







*The key to the great cuisine lies in its simplicity.  
Here at Olio, we use this philosophy as an inspiration for our dishes: seasonal, local ingredients prepared in a style that will bring out their natural flavours. Organic produce and naturally raised meats, as well as fish from sustainable fisheries and environmentally sound aquaculture farms, have been chosen to complement this philosophy. We invite you to join us for lunch.*



## Zuppas, Ensalade and Tapas

<b>Zuppa Del Giorno</b> Our fresh daily creation	7
<b>Spring Vegetable Soup with Basil Pesto</b>  Green beans, zucchini, white kidney beans, potato and leeks	7
<b>Sweet Potato Chips</b>  Lemon, garlic and cilantro aioli	7
<b>Crisp Tempura Green Beans</b> Soy-sriracha dipping sauce	8
<b>Chick Pea Dusted Fried Calamari</b> Smoked jalapeño sour cream	9
<b>Caesar Salad</b> Crisp fresh romaine, our own foccacia croutons, bacon, Pecorino cheese and a squeeze of lemon	8
<b>Heirloom Tomato and Mozzarella Salad</b>  Fresh basil, radishes, balsamic reduction	9
<b>Baby Spinach and Kale Salad</b>  Almonds, strawberries, and citrus-maple dressing	8
<b>Olio Signature Crab Cakes</b> Rock crab, wilted spinach and spicy garlic yogurt	15
<b>Add grilled chicken or shrimp to any salad</b>	8



## Paninis and Sandwiches

*Throughout International Cafes, Auto-grilles and Coffee Houses, the Panini is a standard, and the Sandwich has become synonymous with versatility. Served with fresh chips and our spinach and kale salad.*

<b>Chicken and Brie Cheese Panini</b> Arugula, garlic aioli and pear relish	15
<b>Oven-Roasted Chicken and Sun Dried Tomato Quesadilla</b> Avocado and lime salsa	15
<b>Cubano Style Roasted Pork Panini</b> Roasted pork shoulder, ham, white cheddar, Dijon mustard, dill pickles	15
<b>Chef's Daily Sandwich Creation</b> Please enquire with your server	14

**French Fries, Caesar Salad or Sweet Potato Chips \$1.00**

*Groups of 8 or more will be charged an automatic 15% service charge*

 Denotes Gluten Free



## Main Course

*It's a staple of this region that meat and seafood are well seasoned and served simply, allowing their natural flavours to develop. Professional chefs will grill your selection as to your preference.*

**Flat Cut AAA Sirloin Steak** 23  
With Olio butter, fresh cut fries and seasonal vegetables

**Olio Catch** Daily  
Seasonal and sustainable fish grilled or pan roasted with lemon, olive oil and sea salt  
New potatoes and seasonal vegetables; ask your server about today's selection

## Burgers

*All of our burgers are served with Olio salad and fresh chips on a whole wheat bun*

**Olio Classic** 14  
Provolone cheese and crisp fried onions with our own special sauce

**Canadian Burger** 16  
Aged white cheddar, mushrooms and smoked bacon

**Veggie Burger** 13  
Grilled Portobello, roasted pepper and goat cheese

**Pan Roasted Barramundi**  24  
Market vegetables, new potatoes, preserved lemon and fire roasted tomato sauce

**Seared Tuna Nicoise** 23  
French beans, tomatoes, black olives, fingerling potatoes, lemon-herb Greek yogurt


**Spaghetti Bolognese** 18  
Homemade veal and beef Bolognese sauce  
Substitute shrimp and garlic olive oil 21

**Gluten Free Penne with Smoked Chicken**  18  
Roast peppers, sun-dried tomatoes and goat cheese cream

**Mixed Vegetable Stir Fry with Jasmine Rice**  18  
Broccoli, carrots, ginger, red onions, mushrooms, bell peppers, soy sauce, Cashews  
Add chicken 21  
Add shrimp 23

**Breaded Fish and Chips** 17  
Lightly breaded Canadian haddock with fresh herbs, caper – parsley mayo and coleslaw

**Spinach and Mushroom Ravioli** 21  
Roasted peppers and pesto

**Pan roasted veal cutlet with lemon caper butter**  24  
Fingerling potato and seasonal vegetables

**Thai Style Lamb Curry** 23  
Braised with a mild red curry, coconut milk, Jasmine rice & green beans

**Olio Butter Chicken** 21  
Fresh coriander, tandoori spices, jasmine rice, naan bread

*Groups of 8 or more will be charged an automatic 15% service charge*

 Denotes Gluten Free