

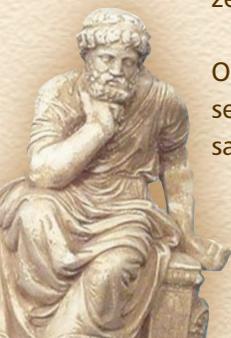
FOUR SEASONS RESTAURANT



DINNER

OUR PHILOSOPHY:

Our Philosophy is to be an exception in this world of fast and prefabricated foods. We are proud to inform our customers that all the nutritious foods served at the Four Seasons, are produced on our premises with care and from top quality products. We do not add MSG, sulphites, or other preservatives to our foods. We carry AAA fresh Canadian meats, wild fish, fresh lamb, and fresh fruits and vegetables. We use 100% cholesterol free vegetable oil for deep frying, with zero trans fatty acids, because we care about your health.



Our kitchen brigade invite you to savour and enjoy our delicious foods, our serving staff invite you to enjoy our hospitality, and I will guarantee your total satisfaction.

Your host and executive chef,
Sophocles Petrou

From the mythic shores of Greece, a land famed for hospitality, beauty, and culture, the Four Seasons' Restaurant brings to you authentic Greek tastes and aromas. Our healthy homemade cuisine will pique your interest and your taste buds. Satisfaction guaranteed.



MEZÉTHES: GREEK APPETIZERS



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|---|-------------|---|-------------|
| SAGANAKI Pan fried Kefalotiri (Greek cheese), flamed with brandy. "Opa!" | \$14 | KALAMARI Tender rings of marinated squid. Served with tzatziki sauce. | \$14 |
| TSATZIKI Prepared with yogurt, cucumber and fresh garlic. Served with pita bread. | \$8 | SPANAKOPITA Three pieces of spinach and feta cheese inside phyllo crust. Homemade daily. | \$8 |
| SKORDALIA Homemade whipped potato with fresh garlic. Served cold with pita bread. | \$8 | GIGANTES Giant lima beans (gigantes) braised in olive oil and fresh tomato and herb sauce. Served with a dinner roll. | \$12 |
| FETA Imported from Greece. Topped with olive oil and served with a dinner roll. | \$9 | DOLMATHES Three grape vine leaves stuffed with seasoned ground beef and rice. Served over rice pilaf. | \$14 |

FOUR SEASONS' FEATURE:

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| PIKILIA PLATTER (for two) | \$35 |
| Two pork souvlaki skewers, three pieces of spanakopita, six slices of gyros and kalamari. Served with tzatziki and lemon. | |

HOUSE SPECIALTIES: GREEK ENTRÉES

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| GREEK PLATTER (FOR TWO) | \$45 |
| Greek salad to start, two souvlaki skewers (one chicken, one pork) with tzatziki. three dolmathes served over rice pilaf, four pieces of spanakopita, Greek roast potatoes and your choice of Moussaka or Pastitsio, roll and butter. | |



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| MOUSSAKA Alternate layers of eggplant and seasoned ground beef. Topped with béchamel sauce. | \$19 | GYROS Slices of spiced ground beef and lamb, served with tzatziki. A Greek classic! | \$17 |
| DOLMATHES Four grape vine leaves stuffed with home-made seasoned ground beef and rice. | \$19 | PORK SOUVLAKI Tender cubes of marinated pork, skewered and charbroiled. Served with tzatziki. | \$17 |
| PASTITSIO Egg noodles mixed in seasoned ground beef. Topped with béchamel sauce. | \$18 | CHICKEN SOUVLAKI Tender pieces of chicken breast, specially marinated, skewered and charbroiled. Served with tzatziki. | \$20 |
| ROAST LAMB A house specialty! Tender boneless shoulder of lamb roasted to perfection. | \$25 | | |



All above entrées served with vegetable, rice, roll and butter, and choice of potato: Greek style roasted, baked, fries, or mashed

