



STRATUS Breakfast



FRESH JUICES

ORANGE JUICE 7

GRAPEFRUIT JUICE 7

SMOOTHIES

AVOCADO DELIGHT 10.25
*vanilla protein, avocado,
peach, banana, yogurt, honey,
fresh orange juice
or coconut water*

STRATUS SMOOTHIE 10.25
*chocolate protein, skim milk,
banana, peanut butter, honey*

CHOCOLATE COVERED 10.25
ALMOND
*chocolate protein,
almond butter, banana,
oat milk or
coconut water*

RECOVERY REFRESHER 10.25
*vanilla protein, strawberries,
banana, coconut water,
glutamine*

MAINS

2 EGGS ANY STYLE
*choice of double smoked bacon or peameal bacon,
served with home style fries & toast, house ketchup*
18

HOUSE MADE FLAX SEED GRANOLA
Balkan yoghurt
16

BAGEL WITH OAK SMOKED SALMON
whipped cream cheese, red onion, caper, lemon
19

THICK CUT OATMEAL
*orange spiced stone fruit compote, toasted pumpkin seeds,
honey, oat milk*
16

WILD MUSHROOM OMELETTE
herbed goat cheese, baby spinach, leeks, home style fries, toast
20

SMOKED SALMON EGGS BENEDICT
*oak smoked salmon, potato latka, spinach,
poached eggs, bernaise sauce*
23 (for one additional egg benedict add 9)

BARISTA BAR

COFFEE 4.75
rain forest alliance island reserve

ESPRESSO 5.15

CAPPUCCINO 5.15

CAFÉ LATTE 5.15

AMERICANO 5.15

MACCHIATO 5.15

PLUCK PREMIUM TEA 5

TO ACCOMPANY

SMALL FRESH BERRIES 9

FRESH BERRIES 14

DOUBLE SMOKED BACON 8

PEAMEAL BACON 8

HOME STYLE FRIES 7

SMOKED SALMON 10

TOAST 6
choice of multigrain or gluten free



STRATUS

APPETIZERS

SOUP OF THE DAY	13	BABY KALE SALAD^{GF}	17
ORGANIC MIXED GREENS^{V / GF}	13	Baby kale, watermelon radish, purple cabbage, caramelized apple, cider vinaigrette, hemp and pumpkin seed crumble	
Assortment of leaves, sherry vinaigrette			
GREEK SALAD STRATUS STYLE	17	BUTTERNUT SQUASH & BRIE ARANCINI	17
Little gem lettuce, Macedonian feta cheese, grilled red onion, tomato, Kalamata olives, creamy oregano vinaigrette		Bomba aioli	
JUMBO SHRIMP COCKTAIL^{GF}	22	BREAD BASKET^V	5
Classic dipping sauce		Fred's ancient grain and wild honey sourdough, French white baguette, house made hummus	
SALMON TARTARE	20		
Ginger beet purée, ginger beet aioli, crispy pita chips			

