE, TOASTED PUMPKIN SEEDS,  
RED RADISH COINS, FRESH MINT,  
BLUEBERRY CITRUS VINAIGRETTE

## TACOS

- Gf V** SERVED ON A SOFT TORTILLA,  
CORN TORTILLA AVAILABLE
  
- SMOKED CHICKEN TACO** | 8  
GUACAMOLE, PICO DE GALLO, MARINATED  
CABBAGE, PEA SHOOTS, CHIPOTLE AIOLI
  
- PULLED PORK TACO** | 8  
GUACAMOLE, PICO DE GALLO,  
MARINATED CABBAGE, PEA SHOOTS
  
- FISH TACO** | 8  
GUACAMOLE, PICO DE GALLO, MARINATED  
CABBAGE, JALAPEÑOS, CHIPOTLE AIOLI
  
- V** **CURRIED CAULIFLOWER TACO** | 8  
GUACAMOLE, PICO DE GALLO,  
MARINATED CABBAGE, ONION SPROUTS
  
- TACO FLIGHT** | 22  
CHOOSE ANY THREE

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**Gf** GLUTEN-FREE   **Vc** VEGETARIAN   **V** VEGAN

INSOMNIA EST. 1997

# DINNER

## SANDWICHES

ADD STRIP BACON (\$4), GUACAMOLE (\$3.5), BRIE (\$3.5),  
CHÈVRE (\$3.5), PICKLED ONION (\$2), PICKLES (\$1.5)

**AVOCADO SMOKED CHICKEN | 13**  
CIABATTA, SMOKED CHICKEN BREAST,  
BRIE, RED ONION, AVOCADO AIOLI

**INSOMNIA BURGER | 12**  
COOKED MEDIUM  
MARTIN'S POTATO BUN, 6oz GROUND  
CHUCK, CHEDDAR, LETTUCE, TOMATO,  
RED ONION, PICKLE, GARLIC AIOLI

**FRIED CHICKEN THIGH SANDWICH | 13**  
SUBSTITUTE FRIED CHICKEN BREAST (\$3)  
MARTIN'S POTATO BUN, STRIP BACON,  
CREAMY SLAW, ZARKON SAUCE

**STEAK SANDWICH | 16**  
COOKED MEDIUM  
CIABATTA, SAUTÉED ONIONS & MUSHROOMS,  
CHEESE BLEND, ARUGULA, CHIPOTLE AIOLI

**V VEGETABLE WRAP | 11**  
ADD CHICKEN BREAST (\$7)  
SUNDRIED TOMATO TORTILLA, QUINOA SALAD,  
ONION SPROUTS, ARUGULA, BABY SPINACH,  
ROASTED SQUASH, GARLIC HUMMUS,  
LEMON TAHINI DRESSING

### JUST SO YOU KNOW:

**BRUNCH / MONDAY - FRIDAY | 10AM - 3PM**

**BRUNCH / WEEKENDS & HOLIDAYS | 9AM - 3PM**

**SNACKBAR / MONDAY - SUNDAY | 3PM - 5PM**

**DINNER / MONDAY - SUNDAY | 5PM - 10PM**

**LATE NIGHT / MONDAY - SUNDAY | 11PM - 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

## PASTAS

SUBSTITUTE GLUTEN FREE PASTA (\$3)

**CHICKEN LINGUINE | 21**  
WHITE WINE, PESTO, CREAM, GARLIC,  
ONION, TOMATO, FRESH PARMESAN

**VG WILD MUSHROOM PENNE | 19**  
SHIITAKE, CREMINI, OYSTER MUSHROOMS,  
SPINACH, WHITE WINE PARMESAN  
CREAM SAUCE

**SHRIMP LINGUINE | 20**  
WHITE WINE, ROSÉ SAUCE, GARLIC, ONION,  
GRILLED BELL PEPPER, SPINACH

**OG MAC & CHEESE | 18**  
CHEESE BLEND, CREAM, BACON,  
CRISPY ONIONS, PARMESAN

**SPICY SAUSAGE TOMATO PENNE | 19**  
RED WINE, MARINARA, ANDOUILLE SAUSAGE,  
KALAMATA OLIVES, CHÈVRE, SUNDRIED  
TOMATOES, CHILI FLAKES

## MAINS

**GF 10oz AAA NY STRIPLOIN STEAK | 28**  
RED WINE MUSHROOM REDUCTION  
CHOOSE ONE  
(GARLIC MASHED POTATOES / FRIES WITH  
GARLIC AIOLI / SAUTÉED VEGETABLES)

**FRIED CHICKEN 'N WAFFLES | 21.5**  
SUBSTITUTE FRIED CHICKEN BREAST (\$6)  
BONELESS THIGHS, CREAMY SLAW,  
HONEY-MAPLE BUTTER, ZARKON SAUCE

**GF GRILLED ATLANTIC SALMON | 24**  
WARM QUINOA SALAD, PICO DE GALO,  
CHICK PEAS, KALE, CABBAGE

**V LENTIL SHEPHERD'S PIE | 19.5**  
CELERIAC & ROASTED CAULIFLOWER PURÉE,  
KING OYSTER, SHIITAKE, CREMINI MUSHROOMS,  
PORCINI MUSHROOM GRAVY

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

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