

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 ALMOND 10.25
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

ORGANIC MIXED GREENS V / GF 13
Assortment of leaves, sherry vinaigrette

GREEK SALAD STRATUS STYLE 17
Little gem lettuce, Macedonian feta cheese, grilled red onion, tomato, Kalamata olives, creamy oregano vinaigrette

JUMBO SHRIMP COCKTAIL GF 22
Classic dipping sauce

SALMON TARTARE 20
Ginger beet purée, ginger beet aioli, crispy pita chips

BABY KALE SALAD GF 17
Baby kale, watermelon radish, purple cabbage, caramelized apple, cider vinaigrette, hemp and pumpkin seed crumble

BUTTERNUT SQUASH & BRIE ARANCINI 17
Bomba aioli

BREAD BASKET V 5
Fred's ancient grain and wild honey sourdough, French white baguette, house made hummus

ENTRÉES

TIGER'S BUTTER CHICKEN 32
Creamy cashew sauce, basmati rice, naan bread, cucumber raita

*Riesling, Cave Spring 'Adam Steps', Beamsville Bench, Canada**

BRAISED BEEF SHORT RIB GF 40
Buttermilk mashed potato, roast heirloom carrots, Brussels sprouts, mushroom jus

*Merlot-Cabernet, Chateaux Fleur, Bordeaux Supérieur, France**

PREMIUM GROUND CHUCK & BRISKET BURGER 28
Grilled red onion, double smoked bacon, gruyere cheese, French onion mayonnaise, lettuce, tomato, served with Yukon Gold fries, house made ketchup

*Petite Sirah, McManis Vineyards, Ripon, California**

GRILLED KING OYSTER MUSHROOM V / GF 32
Celeriac & apple purée, quinoa and beluga lentil pilaf, grilled broccolini, zucchini sage salsa verde

*Vermentino, Piero Mancini, Sardinia, Italy**

OMELETTE OF THE DAY GF 25
Served with mixed green salad

*Niagara Oast House Pilsner Beer**

CRISP SKINNED BC CHINOOK SALMON 37
Carrot ginger purée, forbidden black rice, sautéed bok choy and Asian pear, soy butter sauce

*Pinot Noir, Cloudsley Cellars, Niagara Peninsula, Canada**

CASARECCE PASTA WITH FENNEL PORK SAUSAGE 30
Fire roasted San Marzano tomato, grilled red and yellow pepper, rapini

*GSM Rosè, Mas Carlot, Rhône Valley, France**

LAMB MEATLOAF 38
Pomegranate glaze, roast spaghetti squash, pomegranate dressed Brussels sprout slaw

*Nebbiolo, Ellena Giuseppe, Langhe, Piedmont, Italy**

ALBACORE TUNA POKE BOWL 32
Rare albacore tuna, ginger soy wild rice salad, edamame hummus, sesame marinated cucumber, ponzu aioli

*Chenin Blanc, Pearce Predhomme, Stellenbosch, South Africa**

EGGPLANT TAJINE V / GF 32
Spiced tomato, cauliflower, eggplant stew on red quinoa pilaf, toasted almond dukkah, pomegranate reduction

*Stratus Decoy Lager (by Spearhead Brewery)**

DUCK CONFIT GF 34
Yukon gold potato fondant, braised purple cabbage, French beans, cranberry reduction

*Grenache-Syrah, Boutinot 'Les Coteaux', Rhône Valley, France **

ACCOMPANIMENTS

SWEET POTATO FRIES V 9
Roasted garlic aioli

ADD CHICKEN SUPREME GF 14

YUKON GOLD FRIES V 8
Lemon aioli

ADD SALMON FILLET GF 15

*Recommended wine & beer pairings V Vegan GF 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

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

White Wines

by the Grape Variety

	6oz	9oz	750ml

Blended Whites

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

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
'18 Long Meadow Ranch 'Farmstead', Napa Valley, California			84
'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, Marmemma, Tuscany, Italy			84
'19 Two Sisters, 'Unoaked', Niagara, Canada	16	23	70

White Wines
by the Grape Variety

	6oz	9oz	750ml
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	5.15
CAFÉ LATTE	5.15
AMERICANO	5.15
MACCHIATO	5.15

Smoothies 10.25

AVOCADO DELIGHT
Loaded with high protein and tasty ingredients that will not only satisfy your taste buds, but also 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
Satisfy your sweet tooth without sacrificing your waistline. Helps manage blood sugar levels & maintain good cholesterol.

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

Protein 35g | Carbs 26g | Sugar 16.2g | Fibre 3.5g | Fat 12g | Calories 344

RECOVERY REFRESHER
The ultimate post-workout recovery shake! Refreshing & delicious, this smoothie 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
Made with the highest quality protein, this delicious drink is 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