ENTRÉES

TIGER'S BUTTER CHICKEN	32	CASARECCE PASTA WITH FENNEL PORK SAUSAGE	30
Creamy cashew sauce, basmati rice, naan bread, cucumber raita		Fire roasted San Marzano tomato, grilled red and yellow pepper, rapini	
<i>Riesling, Cave Spring 'Adam Steps', Beamsville Bench, Canada*</i>		<i>GSM Rosè, Mas Carlot, Rhône Valley, France*</i>	
BRAISED BEEF SHORT RIB^{GF}	40	LAMB MEATLOAF	38
Buttermilk mashed potato, roast heirloom carrots, Brussels sprouts, mushroom jus		Pomegranate glaze, roast spaghetti squash, pomegranate dressed Brussels sprout slaw	
<i>Merlot-Cabernet, Chateaux Fleur, Bordeaux Supérieur, France*</i>		<i>Nebbiolo, Ellena Giuseppe, Langhe, Piedmont, Italy*</i>	
PREMIUM GROUND CHUCK & BRISKET BURGER	28	ALBACORE TUNA POKE BOWL	32
Grilled red onion, double smoked bacon, gruyere cheese, French onion mayonnaise, lettuce, tomato, served with Yukon Gold fries, house made ketchup		Rare albacore tuna, ginger soy wild rice salad, edamame hummus, sesame marinated cucumber, ponzu aioli	
<i>Petite Sirah, McManis Vineyards, Ripon, California*</i>		<i>Chenin Blanc, Pearce Predhomme, Stellenbosch, South Africa*</i>	
GRILLED KING OYSTER MUSHROOM^{V / GF}	32	EGGPLANT TAJINE^{V / GF}	32
Celeriac & apple purée, quinoa and beluga lentil pilaf, grilled broccolini, zucchini sage salsa verde		Spiced tomato, cauliflower, eggplant stew on red quinoa pilaf, toasted almond dukkah, pomegranate reduction	
<i>Vermentino, Piero Mancini, Sardinia, Italy*</i>		<i>Stratus Decoy Lager (by Spearhead Brewery)*</i>	
OMELETTE OF THE DAY^{GF}	25	DUCK CONFIT^{GF}	34
Served with mixed green salad		Yukon gold potato fondant, braised purple cabbage, French beans, cranberry reduction	
<i>Niagara Oast House Pilsner Beer*</i>		<i>Grenache-Syrah, Boutinot 'Les Coteaux', Rhône Valley, France *</i>	
CRISP SKINNED BC CHINOOK SALMON	37		
Carrot ginger purée, forbidden black rice, sautéed bok choy and Asian pear, soy butter sauce			
<i>Pinot Noir, Cloudsley Cellars, Niagara Peninsula, Canada*</i>			

ACCOMPANIMENTS

SWEET POTATO FRIES^V	9	YUKON GOLD FRIES^V	8
Roasted garlic aioli		Lemon aioli	
ADD CHICKEN SUPREME^{GF}	14	ADD SALMON FILLET^{GF}	15

**Please ask Server
for Dessert Features**

Digestives

1.5 oz

Amaro Nonino	11
Dom Benedictine	9
Lemoncella	8
Gold Schlager	10
Lustau Amontillado	8



STRATUS

Champagne & Sparkling Wines

6oz 9oz 750ml

NV Champagne, Tarlant, Champagne, France			168
NV Brut 'Dolomite' Riesling, Cave Spring, Niagara, Canada			75
Prosecco, Antica Vigna, Veneto, Italy	18		65
Rosè Brut, Tenuta Santome, Veneto, Italy	18		65
NV Rosé Brut Champagne, Collard Picard, Champagne, France			235
NV Rosè, Saint-Cry 'Pet Nat', Beaujolais, France			85
NV Crémant, Danjean Berthoux, Burgundy, France			140
'15 Vintage Rosé, Conti Ducco, Franciacorta, Italy			199
NV Crémant, Danjean Berthoux, Burgundy, France			140

Dessert Wine

3oz 375ml

'19 Riesling, Cave Spring Indian Summer, Niagara, Canada	15		64
'19 Cabernet Icewine, Reif Estate, Niagara, Canada			199

White Wines

6oz 9oz 750ml

by the Grape Variety

Blended Whites

'22 Château Des Léotins, Entre-deux-Mers, France	17	23	74
<i>Sauvignon Blanc, Semillon</i>			
'19 Stone Eagle, 'Eagle Eye', Niagara Peninsula, Canada			220
<i>Semillon, Sauvignon blanc</i>			

Chardonnay *Rich & textured with enticing tropical fruits & floral notes*

'19 Domaine Garnier & Fils, 'Grains Dorés', Chablis, France			172
'19 Plump Jack Estate, Napa Valley, California			228
'19 Vasse Felix, Margaret River, Australia			128
'18 Le Domaine d'Henri, 1er Cru 'Troesmes', Chablis, France			246
'17 Domaine Danjean-Berthoux, 1er Cru 'La Plante', Givry, France			145
'21 Tenuta Aquilaia, Maremma, Tuscany, Italy			84
'19 Two Sisters, 'Unoaked', Niagara, Canada	16	23	70
'21 Stephen Vincent, North Coast, California			102
'20 Domaine des Chaumes, Chablis, France			105

