

# CALORIES' MENU

Available all day

\*Please select one of the following included with your order:  
cup of soup, organic greens, house fries or fresh fruit

- Kids Plate** – Milk or Juice included 11  
Smoked turkey, herb cream cheese, vegetables & fruit, baguette, chocolate & cookie
- House Soup Selection** 9  
Served w/ house wild rice bread, baguette or soundough
- House Salad** – Delaille, Cheverny 13  
Organic greens, julienne vegetables, house croutons – vinaigrette or creamy dressing
- Grilled Chicken & Tarragon Pesto Salad** – Mirabeau Rosé 19  
Buttermilk marinated 'Cool Springs Ranch' chicken breast, butter leaf, green peas & snap peas, carrot ribbons, quick pickled red onion & crumbled feta, grilled baguette
- Charcuterie & Cheese Board** – Gérard Bertrand, Corbières GSM 23  
Artisan meats from 'The Cure', domestic & imported cheeses, house pickles, preserves & mustards, fresh fruit & candied nuts
- Calories' Famous Quiche\*** – Ask us for today's pairing 17  
Today's special – please ask your server
- Chickpea & Rapini Bowl** – Veuve du Vernay 16  
Tunisian spiced local organic chickpeas w/ roasted zucchini, onion, organic sweet potato & grilled rapini w/ house harissa & charmoula



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- Seasonal Pasta** – Joseph Drouhin, Macon-Villages 20  
House made tagliatelle w/ semi-dried local organic tomatoes, basil pesto cream, shaved Parmigiano & garlic pine nut crumb
- Local Beef or Lentil Burger\*** – Nokomis, IPA 18  
House brioche bun, sautéed mushrooms, mozza, red onion, lettuce, tomato, house pickle
- Mussels Marinière\*** – Laurenz V, Grüner Veltliner 22  
Fresh steamed 'Salt Spring Island' mussels w/ local garlic, white wine & butter
- Steak Frites** – Alma Negra, Malbec Blend 23  
Grilled New York steak w/ red wine & shallot sauce, house fries, ketchup & aioli