



# STRATUS Breakfast



## FRESH JUICES

ORANGE JUICE 7

GRAPEFRUIT JUICE 7

## SMOOTHIES

AVOCADO DELIGHT 11.25  
*vanilla protein, avocado,  
peach, banana, yogurt,  
honey, coconut water*

STRATUS SMOOTHIE 11.25  
*chocolate protein, skim milk,  
banana, peanut butter, honey*

CHOCOLATE COVERED 11.25  
ALMOND  
*chocolate protein,  
almond butter, banana,  
oat milk or  
coconut water*

RECOVERY REFRESHER 11.25  
*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 & multigrain toast, house ketchup*  
19

**HOUSE MADE FLAX SEED GRANOLA**  
*Balkan yoghurt*  
17

**BAGEL WITH OAK SMOKED SALMON**  
*whipped cream cheese, red onion, caper, lemon*  
20

**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*  
22

**SMOKED SALMON EGGS BENEDICT**  
*oak smoked salmon, potato latka, spinach,  
poached eggs, bernaise sauce*  
24 (for one additional egg benedict add 10)

## BARISTA BAR

COFFEE 4.75  
*rain forest alliance island reserve*

ESPRESSO 5.25

CAPPUCCINO 5.5

CAFÉ LATTE 5.5

AMERICANO 5.15

MACCHIATO 5.5

PLUCK PREMIUM TEA 5

## TO ACCOMPANY

SMALL FRESH BERRIES 10

FRESH BERRIES 15

DOUBLE SMOKED BACON 8

PEAMEAL BACON 8

HOME STYLE FRIES 7

SMOKED SALMON 11

TOAST 6  
*choice of multigrain or gluten free*



# STRATUS

## APPETIZERS

|                                                                                                                    |           |                                                                                                  |           |
|--------------------------------------------------------------------------------------------------------------------|-----------|--------------------------------------------------------------------------------------------------|-----------|
| <b>SOUP OF THE DAY</b>                                                                                             | <b>13</b> | <b>BABY SPINACH &amp; ZUCCHINI SALAD<sup>GF</sup></b>                                            | <b>17</b> |
| <b>ORGANIC MIXED GREENS<sup>V / GF</sup></b>                                                                       | <b>13</b> | Whipped stilton cheese, roasted apple, pickled shallot, toasted pumpkin seeds, cider vinaigrette |           |
| Assortment of leaves, sherry vinaigrette                                                                           |           | <b>KALE, FENNEL &amp; ORANGE SALAD<sup>V/GF</sup></b>                                            | <b>18</b> |
| <b>GREEK SALAD STRATUS STYLE<sup>GF</sup></b>                                                                      | <b>18</b> | Baby kale, grilled napa cabbage, shaved fennel, navel orange, honey and orange vinaigrette       |           |
| Little gem lettuce, Macedonian feta cheese, grilled red onion, tomato, Kalamata olives, creamy oregano vinaigrette |           | <b>BREAD BASKET<sup>V</sup></b>                                                                  | <b>5</b>  |
| <b>JUMBO SHRIMP COCKTAIL<sup>GF</sup></b>                                                                          | <b>22</b> | Fred's ancient grain and wild honey sourdough, French white baguette, house made hummus          |           |
| Classic dipping sauce                                                                                              |           |                                                                                                  |           |
| <b>STEAK TARTARE TOSTADA</b>                                                                                       | <b>22</b> |                                                                                                  |           |
| Hand chopped beef tenderloin, sweet drop pepper, chipotle lime crema, cotija cheese, tortilla crisps               |           |                                                                                                  |           |