White Wines

by the Grape Variety

Chenin Blanc *Lean, dry & aromatic sparklers*

'20 Pearce Predhomme, Stellenbosch, South Africa 18 27 74

'21 Jean-Michel Gautier, Vouvray Sec, Loire, France 85

Garganega *Lean & dry with rich fruity & toasted almond notes*

'18 Balestri Valda, Soave Classico, Veneto, Italy 70

Gewurztraminer *Fruity & vibrant with intense floral notes*

'20 Antonutti, 'Traminer Aromatico', Friuli, Italy 78

Grüner Veltliner *Lean with herbaceous & peppery notes*

'21 Domaine Gobelsburg, Kamptal, Austria 18 27 85

Falanghina *Zesty with mineral & nutty notes*

'20 La Guardiense Janare, Campania, Italy 65

Pinot Grigio/Gris *Light & mild with zesty fruit notes*

'21 Monte San Giorgio, Colli Berici, Veneto, Italy 18 25 78

'22 Antonutti, 'Ramato', Friuli, Italy 72

'21 Anchorage, Nelson, New Zealand 82

Riesling *Light aromatic with citrus fruit & floral notes*

'18 Cave Spring 'Adam Steps', Beamsville Bench, Canada 16 23 68

'20 Plan B! 'Dry', Frankland River, Australia 76

'20 Wittmann Estate, Trocken, Rheinhessen, Germany 89

Sauvignon Blanc *Refreshing aromatic with tropical fruits & herbaceous notes*

'20 Loveblock, Marlborough, New Zealand 20 29 75

'17 Duc de Tarente Sancerre, Loire Valley, France 102

'20 Berthier, Coteaux du Giennois, France 85

'21 Kinges - Kessel, Rheinhessen, Germany 87

Vermentino *Dry, light bodied with citrus fruit notes*

'21 Giacomelli, 'Pianacce', Colli di Luni, Liguria, Italy 91

'22 Piero Mancini, Sardinia, Italy 16 24 70

Viognier *Rich & oily with tropical fruits & floral notes*

'18 McManis Vineyards, Ripon, California 64

'21 Domaine Roger Perrin, Rhône, France 78

Premium PLUCK Teas

5

BLACK & GREEN TEAS

EARL GREY CREAM

A mellower version of classic Earl Grey, featuring a soft & creamy finish

ENGLISH BREAKFAST

A bright, robust, malty & well-balanced breakfast tea, delicious hot

FIELDS OF GREEN

Full green tea flavor with high antioxidant levels

HERBAL TEAS

HARVEST MINT

Bold organic peppermint, delicious hot

CHAMOMILE FLOWER

A soothing and fragrant chamomile with a slightly sweet finish & brilliant yellow liquor

Barista Bar

COFFEE

Rain forest alliance island reserve

4.75

ESPRESSO

5.15

CAPPUCCINO

5.25

CAFÉ LATTE

5.25

AMERICANO

5.15

MACCHIATO

5.25

Temperance Drinks

COLLECTIVE ARTS NON-ALCOHOLIC 9
Hazy Pale Ale

TANQUERAY 0.0 11
Served with Elderflower Tonic, Lime Wedge

GARDEN MOJITO 13
Seedlip Citrus, Lime Juice, Fresh Mint Syrup, Soda Water

STRAWBERRY GINGER SNAP 13
Seedlip Spice, Lemon Juice, Strawberry Syrup, Ginger Beer

Rosè Wines 6oz 9oz 750ml

'18 GSM Rosè, Mas Carlot, Rhône Valley, France 17 26 70
'19 Scarpetta Frico Rosato, Tuscany, Italy 65
'20 Domaine Denizot Rosè, Loire valley, France 120