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|---|-------------|
| BAKALIAROS Panfried wild cod, served with skordalia (whipped potatoes with roasted garlic and olive oil, served cold) and vegetables of the day. | \$18 |
| KALAMARI DINNER Tender rings of marinated squid, breaded and fried. Served on a bed of rice pilaf, with on plate Greek salad. Garnished with lemon, and tzatziki. | \$19 |



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|---|--|-----------------------------|------------|
| PITAS | add a side Greek salad \$5 | SIDES | |
| | add a side of fries or chef's salad \$3 | PITA BREAD | \$2 |
| GYROS IN A PITA Slices of spiced ground beef and lamb. | \$8 | GREEK ROAST POTATOES | \$5 |
| SOUVLAKI IN A PITA Tender cubes of marinated pork. | \$9 | FRIES | \$5 |
| CHICKEN IN A PITA Grilled chicken breast cut in strips. | \$10 | with gravy | \$6 |

Pitas wrapped in pita bread with diced onions, tomato and laced with tzatziki sauce.

STARTERS

GARLIC BREAD \$8
Six pieces of French baguette bread, smothered in homemade garlic butter, grilled to perfection.
Add cheese \$2

SOUPS

CHICKEN AVGOLEMONO \$6
Made in house using a time honoured family recipe. A creamy egg-lemon rice soup with chunks of fresh chicken.

FRENCH ONION \$7
Onion broth soup covered in croutons and a layer of mozzarella cheese, set under the broiler. Served with garlic bread.

SOUP OF THE DAY \$6

SALADS

GREEK SALAD baby \$6 sm \$11 lg \$14
Lettuce, green pepper, cucumber, tomato, onion, Kalamata olives, feta cheese topped with homemade Greek dressing.

GREEK VILLAGE SALAD sm \$12 lg \$16
Tomatoes, cucumber, onion, Kalamata olives, green peppers, feta cheese and Greek dressing.

FRESH GARDEN SALAD \$8
Choose your dressing: French, Ranch, Thousand Island, Italian, Raspberry Vinaigrette (light), Greek, or Blue Cheese.

CAESAR SALAD sm \$9 lg \$13
Romaine lettuce with our homemade caesar dressing topped with croutons, bacon bits, and parmesan cheese.

TOMATO SALAD \$5
Fresh sliced tomatoes with olive oil and oregano.



CLASSIC ENTRÉES

AAA ROAST SIRLOIN OF BEEF \$20
Fresh Canadian beef. in house roasted until incredibly tender and laced with its "au jus".

Served with vegetables, complimentary rice pilaf, roll and butter, choice of potato, Greek style roasted potaoes, baked, fries, or mashed

FISH & CHIPS \$16
Three boneless cod fillets in our homemade batter. Served with fries, tartar sauce, chef salad, roll & butter.
Light and tasty!

PASTAS

CLASSIC PASTA
Freshly boiled pasta topped with homemade sauce and served with garlic bread.
CHOICE OF PASTA: Spaghetti, Fettuccini, or Linguine
CHOICE OF SAUCE:

Alfredo \$16
Meat Sauce \$17
Tomato Basil \$15

BREAST OF CHICKEN ALFREDO \$18
Boneless breast of fresh local chicken, lightly seasoned and grilled to perfection. Cut into strips, placed on a bed of linguine and smothered with homemade Alfredo sauce. Served with garlic bread.



Prices subject to applicable taxes



SANDWICHES, BURGERS AND MORE

CLUBHOUSE

Triple decker sandwich, with fresh roasted turkey (no deli meat), fresh bacon, tomato, and lettuce. Choice of white or brown bread.

\$11

CHARCOAL BEEF BURGER

4 oz. burger, homemade fresh. 100% Canadian AAA beef, only 8% fat content.

