

noodles

chipotle chicken mac & cheese

gluten free penne, goat cheese, aged cheddar, grilled chicken, sweet pepper 21.99

pollo pesto

gluten free penne, grilled chicken breast, roasted red peppers, basil pesto cream sauce 21.99

chicken alfredo

gluten free penne, grilled chicken, garlic parmesan cream sauce 20.99

shrimp alfredo

gluten free penne, pan seared tiger prawns, garlic parmesan cream sauce 24.99

seafood medley

gluten free penne, mussels, clams, calamari, bay scallops, tiger prawns, garlic parmesan cream sauce 26.99

bacon scallop penne

gluten free penne, double smoked bacon wrapped scallops, roasted red pepper, bacon, garlic parmesan cream sauce 27.99

penne rustico

gluten free penne, grilled chicken, sundried tomatoes, roasted red peppers, portobello mushrooms, feta cheese, tomato basil sauce 20.99

cajun chicken penne

gluten free penne, grilled chicken, bell peppers, caramelized onion, aged cheddar, cajun spiced cream sauce 20.99

pizza

all pizzas are gluten free with gluten free dough... neapolitan style thin crust pizza cooked in our specialty gas fired pizza oven using only the freshest ingredients... all pizzas come with our signature pizza sauce and mozzarella unless stated otherwise

smoked chicken pizza

mozzarella, blue cheese, roasted tomatoes, smoked chicken, arugula, toasted walnuts, fig jam 16.99

angry greek

black olive tapenade, mozzarella, feta, chunks of chicken souvlaki, bruschetta mix, baby arugula, tzatziki drizzle 17.99

40 creek bbq chicken pizza

caramelized onion, double smoked bacon, grilled chicken, 40 creek bbq sauce 16.99

quattro (no sauce)

garlic infused olive oil, mozzarella cheese, roasted mushrooms, artichokes, arugula, prosciutto, kalamata olives, shaved parmesan 16.99

margherita

buffalo mozzarella, fresh basil 13.99

mediterranean vegetarian

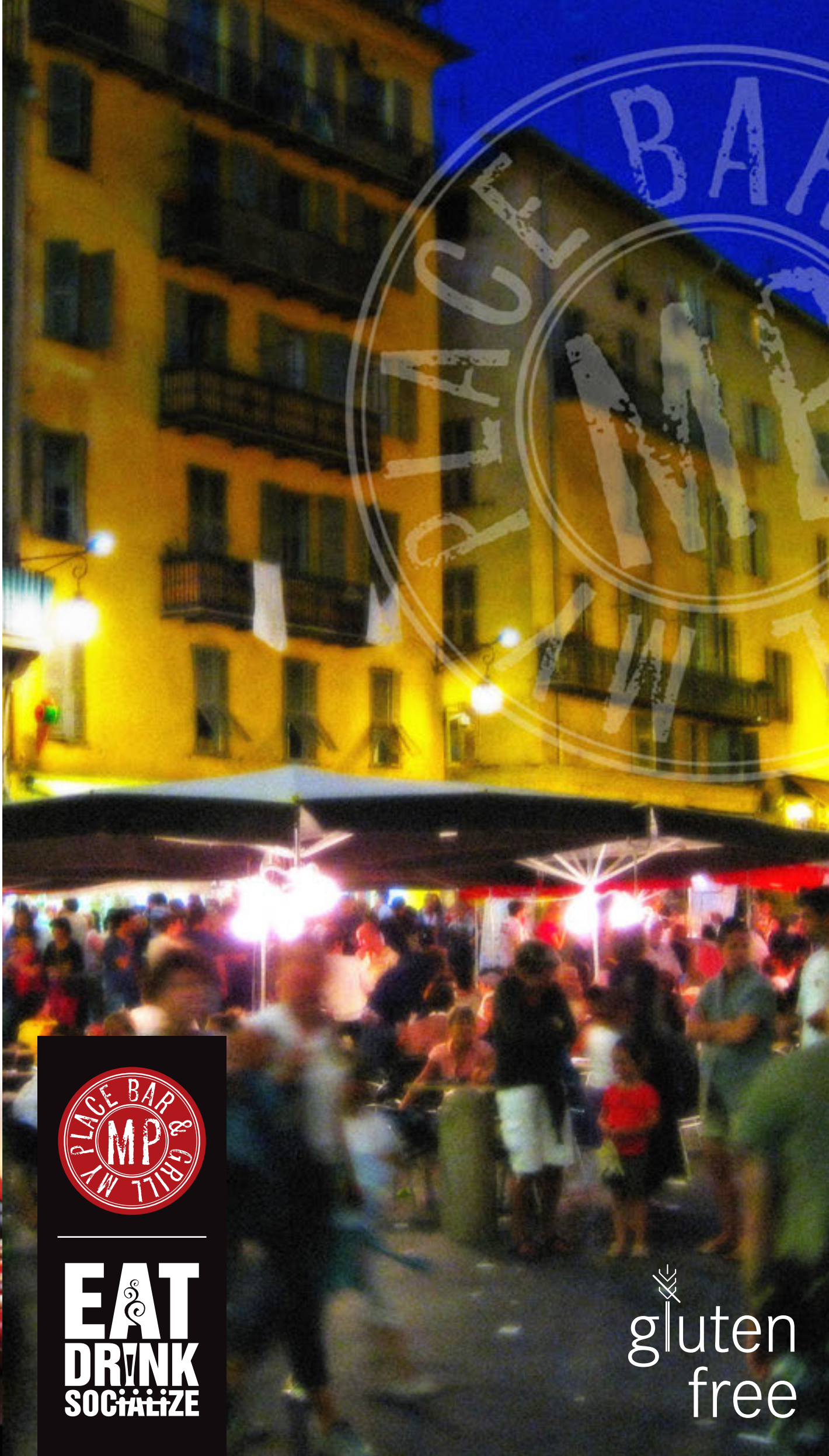
oven-roasted tomatoes, grilled zucchini/eggplant, sweet red onion, portobello mushroom, roasted red pepper, goat cheese 14.99