## ENTRÉES

|                                                                                                                                                     |           |                                                                                                                 |           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------------------------------------|-----------|
| <b>TIGER'S BUTTER CHICKEN</b>                                                                                                                       | <b>34</b> | <b>CREAMY WILD MUSHROOM CROSTINI</b>                                                                            | <b>34</b> |
| Creamy cashew sauce, basmati rice, naan bread, cucumber raita                                                                                       |           | Garlic grilled sourdough, lemon ricotta, wild mushroom ragout, baby spinach, kale pesto, poached egg            |           |
| <i>Riesling, Cave Spring 'Adam Steps', Beamsville Bench, Canada*</i>                                                                                |           | <i>Chardonnay, Two Sisters, 'Unoaked', Niagara, Canada*</i>                                                     |           |
| <b>BUTTERNUT SQUASH FARRO RISOTTO</b>                                                                                                               | <b>42</b> | <b>LAMB MEATLOAF</b>                                                                                            | <b>44</b> |
| Red wine braised short rib, baby kale, hen of the woods mushrooms, caramelized pearl onion                                                          |           | Roasted squash purée, caramelized parsnips and Brussels sprouts, pomegranate reduction                          |           |
| <i>Merlot-Cabernet, Chateaux les Paruades, Bordeaux Supérieur, France*</i>                                                                          |           | <i>Tempranillo, Maisulan 12 'Crianza', Rioja, Spain*</i>                                                        |           |
| <b>PREMIUM GROUND CHUCK &amp; BRISKET BURGER</b>                                                                                                    | <b>32</b> | <b>ALBACORE TUNA POKE BOWL</b>                                                                                  | <b>34</b> |
| Oven dried tomato, smoked cheddar, grilled red onions, rosemary lemon aioli, served with Yukon Gold fries, house ketchup                            |           | Rare albacore tuna, ginger soy wild rice salad, edamame hummus, sesame marinated cucumber, ponzu aioli          |           |
| <i>Malbec, Viña Amalia Selección, Mendoza, Argentina*</i>                                                                                           |           | <i>Chenin Blanc, Pearce Predhomme, Stellenbosch, South Africa*</i>                                              |           |
| <b>KING OYSTER MUSHROOM &amp; FORBIDDEN RICE BOWL<sup>V/GF</sup></b>                                                                                | <b>34</b> | <b>EGGPLANT CAPONATA PAVE<sup>V</sup></b>                                                                       | <b>34</b> |
| Grilled king oyster mushroom, roast sweet potato, sesame seasoned Forbidden rice and quinoa pilaf, cauliflower, purple cabbage, tahini carrot purée |           | Crispy eggplant, caponata, Tuscan bean purée, fresh oregano, garlic chips                                       |           |
| <i>Pecorino, St Angelum, Monteseiva, Italy*</i>                                                                                                     |           | <i>Stratus Decoy Lager (by Spearhead Brewery)*</i>                                                              |           |
| <b>OMELETTE OF THE DAY<sup>GF</sup></b>                                                                                                             | <b>25</b> | <b>DUCK CONFIT<sup>GF</sup></b>                                                                                 | <b>38</b> |
| Served with mixed green salad                                                                                                                       |           | Celery root purée, fingerling potato, white wine braised savoy cabbage, French bean, roasted apple and sage jus |           |
| <i>Niagara Oast House Pilsner Beer*</i>                                                                                                             |           | <i>Sangiovese, Fattoria di Luiano, Chianti Classico, Tuscany, Italy*</i>                                        |           |
| <b>CRISP SKINNED BC CHINOOK SALMON<sup>GF</sup></b>                                                                                                 | <b>39</b> |                                                                                                                 |           |
| Fennel seed roasted beets, heirloom carrots, leek, French bean ragout, lemon and dill beurre blanc                                                  |           |                                                                                                                 |           |
| <i>Pinot Grigio, Monte San Giorgio, Colli Berici, Veneto, Italy*</i>                                                                                |           |                                                                                                                 |           |

## ACCOMPANIMENTS

|                                         |           |                                       |           |
|-----------------------------------------|-----------|---------------------------------------|-----------|
| <b>SWEET POTATO FRIES<sup>V</sup></b>   | <b>9</b>  | <b>YUKON GOLD FRIES<sup>V</sup></b>   | <b>8</b>  |
| Roasted garlic aioli                    |           | Lemon aioli                           |           |
| <b>ADD CHICKEN SUPREME<sup>GF</sup></b> | <b>15</b> | <b>ADD SALMON FILLET<sup>GF</sup></b> | <b>16</b> |

\*Recommended wine & beer pairings    <sup>V</sup> Vegan    <sup>GF</sup> Gluten Free

**Please ask Server  
for Dessert Features**

**Digestives 1.5 oz**

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

**Ports 2oz**

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



**Champagne & Sparkling Wines 6oz 9oz 750ml**

|                                                             |    |  |     |
|-------------------------------------------------------------|----|--|-----|
| Prosecco, Antica Vigna, Veneto, Italy                       | 18 |  | 70  |
| Rosè Brut, Tenuta Santome, Veneto, Italy                    | 18 |  | 70  |
| NV Champagne, Tarlant, Champagne, France                    |    |  | 168 |
| 🍁 NV Brut 'Dolomite' Riesling, Cave Spring, Niagara, Canada |    |  | 75  |
| NV Rosé Brut Champagne, Collard Picard, Champagne, France   |    |  | 235 |
| NV Rosè, Saint-Cry 'Pet Nat', Beaujolais, France            |    |  | 85  |
| '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<br><i>Sauvignon Blanc, Semillon</i>          | 18 | 23 | 78  |
| 🍁 '19 Stone Eagle, 'Eagle Eye', Niagara Peninsula, Canada<br><i>Semillon, Sauvignon blanc</i> |    |    | 220 |