Red Wines by the Grape Variety 6oz 9oz 750ml

Blended Reds

'21 Boutinot ' Les Coteaux', Côtes du Rhône Villages, France 82
Grenache, Syrah
'18 Domini Veneti, Amarone della Valpolicella, Veneto, Italy 154
Corvina, Corvinone, Rondinella
'19 Claudia Ferrero, 'Pepita', Tuscany, Italy 88
Alicante, Montepulciano, Cabernet Sauvignon, Merlot
'18 Grotta Del Ninfeo Valpolicella Ripasso, Veneto, Italy 118
Corvina, Molinara, Rondinella
'18 Chateaux Fleur, Bordeaux Supérieur, France 18 27 83
Merlot, Cabernet Franc, Cabernet Sauvignon
'18 Two Sisters, 'Eleventh Post', Niagara, Canada 95
Cabernet Sauvignon, Merlot, Cabernet Franc
'20 Trentadue Winery, 'Cuvee 32', Sonoma County, California 232
Sangiovese, Montepulciano, Malbec, Syrah, Zinfandel, Merlot
'19 Jermann Blau & Blau, Trevenezie, Italy 115
Blaifränkisch, Pinot Nero
'19 Rute Bolgheri Rosso, Tuscany, Italy 22 33 108
Cabernet Sauvignon, Merlot

Aglianico Spicy & layered with black fruit & savory notes

'18 Cantina di Venosa, 'Verbo del Vulture', Basilicata, Italy 78
'17 Carbon Vini '400some' del Vulture, Agricola, Italy 105

Cabernet Sauvignon Aristocratic & elegant, concentrated black fruits with cedar wood notes

'20 Hayes Valley, Central Coast, California 18 27 78
'19 Ernest Vineyards 'Bei Ranch', Sonoma Coast 135
'19 Bon Anno, Napa Valley, California 145
'21 Clos La Chance, Santa Clara valley, California 95
'19 Tin Barn, Sonoma County, California 158
'18 Pride Mountain Vineyards, Napa Valley, California 322
'19 Proemio Wines 'Miravalles', Mendoza, Argentina 88
'19 Mathew Fritz, Sanoma County, California 102

Gamay Fruity, floral and sometimes earthy light-bodied red

'21 Guillaume Chanudet, 'Fleurie' Beaujolais, France 99

Red Wines

by the Grape Variety

	6oz	9oz	750ml
Malbec <i>Bold and rich with black fruit notes & chocolaty finish</i>			
'20 Puntí Ferrer, 'Gran Reserva', Cachapoal Valley, Chile			80
Nebbiolo <i>Delicate & layered with red fruit & baking spice notes</i>			
'20 Ellena Giuseppe, Langhe, Piedmont, Italy	19	28	88
'17 Castello di Verduno, Barolo, Piedmont, Italy			192
'17 Pelissero, Barbaresco, 'Nubiola', Piedmont, Italy			172
Petite Sirah <i>Bold & complex with black fruit & peppery notes</i>			
'21 McManis Vineyards, Ripon, California	18	27	78
'20 Trentadue 'La Satoria', Alexander Valley, Sanoma County			165
Pinot Noir <i>Soft & mild notes with red fruits & spice notes</i>			
'20 Cloudsley Cellars, Niagara Peninsula, Canada			72
'20 Domaine Denis Carré 'La Perrière', Beaune, France			142
'21 Pearce Predhomme, Willamette Valley, Oregon			105
'17 Long Meadow Ranch 'Farmstead', Anderson Valley, California			135
'15 Freja Estate, Willamette Valley, Oregon	20	28	98
'19 Robert Schätzle - Schloss Neuweier, Baden, Germany			110
Shiraz <i>Rich & powerful with black fruits and spicy notes</i>			
'17 Chateau du Trignon 'Gigondas', Rhône, France			132
'20 Mollydooker 'The Boxer', McLaren Vale, Australia	19	27	86
Sangiovese <i>Mild & delicate with red fruits & coffee notes</i>			
'20 Fattoria di Luiano, Chianti Classico, Tuscany, Italy	19	27	84
'20 Brancaia, Chianti Classico, Tuscany, Italy			89
'15 Collepiscino, Brunello di Montalcino, Tuscany, Italy			220
'21 La Mannella, Rosso di Montalcino, Tuscany, Italy			92
Tempranillo <i>Spicy & layered with red & dried fruit notes</i>			
'19 Plan B! 'TV', Frankland River, Australia			82
'16 Santa Alba 'Ogga', Reserva, Rioja, Spain			175