classic

pepperoni, mushroom 13.99



please inform your server of any food allergies and we will do our best to accommodate them
applicable taxes are extra



EAT
DRINK
SOCIAlIZE

gluten
free

small plates

chipotle black bean dip

smoked gudda, mozzarella, cream cheese, black beans, sweet peppers, tortilla chips 12.99

mediterranean shrimp

pan seared tiger prawns, cherry tomatoes, spinach, spiced tomato basil sauce, melted mozza and feta 15.99

lobster stuffed mushrooms

roasted crimini mushrooms, buttered lobster chunks, cheddar cheese, cilantro sour cream 15.99

bacon wrapped scallops

grilled double smoked bacon wrapped scallops... double smoked bacon, sweet corn, spinach hash, smokey chipotle bbq sauce 16.99

greek fries

tzatziki, feta, bruschetta mix, gyro meat 8.99

my place mussels

fresh tomato, pancetta, herbs, white wine 13.99

dipping platter

humus, eggplant dip, avocado dip, tzatziki, chipotle black bean dip, black olive tapenade, extra virgin olive oil, roasted garlic, mediterranean olives, corn tortillas 15.99

salads

roasted beet and goat cheese salad

oven roasted beets, goat cheese crumble, roasted red peppers, red onion, toasted walnuts double smoked bacon, baby arugula, citrus vinaigrette 13.99

steak and mushroom salad

marinated sirloin steak, roasted crimini mushrooms, bacon shallots, goat cheese, sweet peppers, baby greens, balsamic vinaigrette 16.99

sesame crusted tuna salad

medium rare sesame crusted ahi tuna, sweet teriyaki sauce, mixed greens, snap peas, carrots, sweet peppers, asian sesame dressing 17.99

greek salad

crisp romaine, tomato, cucumber, red onion, kalamata olives, sweet peppers, feta cheese, greek vinaigrette 10.99 starter 6.99

caesar salad

romaine lettuce, pancetta, caesar dressing, shaved parmesan 9.99 starter 6.99

mixed greens

tomato, red onion, cucumber, sweet peppers, white balsamic vinaigrette 9.99 starter 6.99



mains

all mains are served with seasonal vegetables and your choice of rice pilaf, garlic mash, baked potato or skinny fries • red dot indicates no seasonal vegetables

california avocado chicken

grilled chicken breast, goats cheese, guacamole, pico de gallo, prosciutto crisp, served with rice and seasonal vegetables 21.99

mediterranean chicken

pan seared chicken supreme, artichokes, capers, olives, spinach, feta, sundried tomato pesto 21.99

moroccan chicken •

moroccan spiced chicken, coconut milk, vegetables, steamed basmati rice, yogurt 18.99

citrus salmon

eight ounce, pan seared salmon, citrus butter herb reduction 21.99

blackened mahi mahi •

pan seared filet, spinach sundried tomato basmati rice, cilantro aoli 22.99

ahi tuna •

grilled medium rare, teriyaki basmati rice, asian veg, sriracha soy aoli 23.99

+ substitute loaded baked 3.49
+ substitute parmesan garlic skinny fries with truffle aoli 2.99

chef inspired steaks

served with seasonal vegetables with your choice of rice pilaf, garlic mash, baked potato or skinny fries

blue cheese sirloin steak

medium rare, eight ounce baseball cut, portobello blue cheese cream sauce 26.99

surf & turf

medium rare, eight ounce baseball cut, crispy crab cake, cajun hollandaise 27.99

sundried tomato goat cheese steak

medium rare, eight ounce baseball cut, sundried tomato goat cheese cream sauce 27.99

