

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** | 8
ADD HONEY ROASTED PEAR (\$2.5)
WITH ROASTED GARLIC

- Vc** **BRUSCHETTA** | 8
ADD BRIE (\$3.5), CHÈVRE (\$3.5)

- 1 LB WINGS** | 15
CHOOSE ONE
(HONEY GARLIC / FRANK'S BUTTER)

- CURRIED CRAB CAKES** | 14
CLAW, PANKO, CHIPOTLE AIOLI

- FRIED CALAMARI** | 16
WITH TZATZIKI

- Gf** **1 LB MUSSELS** | 16
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** | 8
WITH GARLIC AIOLI

- Vc** **SWEET POTATO FRIES** | 9
WITH CHIPOTLE AIOLI

- Gf Vc** **POUTINE** | 13
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** | 11
HONEY ROASTED PEAR, ROASTED PECANS,
CHERRY TOMATOES, CHÈVRE,
BALSAMIC VINAIGRETTE

- Gf V** **KALE SALAD** | 11
SUGAR SNAP PEAS, PINE NUTS, ONION SPROUTS,
CARROTS, LEMON TAHINI DRESSING

- Gf V** **MIXED GREENS & ROOT VEGETABLES** | 11
MIXED GREENS, RED BEETS, BUTTERNUT SQUASH,
ONION SPROUTS, CARROTS, ROASTED
SUNFLOWER SEEDS, DRIED CRANBERRIES,
CAMELIZED SHALLOT DRESSING

- Gf V** **HARVEST SALAD** | 15
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

- 1 OF 2 -

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

INSOMNIA EST. 1997

DINNER

SANDWICHES

SERVED WITH FRIES & GARLIC AIOLI

SUBSTITUTION FOR POUTINE, ARUGULA, KALE, OR MIXED GREEN SALAD (\$2)

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

AVOCADO SMOKED CHICKEN | 17
CIABATTA, SMOKED CHICKEN BREAST, BRIE, RED ONION, AVOCADO AIOLI

INSOMNIA BURGER | 17
COOKED MEDIUM
MARTIN'S POTATO BUN, 6oz GROUND CHUCK, CHEDDAR, LETTUCE, TOMATO, RED ONION, PICKLE, GARLIC AIOLI

GF JF FRIED CHICKEN THIGH SANDWICH | 17
SUBSTITUTE CHICKEN BREAST (\$3)
MARTIN'S POTATO BUN, STRIP BACON, CREAMY SLAW, ZARKON SAUCE

STEAK SANDWICH | 20
COOKED MEDIUM
CIABATTA, SAUTÉED ONIONS & MUSHROOMS, CHEESE BLEND, ARUGULA, CHIPOTLE AIOLI

V VEGETABLE WRAP | 15
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

HAPPY HOUR / MONDAY-SUNDAY | 3PM - 5PM

DINNER / MONDAY-SUNDAY | 5PM - 10PM

LATE NIGHT / MONDAY-SUNDAY | 10PM - 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 | 22
WHITE WINE, PESTO, CREAM, GARLIC, ONION, TOMATO, FRESH PARMESAN

VC 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 MAC & CHEESE | 19
CHEESE BLEND, CREAM, BACON, CRISPY ONIONS, PARMESAN

SPICY SAUSAGE TOMATO PENNE | 20
RED WINE, MARINARA, ANDOUILLE SAUSAGE, KALAMATA OLIVES, CHÈVRE, SUNDRIED TOMATOES, CHILI FLAKES

MAINS

GF WILD 10oz AAA NY STRIPLOIN STEAK | 29
RED WINE MUSHROOM REDUCTION
CHOOSE ONE
(GARLIC MASHED POTATOES / FRIES WITH GARLIC AIOLI / SAUTÉED VEGETABLES)

JF FRIED CHICKEN 'N WAFFLES | 24
SUBSTITUTE FRIED CHICKEN BREAST (\$6)
BONELESS THIGHS, CREAMY SLAW, HONEY-MAPLE BUTTER, ZARKON SAUCE

GF GRILLED ATLANTIC SALMON | 26
WARM QUINOA SALAD, PICO DE GALO, CHICK PEAS, KALE, CABBAGE

V LENTIL SHEPHERD'S PIE | 22
CELERIAC & ROASTED CAULIFLOWER PURÉE, KING OYSTER, SHIITAKE, CREMINI MUSHROOMS, PORCINI MUSHROOM GRAVY

- 2 OF 2 -

GF GLUTEN-FREE VC VEGETARIAN V VEGAN JF HALAL

INSOMNIA EST. 1997