\$7

Add real cheddar cheese \$1.50

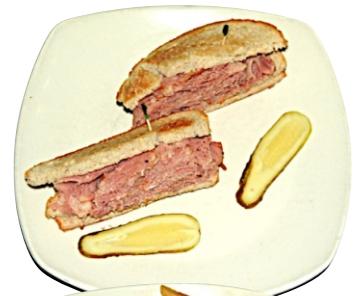
AUTHENTIC MONTREAL SMOKED MEAT SANDWICH

All the way from Montreal! A 5oz pile of delicious smoked meat, served on grilled rye bread with mustard.

\$8

Deluxe any of the above: add fries and garden salad \$4

Add a side Greek or side Caesar salad \$5



CHICKEN FINGERS

\$14

Chicken breast strips, lightly breaded and seasoned. Served with garlic bread, french fries and plum sauce.

GRILLED CHICKEN

\$14

WRAP

Strips of chicken breast laced with Caesar dressing shredded lettuce, julienne of onions & tomato, wrapped in garlic & herb tortilla, choice of dressing, served with garden salad.

SOUVLAKI WRAP

\$14

Marinated pork cubes, charbroiled and wrapped in a tortilla with onions, tomatoes, and tzatziki sauce. Served with Greek salad.

PHILLY STEAK SANDWICH

\$17

Fresh mushrooms, onions, green peppers, topped with demiglaze and shredded mozzarella and cheddar mix. Served with fries.

VEGETARIAN WRAP

\$8

Fresh cut vegetables wrapped in a garlic and herb tortilla. Laced with ranch dressing.

SENIORS FEATURES

ROAST BEEF

\$17

AAA Fresh Canadian roast beef topped with au jus.

FISH AND CHIPS

\$14

Two boneless cod fillets dipped in homemade batter. Served with fries, garden salad, roll and butter.

CHICKEN NAPOLITAN

\$16

Whole grilled chicken breast, laced with tomato sauce.

SPAGHETTI MEAT SAUCE

\$15

Fresh boiled pasta, served with garlic bread.

Above two entrées served with fresh vegetables, rice pilaf and choice of potato

GLUTEN FREE

CHICKEN BREAST DINNER

\$18

CHICKEN SOUVLAKI

\$20

PORK SOUVLAKI

\$17

GIGANTES and GREEK SALAD

\$16

Giant Greek beans (gigantes) braised in olive oil, fresh tomato and herb sauce. Served with on plate freshly cut Greek Salad, topped with homemade Greek dressing.

-Product of Kastoria Greece-

CHICKEN OLYMPIA

\$18

Grilled tender chicken breast, cut in strips and served over a regular bed of Greek salad, topped with

Above entrées served with fresh vegetables, rice pilaf and choice of potato

Open-faced baklava with two scoops of vanilla ice cream. Topped with whipped cream, roasted almonds and honey.

BEVERAGES

SOFT DRINKS

sm \$2 lg \$3

Pepsi, Diet Pepsi, Ginger ale, Orange Crush, 7up, Root Beer

MILK

sm \$2.50 lg \$3.50

White or chocolate

JUICE

sm \$2 lg \$3

cranberry, Tomato, Orange, Apple, Iced Tea

MILK SHAKES

\$5

Chocolate, Vanilla or Strawberry

COFFEE -free refills

\$2.50

TEA - free refills

\$3

GREEK COFFEE

\$3

Made to taste, Bitter, sweet or semi sweet

GREEN MOUNTAIN HERB TEA

\$3



DESSERTS

SPECIALTY CAKES

\$5-\$7

Choices vary, see server.

ICE CREAM DISH

kids \$3 reg \$4

ICE CREAM SUNDAES

\$7

Chocolate, vanilla or strawberry, topped with fudge, butterscotch or strawberry syrup and whipped cream.

EKMEK Chefs signatory dessert

\$6

Exclusive to the Four Seasons. This glorious dessert combines shredded dough pastry soaked in syrup and topped with homemade custard and whipped cream. Garnished with roasted almonds.