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

|                                                                  |    |    |     |
|------------------------------------------------------------------|----|----|-----|
| 🍁 '20 Two Sisters, 'Unoaked', Niagara, Canada                    | 17 | 23 | 76  |
| '22 Antinori Bramito della Sala, Umbria, Italy                   |    |    | 94  |
| '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  |
| '21 Stephen Vincent, North Coast, California                     |    |    | 102 |
| '22 Domaine Séguinot-Bordet 'Vieilles Vignes', Chablis, France   |    |    | 125 |

## White Wines

by the Grape Variety

**Chenin Blanc** *Lean, dry & aromatic sparklers*

'23 Pearce Predhomme, Stellenbosch, South Africa 18 27 76

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

**Garganega** *Lean, dry with tangerine and toasted almond notes*

'20 Villa Canestrari, Soave Superiore Riserva, Veneto, Italy 98

**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 85

'22 Johannes Zillinger, Weinviertel, Austria 79

**Falanghina** *Zesty with mineral & nutty notes*

'21 La Guardiense Janare, Campania, Italy 68

**Pecorino** *Crisp whites with citrus fruit and floral notes*

'22 St Angelum, 'Colline Pescaresi', Monteseiva, Italy 17 23 82

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

'23 Monte San Giorgio, Colli Berici, Veneto, Italy 18 25 80

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

'22 Anchorage, Nelson, New Zealand 86

**Riesling** *Light aromatic with citrus fruit & floral notes*

🍁 '23 Cave Spring 'Adam Steps', Beamsville Bench, Canada 16 22 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*

'22 Loveblock, Marlborough, New Zealand 20 29 82

'22 Domaine Denizot Sancerre, Loire Valley, France 142

'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 80

## 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

5.25

### CAPPUCCINO

5.50

### CAFÉ LATTE

5.50

### AMERICANO

5.25

### MACCHIATO

5.50

## Temperance Drinks (Zero Proof)

**HENDERSON NON-ALCOHOLIC** 9  
*IPA*

**COLLECTIVE ARTS NON-ALCOHOLIC** 9  
*Hazy Pale Ale*

**SOBRII 0-GIN** 11  
*Served with Elderflower Tonic, Lime Wedge*

**HIGH TEA SPRITZ** 14  
*Seedlip Spice, Lemon Juice, Cranberry Syrup, Pomegranate Tea*

**DREAMING OF SAN PANTO** 14  
*Seedlip Citrus, Lime Juice, Jalapeno Syrup, Soda Water*

**GRÜVI NON-ALCOHOLIC GOLDEN** 9  
*Lager*

**GRÜVI NON-ALCOHOLIC DRY SECCO** 11  
*Sparkling White Wine*

**Rosè Wines** 6oz 9oz 750ml  
'22 La Piu Belle Rosè, Cachapoal Valley, Chile 18 27 84  
*Cabernet Sauvignon, Cabernet Franc, Syrah, Carmenere*

'19 Scarpetta Frico Rosato, Tuscany, Italy 70

'20 Domaine Denizot Rosè, Loire valley, France 120

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

### Blended Reds

'20 Château Les Paruades Macau en Médoc 110  
Bordeaux Supérieur, France

*Merlot, Cabernet Sauvignon, Cabernet Franc*

'20 Acinatico, Amarone della Valpolicella Classico, Veneto, Italy 272

'18 Grotta Del Ninfeo Valpolicella Ripasso, Veneto, Italy 118  
*Corvina, Molinara, Rondinella*

🍁 '18 Two Sisters, 'Eleventh Post', Niagara, Canada 19 28 99  
*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  
*Blafränkisch, Pinot Nero*

'20 Rute Bolgheri Rosso, Tuscany, Italy 108  
*Cabernet Sauvignon, Merlot*

'20 Villa Canestrari 'i Lasi' Valpolicella Ripasso 142  
*Superiore, Veneto, Italy*

