

BRUNCH (1 2 P M - 4 P M)

- VEGGIE FRITTATA** GF V DF **21**
 Skillet Cooked Frittata with Selected Mix Vegetables and Mushroom. Served with Hash Potatoes and Mixed Green Salad.
- GUACA-MORNING** VG DF **18**
 Two Slices of Grilled European Rye Country Bread, Topped with House Made Guacamole, Organic Arugula Salad, Radish, and Cherry Tomatoes.
- MIXED BERRIES YOGURT BOWL** GF V **18**
 Seasonal Mixed Berries and Cinnamon Granola, Served with Low-Fat Kefir Yogurt. Comes with Lemon Syrup on the Side.

- JUICY FRENCH TOAST** V **21**
 Two Pieces of French Toast, with Fresh Mixed Fruit, Berries, Drizzled with Chocolate Ganache and Whipped Cream.

JUICES

- COLD PRESSED ORANGE JUICE** GF VG DF **9**

APPETIZERS

- CAJUN POTATO WEDGES** V VG DF **17**
 Cajun Flavoured Golden Crispy House-Cut Triple Cooked Potato Wedges. Served with Chipotle Aioli.
- ABSOLUTELY VEGAN BITES** VG DF **18**
 100% Plant-Based Golden Crispy Mixed Vegetables and Pimento Chili Bites. Served with Vegan Dairy-Free Lemon Mayonnaise.
- PLANT-BASED 'SEA-FOOL' BITES** GF VG **18**
 Three Crispy "Crab Cakes" Made from Chickpea, Seaweed and Mixed Vegetables. Topped with Vegan Yuzu Citrus Aioli and Vegan Chia-Caviar. Garnished with Dill.
- GUACAMOLE & CHIPS** GF DF **22**
 Corn Tortilla Chips Fried In-House Daily, Served with Guacamole and Fresh Pico de Gallo.
- KIMCHI BEEF SKEWERS** GF DF **24**
 Three AAA Canadian Beef Skewers Marinated in Korean Spicy Sauce. Topped with Chopped Kimchi, Sesame, and Green Onion.
- GRILLED CHICKEN SKEWERS** **22**
 Three Grilled Marinated Chicken Skewers. Served with Mint Tzatziki Sauce.
- PLANT-BASED SLIDERS** VG DF **20**
 Three Plant-Based Rolls with Grilled Red and Green Peppers, Balsamic Glazed Portabella Mushroom, Fresh Arugula, and Vegan Herb Mayonnaise.
- PRIME RIB SLIDERS** **24**
 Three Brioche Sliders with AAA Canadian Prime Rib Patties, Topped with Our Famous TSC Sauce, Shredded Dill Pickles, and Fresh Lettuce.
- GOLDEN FRIED CHICKEN SLIDERS** **24**
 Three Brioche Sliders with Golden Fried Chicken Patties, Topped with Our House Coleslaw and Spicy Mayo.

- HERB ROASTED CHICKEN LIBERTY TACOS** **24**
 Three Delicious Tacos Served on Hot Pressed Flour Tortilla with Coleslaw, Fresh Roma Tomatoes, Green Jalapeno, Onion, and Drizzled with Chipotle Aioli.

- BEEF LIBERTY TACOS** **25**
 Three Delicious Tacos Served on Hot Pressed Flour Tortilla with Coleslaw, Fresh Roma Tomatoes, Green Jalapeno, Onion, and Drizzled with Chipotle Aioli.

- BALSAMIC-GLAZED PORTOBELLO MUSHROOM LIBERTY TACOS** VG **23**
 Three Delicious Tacos Served on Hot Pressed Flour Tortilla with Coleslaw, Fresh Roma Tomatoes, Green Jalapeno, Onion, and Drizzled with Vegan Chipotle Aioli.

- FOGO ISLAND FISH TACOS** GF DF **26**
 Three Beer-Battered Fogo Island Cod Strips. Served with Warm Hot Pressed Flour Tortilla, House Coleslaw, Fresh Cilantro and Citrus Aioli.

- FANCY CRAB CAKES** GF DF **26**
 Three Golden Crispy Crab Cakes with Inspiration from Ingonish, Nova Scotia. Mixed Crab Meat and Lumps, Green/Red Peppers, Fresh Citrus, and Other 12 Ingredients Formed into House Made Crab Cakes, Breaded with Panko. Served with Yuzu Citrus Aioli and Topped with Hardwood Smoked Salmon Caviar.