40 creek bbq sirloin steak

medium rare, eight ounce baseball cut, double smoked bacon bbq cream sauce 27.99

bourbon mushroom steak

medium rare, eight ounce baseball cut, crimini mushroom demi glaze 26.99

+ substitute loaded baked 3.49
+ substitute parmesan garlic skinny fries with truffle aoli 2.99

simply steaks

served with seasonal vegetables with your choice of rice pilaf, garlic mash, baked potato or skinny fries

certified AAA top sirloin

eight ounce baseball cut, full-flavoured steak 21.99

striploin steak

ten ounce prime cut top loin, full-flavoured steak 25.99

rib eye steak

fourteen ounce prime cut with the most marbling 27.99

+ substitute loaded baked 3.49
+ substitute parmesan garlic skinny fries with truffle aoli 2.99

+ steak accessories

- + sauteed onions 3.49
- + roasted mushrooms 3.49
- + bourbon pepper corn sauce 4.99
- + double smoked bacon wrapped scallops 10.99
- + pan seared garlic tiger prawns 5.99
- + double smoked bacon bbq cream sauce 7.99
- + crispy crab cake with cajun hollandaise sauce 7.99
- + sundried tomato goat cheese cream sauce 7.99
- + portobello blue cheese cream sauce 4.99

degrees of doneness

- blue**
very red cold center
- rare**
red cool center
- medium rare**
red warm center
- medium**
pink hot center
- medium well**
hint of pink
- well done**
no trace of pink

hand helds

all hand helds come with your choice of skinny fries, caesar or mixed greens salad with our white balsamic vinaigrette

chicken souvlaki

gluten free tortilla, marinated, grilled chicken breast, tomato, red onion, feta cheese, tzatziki, crispy romaine 15.99

gyro souvlaki

gluten free wrap, shaved lamb and beef, tomato, red onion, feta cheese, tzatziki, crispy romaine 15.99

veggie wrap

roasted portobello mushroom, zucchini, eggplant, onions, roasted red pepper, mixed greens, sundried tomato goat cheese, gluten free tortilla 14.99

grilled chicken & goat cheese wrap

goat cheese, fig jam, roasted red pepper, caramelized onion, grilled chicken, baby arugula, avocado, gluten free tortilla 15.99

n.y. steak sandwich

grilled striploin steak, caramelized onion, mushrooms, peppers, mozzarella, arugula, double smoked bacon jam, 40 creek bbq sauce, gluten free tortilla 17.99

+ turn your fries into a poutine 2.99
+ substitute sweet fries 2.49
+ substitute parmesan garlic skinny fries with truffle aoli 2.99
+ substitute soup 1.49



dips for fries 1.49

- blue cheese mayo • sriracha mayo
- chipotle mayo • roasted garlic dijon aoli • curry mayo
- cajun mayo • sriracha soy sour cream
- truffle aoli (1.99)

burgers

all burgers are made with no fillers and 100% pure ontario beef charbroiled and served on a gluten free bun with lettuce, tomato, red onion and pickle, unless stated otherwise... served with your choice of skinny fries, caesar or mixed greens with our white balsamic vinaigrette

chef's dirty burger

double smoked bacon, caramelized onion, roasted mushrooms, swiss cheese, soft poached egg, truffle mayo 19.99

40 creek burger

bacon jam, smoked gouda, caramelized onion, 40 creek bbq sauce 18.99

loaded burger

bacon, aged white cheddar, caramelized onion, roasted mushrooms 17.99

the beefy greek

lettuce, black olive tapenade, tzatziki, feta cheese, bruschetta 17.99

chipotle burger

double smoked bacon, caramelized onion, aged white cheddar, sliced jalapeño, smokey chipotle mayo 17.99

+ turn your fries into a poutine 2.99
+ substitute sweet fries 2.49
+ substitute parmesan garlic skinny fries with truffle aoli 2.99
+ substitute soup 1.49