'21 Giusti 'Massimo', Veneto, Italy 125  
*Cabernet Sauvignon, Merlot*

**Aglianico** *Spicy & layered with black fruit & savory notes*

'20 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 80

'19 Ernest Vineyards 'Bei Ranch', Sonoma Coast 135

'21 Tin Barn, Sonoma County, California 158

'17 Anthem, Mt. Veeder, Napa Valley, California 372

'19 Proemio Wines 'Miravalles', Mendoza, Argentina 18 27 90

'19 Mathew Fritz, Sonoma County, California 102

'21 Beato Bartolomeo Breganze Savardo Superiore, Veneto, Italy 98

## Red Wines

*by the Grape Variety*

**Malbec** *Bold and rich with black fruit notes & chocolaty finish*

'22 Viña Amalia Selección, Mendoza, Argentina 80

'22 Punti Ferrer, 'Gran Reserva', Cachapoal Valley, Chile 91

**Nebbiolo** *Delicate & layered with red fruit & baking spice notes*

'21 Ellena Giuseppe, Langhe, Piedmont, Italy 18 27 92

'17 Castello di Verduno, Barolo, Piedmont, Italy 192

'17 Pelissero, Barbaresco, 'Nubiola', Piedmont, Italy 172

**Nerelle Mascalese** *Red fruit flavors with notes of floral dried herbs*

'21 Irene Badala, Etna Rosso, Sicily, Italy 175

**Petite Sirah** *Bold & complex with black fruit & peppery notes*

'22 McManis Vineyards, Ripon, California 78

'20 Trentadue ' La Satoria', Alexander Valley, Sanoma County 165

**Pinot Noir** *Soft & mild notes with red fruits & spice notes*

🍷 '21 Cloudsley Cellars, Niagara Peninsula, Canada 72

'20 Domaine Denis Carré 'La Perriere', Beaune, France 142

'22 Pearce Predhomme, Willamette Valley, Oregon 110

'17 Long Meadow Ranch 'Farmstead', Anderson Valley, California 135

'19 Robert Schätzle - Schloss Neuweier, Baden, Germany 110

**Shiraz** *Rich & powerful with black fruits and spicy notes*

'21 Mollydooker 'The Boxer', McLaren Vale, Australia 20 29 88

**Sangiovese** *Mild & delicate with red fruits & coffee notes*

'22 Fattoria di Luiano, Chianti Classico, Tuscany, Italy 19 28 85

'15 Collepiscino, Brunello di Montalcino, Tuscany, Italy 220

'21 La Mannella, Rosso di Montalcino, Tuscany, Italy 105

'22 San Filippo ' Lo Scorno', Rosso di Montalcino, Tuscany, Italy 162

**Tempranillo** *Spicy & layered with red & dried fruit notes*

'20 Maisulan 12 'Crianza', Rioja, Spain 17 26 86

'19 Plan B! 'TV', Frankland River, Australia 82

'16 Santa Alba 'Ogga', Reserva, Rioja, Spain 175

## Tequila

1oz

Tromba Blanco 16

Cabo Wabo Reposado 22

Don Julio Blanco 18

Don Julio Reposado 22

Patrón Silver 20

Cazadores Añejo 16

Cazadores Blanco 14

1800 Blanco 12

Centenario Añejo 20

Jose Cuervo Reserva Platino 28

Clase Azul 40

## 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 | 16 |
| Belvedere  | 16 |
| Ketel One  | 12 |
| Chopin     | 18 |
| Tito's     | 12 |

## Gin

|                 |    |
|-----------------|----|
| Tanqueray Ten   | 16 |
| Hendrick's      | 18 |
| Bombay Sapphire | 12 |
| Tanqueray       | 12 |
| Botanist        | 16 |
| Empress         | 18 |

## Rum

|                               |    |
|-------------------------------|----|
| Sailor Jerry Spiced           | 12 |
| Ron Zacapa Centenario         | 20 |
| Appleton Estate               | 12 |
| El Dorado 12 yr               | 18 |
| El Dorado 15 yr               | 28 |
| Goslings Black Seal           | 12 |
| Wray & Nephew White Overproof | 16 |

*Please inquire about our extended selection*

## Draught Beer

## Types & Styles

ABV  
%

\$

oz

|                                              |                   |     |    |    |
|----------------------------------------------|-------------------|-----|----|----|
| Whitewater 'North Meets South'               | Nordic Pale Ale   | 4.6 | 12 | 22 |
| Life In The Clouds                           | IPA               | 6.1 | 12 | 22 |
| Spearhead Festbier                           | German Dark Lager | 5.8 | 12 | 22 |
| Niagara Oast House                           | German Pilsner    | 4.8 | 12 | 22 |
| Stratus Decoy<br><i>by Spearhead Brewing</i> | Lager             | 4   | 12 | 22 |
| Lost Craft Coastal Wave                      | IPA               | 6   | 12 | 22 |

