

whet your appetite



Appetizers

MEZZEH Red pepper hummus, black olive tapenade, eggplant baba ganoush and crispy pita	\$12
NACHOS AND SALSA Stone ground nacho chips with pico de gallo salsa and hass avocado guacamole	\$10
GRILLED FLATBREAD With goat cheese, roasted red pepper, arugala and balsamic	\$12
SPINACH AND ARTICHOKE DIP Served warm with stone-ground blue, red and yellow corn tortilla chips	\$12
TRI COLOUR NACHOS Melted cheddar cheese, jalapeño peppers, black olives, tomato, scallions add Traders Chili \$5 add Rosemary Chicken \$6	\$12
QUESADILLA Guacamole, cilantro cream, fresh tomato salsa add Jerk Shrimp \$6 add Rosemary Chicken \$6	\$10
CHICKEN FINGERS Served with fries and your choice of dip: plum or BBQ sauce	\$14
SLIDER TRIO Enjoy one of each or three of the same. Caramelized onion, blue cheese and beef pattie Parmesan chicken, oregano and marinara Teryaki lemon salmon and wasabi aoli	\$14
TRADERS PLATTER 2 char grilled mini beef burgers, spinach and artichoke dip with stone ground chips and half order of chicken wings	\$27

Wings

Juicy breaded chicken wings with six flavours to choose from	\$18
Hot Medium Mild	Honey Garlic Jamaican Jerk Sweet Chili Sesame
Served with crisp vegetable crudities and blue cheese dip	

Traders can accommodate groups of up to 200 people. Let us help you plan your next special occasion or corporate gathering. Contact us at 416 361 6363.

Menu prices do not include applicable taxes or gratuities. Parties of 8 or more will have a gratuity of 15% added.



Salads

SANTA FE	\$12
Sweet corn, avocado, black beans, edamame and greens with feta cheese, cilantro dressing and tortilla shards	
GREENS	\$12
Vine ripened tomato, fennel, pine nuts, goat cheese, raw shredded beets with balsamic vinaigrette	
CAESAR	\$12
Hearts of romaine, bacon bits, parmesan and croutons, drizzled with caesar dressing	
COBB	\$12
Crisp bacon, egg, avocado, vine ripened tomato, onion, crumbled blue cheese and dressing	
add Cajun or Rosemary Chicken	\$6
add Citrus Salmon	\$6
add Jerk Shrimp	\$6

Soup

BAKED ONION SOUP	\$7
Four onions & four cheeses melted on thyme crostini	
TODAYS SOUP KETTLE	\$7
Please ask your server for today's creation	

Sandwiches

(Served with your choice of side salad, regular fries, or sweet potato fries)

GRILLED CHICKEN	\$14
Rosemary multigrain focaccia, marinated chicken with boursin cheese and roasted pepper	
TURKEY BRIE MELT	\$14
Caramelized onions, cranberry relish, smoked Lawrence Market mustard in a herb pannini bun	
TUSCAN	\$14
Black olive tapenade, charred eggplants, grilled zucchini, fire roasted peppers, goat cheese	

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flavour OF THE day

Traders Burger

(Available with white or whole wheat buns. Served with your choice of house salad, steak house fries, or sweet potato fries)

BLACK AND BLUE \$16
Peppercorn, blue cheese

CALIFORNIA \$16
Guacamole, fire roasted peppers, goat cheese

THE CANADIAN EH! \$16
Portobellini, button and oyster mushrooms, caramelized onions, cheddar cheese

Traders Mains

INDIAN BUTTER CHICKEN \$17
A classic indian dish served with basmati rice and crisp toasted papadum

PENNE ARRABIATA \$12
Pasta in a rich tomato sauce with chili flakes and parmesan cheese. Available with regular or whole wheat pasta.
add Rosemary Chicken \$6
add Citrus Salmon \$6
add Jerk Shrimps \$6

FISH AND CHIPS \$18
Alexander Keiths beer battered haddock with fries, lemon and tartar sauce

CITRUS ATLANTIC SALMON FILLET \$24
Prime fillet of salmon, with fresh cilantro and squeezed fresh lime, zucchini ribbons, asparagus spears, green beans, orange and grapefruit sections and citrus drizzle

WILD MUSHROOM RAVIOLI \$18
With sweet peas, pine nuts, sage and virgin olive oil

SIRLOIN \$25
Char-grilled 8oz aged angus beef topside steak served with roasted garlic mashed potato, black pepper horseradish aioli and sautéed vegetable medley

Steak cooked to your liking with choice of topping:

Roquefort

Sesame Teriyaki

Three Mushroom Balsamic

Sun Dried Tomato & Goat Cheese

Pink, Black & Green Peppercorn Glaze

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Desserts

APPLE CRUMBLE A LA MODE \$7
Ontario granny smith apples, toasted oats, yellow sugar and coconut crust with vanilla ice cream

CHOCOLATE TUXEDO TRUFFLE GATEAUX \$7
Tower of sponge cake, layered with dark and white chocolate mousse served with a blueberry sauce

CHEESECAKE \$7
New York style with vanilla cookie crust and four berry compote

FIELD STRAWBERRIES \$8
Field strawberries with lemon poppy seed cake, whipped cream and dark chocolate curls

TRADERS TASTING \$11
Trio of Apple Crumble a la Mode
Chocolate Tuxedo Truffle Gateaux
Fresh strawberries & cream

Specialty Coffees

COFFEE \$2.50
Regular or Decaf

HOT TEA \$2.50
Assorted Tazo Teas including Herbal and Decaf

Espresso \$5
Cappuccino \$6
Café Au Lait \$6
Irish Coffee \$8
Monte Cristo \$8
Spanish Coffee \$8
B-52 Coffee \$8
Baileys Coffee \$8
Kahula Coffee \$8
Grand Marnier Coffee \$8
Navan Coffee \$8