Tequila

1oz

Tromba Blanco	16
Cabo Wabo Reposado	21
Don Julio Blanco	18
Don Julio Reposado	22
Patrón Silver	18
Cazadores Añejo	14
Cazadores Blanco	14
1800 Blanco	12
Centenario Añejo	20
Jose Cuervo Reserva Platino	26
Clase Azul	38

Ports

2oz

Taylor Fladgate L.B.V.	12
Taylor Fladgate 10 yr	15
Taylor Fladgate 20 yr	25

Cognacs & Brandy

Armangac de Montal	22
Dujardin VSOP	12
Remy Martin XO	45
Remy Martin VSOP	22
Hennessy XO	55
Hennessy VSOP	26

Whisky/Bourbon

Bulleit Bourbon	14
Maker's Mark Bourbon	14
Basil Hayden's Bourbon	20
Woodford Reserve Bourbon	22
KnobCreek Bourbon	16
Buffalo Trace Bourbon	16
Wild Turkey Bourbon	12
JP Wiser's 15yr Rye	20
Crown Royal Northern Harvest Rye	14
Alberta 20yr Rye	26
Nikka Whisky Miyagikyo, Japan	18
Bushmills 10yr Single Malt	16

Vodka

1oz

Grey Goose	14
Belvedere	14
Ketel One	12
Chopin	14
Tito's	12

Gin

Tanqueray Ten	14
Hendrick's	14
Bombay Sapphire	12
Tanqueray	12
Botanist	14
Empress	16

Rum

Sailor Jerry	12
Ron Zacapa	18
Appleton Estate	12
El Dorado 12 yr	16
El Dorado 15 yr	18
Goslings Black Seal	12
Kraken Gold Spiced	12

Please inquire about our extended selection

Draught Beer

Types & Styles

		ABV %	\$	oz
Collingwood 'Downhill'	American Pale Ale	5.4	11.5	22
Life In The Clouds	IPA	6.1	11.5	22
Caledon Hills	Dark Lager	5.2	11.5	22
Niagara Oast House	German Pilsner	4.8	11.5	22
Stratus Decoy <i>by Spearhead Brewing</i>	Lager	4	11.5	22
Sun Kissed Auburn	Spiced Ale	5.5	12.5	22

Beer (Bottles & Cans)

		ABV %	\$	ml
Craft				
Left Field Five Tool	Wheat	4.2	9	355
Collingwood Kingpost	ESB	5.8	9	473
Muskoka Cream	Ale	5	9	473
Caledon Hills	Vienna Lager	5	9	473
Collective Arts Beyond Reason	Micro Pale Ale	2.9	9	473
Lost Craft Revivale	Lagered Ale	4.8	9	473

Import

Guinness	Dry Stout	4.2	9	440
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Ciders and More

LSDC Whisky Soda Lemon		6	9	355
Lost Craft Dry Rose - Apple Cider		6	9	473
Lost Craft - Apple Cider		5	9	473
Collective Arts Guava Sour Beer, Gose		4.9	9	473

Feature Cocktails*

19

(curated by **Mathew Gulyas**)

VIEUX CARRE

Northern Harvest Rye, Dujardin Cognac, Sweet Vermouth,
Benedictine, Peychaud's Bitter