## Beer (Bottles & Cans)

ABV  
%

\$

ml

### Craft

|                               |                    |     |    |     |
|-------------------------------|--------------------|-----|----|-----|
| Whitewater Midnight           | Oatmeal Milk Stout | 4.5 | 9  | 473 |
| Spearhead Queen of Wheat      | Wheat              | 5   | 9  | 473 |
| Skeleton Park                 | Amber Ale          | 6.6 | 9  | 473 |
| Caledon Hills                 | Vienna Lager       | 5   | 9  | 473 |
| Collective Arts Beyond Reason | Micro Pale Ale     | 2.9 | 9  | 473 |
| Left Field Piña Power         | Pineapple IPA      | 6   | 9  | 355 |
| Stranger Than Fiction         | Porter             | 5.5 | 10 | 473 |

### Ciders and More

|                           |                 |     |    |     |
|---------------------------|-----------------|-----|----|-----|
| LSDC Whisky Soda<br>Lemon |                 | 6   | 9  | 355 |
| Lost Craft Dry Rose       | Apple Cider     | 6   | 9  | 473 |
| Duxbury Heritage          | Dry Apple Cider | 6.5 | 10 | 473 |
| Collective Arts Guava     | Sour Beer, Gose | 4.9 | 10 | 473 |

## Feature Cocktails\*

(curated by Mathew Gulyas)

19

### TORONTO

Crown Royal Whisky, Fernet Branca, Maple Syrup

### SPICY MARG

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

### THE CARRIE BRADSHAW

Kettle One Vodka, Triple Sec, Lime Juice,  
Cranberry Syrup, Cranberry Juice

### JALISCO FASHIONED

Cazadores Anejo Tequila, Sombra Mezcal,  
Honey Syrup

### THE ENGLISH CHANNEL

Tanqueray Gin, St. Germain Liqueur, Lemon Juice,  
Cranberry Syrup, Pomegranate Tea

### SOUTHSIDE ROYALE

Tanqueray Gin, Lemon Juice, Simple Syrup,  
Prosecco, Mint leaves

### THE REAL McCOY STRAWBERRY DAIQUIRI

Wray & Nephew Rum (Strawberry Infused),  
Lime Juice, Simple Syrup

### NEGRONI SBAGLIATO

Campari, Sweet Vermouth, Prosecco

\*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 | 16 |
| Macallan 12yr    | 26 |
| Glenlivet 15yr   | 24 |
| Glenfiddich 15yr | 20 |
| Glenlivet 18yr   | 28 |
| Macallan 15yr    | 34 |
| Dalwhinnie 15yr  | 24 |
| Balvenie 12yr    | 20 |

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

|                   |    |
|-------------------|----|
| Auchentoshan 12yr | 18 |
|-------------------|----|

### 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    | 12 |
| Johnnie Walker Blue Label     | 47 |
| Johnnie Walker Platinum Label | 32 |

# Bar Menu

Available from 3pm

|                                                                      |    |
|----------------------------------------------------------------------|----|
| ROSEMARY & ROAST GARLIC<br>MARINATED OLIVES                          | 10 |
| CARAMELIZED ONION & GRUYERE CHEESE<br>CROQUETTE, BRANSTON PICKLE     | 15 |
| DAILY HUMMUS WITH GRILLED<br>FLATBREAD                               | 11 |
| CRISPY POLENTA CAKES WITH BRIE<br>AND OLIVE TAPENADE                 | 15 |
| FLATBREAD WITH KALE, BABY SPINACH,<br>STILTON, RED ONION, BOSCH PEAR | 17 |
| CLASSIC SHRIMP COCKTAIL                                              | 22 |
| FRIED CHICKEN WITH HOUSE PIMENTO<br>CHEESE DIP                       | 18 |

# SMOOTHIES

\$11.25<sup>+hst</sup>

## AVOCADO DELIGHT

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

Vanilla Protein, Avocado, Peaches, Banana, Yogurt, Honey, 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 HAPPY HOUR

Enjoy our signature Bar Bites Menu accompanied with

- Featured Cocktails: \$15
- Temperance Drinks: \$10
- Stratus Decoy Lager: \$9
- Wine: \$12/6oz glass



**Reserve your spot  
now and get ready to  
Elevate Your Evening**

MONDAY TO FRIDAY 4-6PM

Book your table



**STRATUS**