Rosè Wines

	6oz	9oz	750ml
'18 GSM Rosè, Mas Carlot, Rhône Valley, France	17	26	69
'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 *Grenache, Syrah*	19	27	80
'18 Domini Veneti, Amarone della Valpolicella, Veneto, Italy *Corvina, Corvinone, Rondinella*			154
'19 Claudia Ferrero, 'Pepita', Tuscany, Italy *Alicante, Montepulciano, Cabernet Sauvignon, Merlot*			88
'18 Grotta Del Ninfeo Valpolicella Ripasso, Veneto, Italy *Corvina, Molinara, Rondinella*			118
'16 Antinori Tignanello, Tuscany, Italy *Sangiovese, Cabernet Sauvignon, Cabernet Franc*			249
'19 Chateau Fortia, Chateauneuf-du-Pape, Rhone Valley, France *Grenache, Syrah, Mourvèdre*			132
'18 Chateaux Fleur, Bordeaux Supérieur, France *Merlot, Cabernet Franc, Cabernet Sauvignon*	18	27	83
'18 Two sisters, 'Eleventh Post', Niagara, Canada *Cabernet Sauvignon, Merlot, Cabernet Franc*			95
'20 Trentadue Winery, 'Cuvee 32', Sonoma County, California *Sangiovese, Montepulciano, Malbec, Syrah, Zinfandel, Merlot*			232
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 Franc *Rich & complex reds with red fruits & herbaceous notes*			
'20 Cave Spring 'Dolomite', Niagara, Canada			68
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
'20 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

Red Wines
by the Grape Variety

	6oz	9oz	750ml
Malbec *Bold and rich with black fruit notes & chocolaty finish*			
'22 Proemio Wines, Maipú, Mendoza, Argentina	17	27	72
'18 Punti Ferrer, 'Gran Reserva', Cachapoal Valley, Chile			80
Nebbiolo *Delicate & layered with red fruit & baking spice notes*			
'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 *Bold & complex with black fruit & peppery notes*			
'20 McManis Vineyards, Ripon, California	18	27	78
'20 Trentadue ' La Satoria', Alexander Valley, Sanoma County			165
Pinot Noir *Soft & mild notes with red fruits & spice notes*			
'20 Cloudsley Cellars, Niagara Peninsula, Canada	17	25	72
'18 Domaine Denis Carré 'Les Lormes', Pommard, France			122
'21 Pearce Predhomme, Willamette Valley, Oregon			105
'17 Long Meadow Ranch 'Farmstead', Anderson Valley, California			135
'15 Freja Estate, Willamette Valley, Oregon			98
Shiraz *Rich & powerful with black fruits and spicy notes*			
'20 Earthworks, Barossa Valley, Australia			75
'17 Chateau du Trignon 'Gigondas', Rhône, France			132
'19 Mollydooker 'The Boxer', McLaren Vale, Australia	19	27	86
Sangiovese *Mild & delicate with red fruits & coffee notes*			
'20 Fattoria di Luiano, Chianti Classico, Tuscany, Italy	19	27	81
'20 Brancaia, Chianti Classico, Tuscany, Italy			89
'15 Collepiccino, Brunello di Montalcino, Tuscany, Italy			220
'19 La Mannella, Rosso di Montalcino, Tuscany, Italy			92
Tempranillo *Spicy & layered with red & dried fruit notes*			
'17 Patrocinio 'Sancho Garces' Crianza, Rioja, Spain			70
'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 XO Café	18
Patrón Silver	18
Cazadores Añejo	14
Cazadores Blanco	14
1800 Blanco	12

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	14
JP Wiser's 15yr Rye	20
Crown Royal Northern Harvest Rye	14
Alberta 20yr Rye	26
Nikka Whisky Miyagikyo, Japan	18

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 12yrs	12
El Dorado 12 yr	16
El Dorado 15 yr	18
Goslings Black Seal	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
High Park Ghost	IPA	6.3	11.5	22
Niagara Oast House	German Pilsner	4.8	11.5	22
Stratus Decoy *by Spearhead Brewing*	Lager	4	11.5	22
Sun Kissed Auburn	Spiced Ale	5.5	12.5	22

Bottles & Cans

Craft

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

Import

Stella Artois	Pilsner	5.0	9	330
Guinness	Dry Stout	4.2	9	440

Ciders and More

Becks Alcohol Free	0.5	9	341
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*

18

(curated by Mathew Gulyas)

VODKA CRAN
Kettle One Vodka, Lemon Juice, Cranberry Syrup,
Chamomile Pomegranate Tea

SIEGE ON HAVANA
Tanqueray Gin, Lime Juice, Mint Syrup, Soda Water

SWEATER WEATHER
Amaro Montenegro, Lemon Juice, Maple Syrup, Prosecco

PINEAPPLE EXPRESS
Plantation Rum(pineapple infused), Lime Juice, Cherry Heering Liqueur
(CONTAINS NUT)

DOUBLE DOUBLE
Crown Royal Northern Harvest Rye, Amaro Averna, Cream, Cold Espresso

SUNDOWN IN SAYULITA
1800 Blanco Tequilla, Triple Sec, Lime Juice, Honey Syrup, Hibiscus Tea

HANKY PANKY
Botanist Gin, Fernet Branca, Sweet Vermouth

PERISIAN RENDEVOUS
Dujardin Cognac, Dubonnet, Campari

Non-Alcoholic Drinks

13

GARDEN PARTY
Seedlip Garden, Lime Juice, Mint Syrup, Soda Water

COLD TEA
Seedlip Citrus, Lemon Juice, Cranberry Syrup,
Chamomile Pomegranate Tea

VACATION DREAMIN'
Seedlip Spice, Lime Juice, Honey Syrup, Hibiscus Tea

**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
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	20
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

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STRATUS

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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