SPICY MARG

1800 Tequilla Blanco, Triple Sec, Lime Juice,
Fresh Jalapeno Syrup

ISLAND FERRY FIZZ

Boodles Gin (Cucumber Mint infused), Lime Juice,
Fresh Mint Syrup, Soda Water

WHITE NEGRONI

Bombay Sapphire Gin, Lillet Blanc, Cocchi Americano

STRAWBERRY FIELDS FOREVER

Kettle One Vodka, Lemon Juice, Fresh Strawberry Basil Syrup,
Ginger Beer

KIR ROYALE

Creme de Cassis, Prosecco

ISLAND DAY

Plantation Rum (Pineapple infused), 1800 Coconut Tequilla,
Lime Juice, Simple Syrup

THE LAYOVER

Wild Turkey Bourbon, Amaro Montenegro, Lemon Juice,
Grapefruit Juice, Simple Syrup

**In addition, we can make classic cocktails.
Please ask your server for further assistance.*

Scotch / Single Malts

1oz

Speyside (Typical flavours: Apple, Vanilla, Oak, Malt, Nutmeg & Dried Fruit)

Glenfiddich 12yr	14
Macallan 12yr	24
Glenlivet 15yr	22
Glenfiddich 15yr	20
Glenlivet 18yr	22
Macallan 15yr	34
Dalwhinnie 15yr	22
Balvenie 12yr	20

Lowlands (Typical flavours: Grass, Honeysuckle, Cream, Toffee, Toast & Cinnamon)

Auchentoshan 12yr	18
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Highlands (Typical flavours: Fruit Cake, Malt, Oak, Heather, Dried Fruit & Smoke)

Glenmorangie 10yr	18
Oban 14yr	22
Tullibardine 15yr	24

Islay (Typical flavours: Seaweed, Brine, Carbolic Soap, Apple, Smoke & Kippers)

Ardbeg 10yrs	22
Laphroaig 10yr	20
Lagavulin 16yr	24
Bowmore 12yr	18

Islands (Typical flavours: Smoke, Brine, Oil, Black Pepper & Honey)

Talisker 10yr	26
Highland Park 18yr	32

Blended & Other Scotch

TeBheag	16
Johnnie Walker Black Label	14
Johnnie Walker Red Label	12
Johnnie Walker Blue Label	47
Johnnie Walker Platinum Label	32
Hepburn's Choice	16
Chivas Regal	16

SMOOTHIES

\$10.25^{+hst}

AVOCADO DELIGHT

Loaded with protein to replenish your body's necessities post workout.

Vanilla Protein, Avocado, Peaches, Banana, Yogurt, Honey, Fresh Orange Juice or Coconut Water

Protein 45g | Carbs 42g | Sugar 32g | Fibre 12g | Fat 14g

Calories 436

CHOCOLATE COVERED ALMOND

Helps manage blood sugar levels & maintain good cholesterol.

Chocolate Protein, Almond Butter, Banana, Oat Milk or Coconut Water

Protein 35g | Carbs 26g | Sugar 16.2g | Fibre 3.5g | Fat 12g

Calories 344

RECOVERY REFRESHER

Provides ultimate hydration as well as immune & digestive system support.

Vanilla/Chocolate Protein, Strawberries, Banana, Coconut Water, Glutamine

Protein 37g | Carbs 37g | Sugar 19g | Fibre 3g | Fat 0g

Calories 294

STRATUS SMOOTHIE

Nutrient dense & perfect for a post workout supplement.

Chocolate Protein, Peanut Butter, Banana, Honey, Milk

Protein 42g | Carbs 41g | Sugar 34.5g | Fibre 2.5g | Fat 8.3g

Calories 406



Chocolate
Covered
Almond





STRATUS

Take-out

PROTEIN BARS

Darryl's Bar 4.5

YOGURT & SNACKS

Granola, Yogurt & Fruit Parfait 8.5

Hard Boiled Egg 4.5

BEVERAGES

NEW Akwa Botanical Water 4

Phat Tea 5.65

San Pellegrino 2.5

Kiju Organic Juice 4.5

Grace Coconut Water 3.5

Gatorade 3.5

Flow Naturally Alkaline Spring Water 3.5

Chocolate Milk 5



**AN
IMAGINATIVE
HOP-INFUSED
SPARKLING
WATER
AKWA**

from
Spearhead Brewing
Company