

# TABLE ROCK RESTAURANT

## LUNCH MENU

### ~STARTERS~

**Creamy Clam Chowder**  
\$ 6.95

**Chef's Soup of the Day**  
\$ 5.95

**Roasted Onion, Garlic & Fennel Soup**  
*herb crouton and four cheese crust*  
\$ 7.45

**Toasted Cheese & Garlic Bread**  
*with bruschetta dip*  
\$ 7.45

**Maritime Seafood Cakes**  
*served with Niagara peach and pimento relish*  
\$8.45


**Vegetable Spring Rolls**  
*curried Ontario apple mustard sauce*  
\$ 8.45

### ~SALADS~

**Caesar Salad**  
*creamy garlic dressing, bacon bits, croutons and Parmesan*  
\$8.75

**Chicken Caesar Salad**  
*creamy garlic dressing, bacon bits, croutons and Parmesan, topped with grilled chicken breast*  
\$16.95

**Greek Salad**  
*garden greens, black olives, cucumber, tomato, sweet onion and feta cheese dressing*  
\$8.75

**Tossed Salad**   
*tomatoes, cucumber, choice of dressing*  
\$5.95

### ~FROM THE SANDWICH BOARD~

**Prosciutto Ham and Provolone**  
*on herb focaccia bread, with roasted vegetables and mixed greens*  
\$16.25


**Smoked Turkey Breast**  
*lettuce, tomato, Woodstock cheddar, cranberry mayonnaise in a tomato wrap, mixed greens*  
\$14.95

**Smoked Atlantic Salmon Croissant**  
*herb cream cheese, tender mixed green*  
\$16.95

**Roasted Prime Rib of Beef**  
*on onion and garlic Panini with natural pan drippings and French fries*  
\$17.95

**Grilled Cajun Chicken Breast**  
*with Swiss cheese, back bacon, honey grain mustard, mayonnaise, lettuce, tomato on a toasted sesame bun and French fries*  
\$16.95

### ~ENTREES~

**Baked Lemon Herb Atlantic Salmon**   
*on warm salad, tangerine balsamic vinaigrette*  
\$18.95

**Grilled New York Sirloin Steak— 6 oz**  
*with button mushrooms and French fries*  
\$19.95

**Teriyaki Chicken Stir Fry**  
*Jasmine scented Rice*  
\$16.95

**Canadian Bison Burger** *Lean Alternative To Beef*  
*on toasted onion bun with French fries*  
\$13.75

**Table Rock Burger**  
*Grilled 6oz beef burger on toasted sesame bun with French fries*  
\$13.25

**Penne Pasta Primavera**   
*Basil scented vegetables and Plum tomato sauce*  
\$15.95

ADD: Canadian Bacon OR Smoked Gruyere \$1.95 each

ADD: Grilled Portobello Mushrooms \$1.95



**Chef's Lean Suggestions**

**For Special Requests Please Ask Your Server**

Prices are in Canadian Funds.

The Niagara Parks Commission practices fair U. S. Dollar

Exchange Policy

based on the current Exchange Rate at the time of purchase.

Applicable taxes and gratuity are not included in prices