- JUMBO SHRIMP COCKTAIL (5 PCS)** GF DF **30**
 Citrus-Herb Jumbo Black Tiger Shrimps Served with Bourbon Cocktail Sauce.

- CHARCUTERIE BOARD** **110**
 Assorted Chef Featured International Charcuterie, Accompanied with Local/International Selection of Cheeses, Hand Crafted Fruit Compote, Crostini and Seasonal Fresh Fruit.

SALADS

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| <p>HOUSE COLESLAW GF VG DF
Napa Cabbage, Onion, Carrots and Plant-Based Cilantro Mayonnaise Dressing.</p> <p>MIXED GREEN SALAD GF VG DF
Mixed Green Lettuce, Carrots, Radish, Cucumber and Beets. Served with House Made Extra Virgin Olive Oil and Aged Balsamic Vinaigrette.</p> <p>CAESAR SALAD
Crispy Romaine, Herb Croutons, Tossed in Traditional Caesar Dressing, Topped with Hickory Smoked Bacon and Loaded with Shaved Parmigiano-Reggiano Cheese.</p> | <p>18</p> <p>18</p> <p>20</p> | <p>BEET AND GOAT CHEESE SALAD GF V
Organic Arugula with Roasted Beets and Cherry Tomatoes, Avocado, and Toasted Pumpkin Seeds. Served with Ponzu Vinaigrette.</p> <p>TRAINER'S RECOMMENDED SALAD GF DF V
Fresh Organic Arugula, Quinoa, Pickled Red Onion, Roasted Sweet Potato, Toasted Pumpkin Seeds and Alfalfa Sprouts. Served with Low-Fat Tahini Dressing.</p> <p>HEALTHY POWER BOWL GF VG DF
Served with Premium Knight Rice, Quinoa, Brown Rice, Roasted Sweet Potato, Cherry Tomatoes, Edamame, Avocado, Alfalfa Sprouts, and Low-Fat Miso Sesame Dressing.</p> | <p>22</p> <p>23</p> <p>22</p> |
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MAINS

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| <p>MUSHROOM BOLOGNESE VG DF
Classic Mushroom Bolognese on Spaghetti Pasta in Our House-Made Pomodoro Sauce, Finished with Organic Nutritional Yeast.</p> <p>WILD MUSHROOM CHICKEN PASTA DF
Sautéed Wild Shitake Mushrooms, Chicken, and Penne Pasta in a Rich Creamy Dairy-Free Coconut Rosé Sauce.</p> <p>SHRIMP SCAMPI 
Jumbo Black Tiger Shrimps, Garlic Scampi Sauce, Linguine Pasta, White Wine, and Parsley.</p> <p>FIRE GRILLED AAA SHORT RIBS 12 OZ.
Korean BBQ Style Grilled to Order. AAA Canadian Short Ribs. Served with Herb Roasted Potato, Sautéed Seasonal Vegetables, and Korean Spicy BBQ Sauce.</p> | <p>28</p> <p>28</p> <p>30</p> <p>38</p> | <p>CHICKEN "RICE PRESIDENT" BOWL GF DF
Lemongrass Basmati Rice Bowl with Seasonal Vegetables in Gluten-Free Ginger Stir-fry Sauce, Topped with Alfalfa Sprouts, Lime Wedge, and Garnished with Green Onion.</p> <p>BEEF "RICE PRESIDENT" BOWL GF DF
Lemongrass Basmati Rice Bowl with Seasonal Vegetables in Gluten-Free Ginger Stir-fry Sauce, Topped with Alfalfa Sprouts, Lime Wedge, and Garnished with Green Onion.</p> <p>SHRIMP "RICE PRESIDENT" BOWL GF DF
Lemongrass Basmati Rice Bowl with Seasonal Vegetables in Gluten-Free Ginger Stir-fry Sauce, Topped with Alfalfa Sprouts, Lime Wedge, and Garnished with Green Onion.</p> <p>TOFU "RICE PRESIDENT" BOWL GF DF VG
Lemongrass Basmati Rice Bowl with Seasonal Vegetables in Gluten-Free Ginger Stir-fry Sauce, Topped with Alfalfa Sprouts, Lime Wedge, and Garnished with Green Onion.</p> | <p>27</p> <p>27</p> <p>27</p> <p>25</p> |
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Toronto's Largest Poolside Patio

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GF Gluten-Free V Vegetarian VG Vegan DF Dairy-Free  Ocean Wise Sustainable Product

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