BAKLAVA Chefs signatory dessert

\$6

Exclusive to the Four Seasons, A glorious dessert

BAKLAVA SUNDAE

\$12

Prices subject to applicable taxes



Wines of the World

FEATURES HOUSE WINES

WHITE

| | 6oz glass (186mL) | ½ Litre (500mL) | (750mL) |
|--|----------------------|--------------------|------------|
| Apelia (0) Greece | 6.99 | 16.99 | (1L) 28.99 |
| Retsina Malamatina (0) | n/a | 16.99 | n/a |
| Joseph's Festival Chardonnay (1.5) Ontario | 6.99 | 16.99 | 26.99 |

RED

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|-------------------------------------|------|-------|------------|
| Apelia (0) Greece | 6.99 | 16.99 | (1L) 28.99 |
| Joseph's Gamay Merlot (0.5) Ontario | 7.99 | 17.99 | 27.99 |

ROSÉ

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|-------------------------------------|------|-------|-------|
| Earnest & Julio Gallo Zinfandel (2) | 5.99 | 15.99 | 25.99 |
| Joseph's Caroline Rosé (2) | 5.99 | 15.99 | 25.99 |

BY THE BOTTLE

WHITE

| | 1 bottle (750mL) |
|---|---------------------|
| Joseph's Pinot Grigio VQA - (0) Ontario | 27.99 |
| Jackson Triggs Chardonnay - (0) Ontario | 26.99 |
| Mouton Cadet Blanc - (0) French | 35.99 |
| Le Piat d'Or - (2) French | 35.99 |
| Aveleda (Vinho Verde) - (0) Portuguese | 26.99 |
| Wolf Blass Sauvignon Blanc - (0) Australian | 34.99 |
| Masi Soave Levarie - (0) Italian | 32.99 |
| Fazi Battaglia Classico - (0) Italian | 29.99 |

RED

| | 1 bottle (750mL) |
|---|---------------------|
| Jackson Triggs Merlot - (0) Ontario | 28.99 |
| Joseph's Merlot Reserve - (0) Ontario | 32.99 |
| Mouton-Cadet Rothschild - (0) French | 33.99 |
| Le Piat d'Or - (0) French | 33.99 |
| Masi Valpolicella Bonacosta - (0) Italian | 33.99 |

ROSÉ

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| Earnest & Julio Gallo Zinfandel - (2) California | 24.99 |
| Joseph's Caroline Rose - (2) Ontario | 22.99 |

LIQUOR LIST

RYE WHISKEYS

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| Seagrams V.O. or Canadian Club | 5.99 |
| Crown Royal | 6.99 |

SCOTCH WHISKEYS

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| Balentine's, Cutty Sark or J&B | 5.99 |
| Johnny Walker Red | 5.99 |

RUM

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| Bacardi White, Bacardi Amber or Captain Morgan | 5.99 |
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VODKA

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| Smirnoff | 5.99 |
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| Beefeaters or Gordons | 5.99 |
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BOTTLED BEER

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|-------------------|------|
| Domestic - 341 ml | 5.99 |
| Imported - 330 ml | 6.99 |

'COOL' DRAUGHT BEER - All Natural

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|------------------------------------|-------|
| Large - 12oz. | 4.99 |
| Millenium Buzz Dark Lager - 12 oz. | 4.99 |
| 58 oz. Draught Pitcher | 15.99 |

APERITIFS & DESSERT WINES

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| Ouzo | 5.99 |
| Dubonnet - 2 oz. | 5.99 |
| Martini Rosso - 2 oz. | 5.99 |

BRANDY & COGNAC

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|--------------------|------|
| Courvoisier V.S. | 7.99 |
| Metaxa - Five Star | 5.99 |

SPECIALTY COFFEES

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|--|------|
| Spanish Coffee | 5.99 |
| Tia Maria, Brandy & topping. | |
| Monte Cristo | 6.99 |
| Brandy, Kahlua, Grand Marnier & topping. | |
| Four Seasons' Coffee | 6.99 |
| Ouzo, Kahlua & topping. | |



All drinks are based on 1 oz. of liquor, unless otherwise specified
Prices subject to applicable taxes

