



A MEDITERRANEAN GRILLE

The key to the great cuisine of the Mediterranean 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. So let us interpret for you the foods of Italy, Spain, Greece, France and Morocco.



Zuppas, Ensalade and Tapas

Marinated Olives Nicoise, almond stuffed, lemon stuffed, garlic stuffed	4
Zuppa Del Giorno Our fresh daily creation	7
Roasted Red Pepper and Tomato Soup Fresh chives and feta cheese	7
Classic Clam Chowder with Double Smoked Bacon Potatoes, carrots, baby clams and fresh tarragon	8
Fresh Potato Chips Shaved parmesan, truffle-tarragon aioli	8
Fried Calamari Smoked jalapeño sour cream	9
Caesar Salad Crisp fresh romaine, our own foccacia croutons, bacon, Pecorino cheese and a squeeze of lemon	8
Frisee and Belgian Endive Salad Poached pear, cambozola cheese, toasted hazelnuts	9
Baby Kale, Broccoli and Red Cabbage Salad Pumpkin seeds, dried cranberry and citrus-maple dressing	8
Olio Signature Crab Cakes Rock crab, wilted spinach and spicy garlic yogurt	15
Add grilled chicken or shrimp to any salad	8



Paninis and Sandwiches

Throughout Italy in the Cafes, Auto-grilles and Coffee Houses, the Panini is a standard. Served with fresh chips and kale salad

Chicken and Brie Cheese Panini Arugula, garlic aioli and pear relish	15
Grilled Ham and Smoked Mozzarella Sandwich Pickled red onion, honey mustard	15
Breaded Haddock Sandwich Caper-gherkin mayo, crisp lettuce	15
Chef's Daily Sandwich Creation Please enquire with your server	14

French Fries or Caesar Salad \$1.00, Sweet Fries \$2.00

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



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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.

Certified Angus Sirloin Steak 23
With Olio butter, pomme frites 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 strip bacon

Veggie Burger 13
Grilled Portobello, roasted pepper and goat cheese

Crisp Seared Wild Pacific Salmon 25
Wilted kale, chickpeas with lemon and almond butter

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

Spaghetti Olio 15
Preserved tomatoes, olive oil, garlic, parsley and Pecorino cheese

Add homemade veal and beef Bolognese sauce or 18

Add Shrimp 21

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

Pan Seared Veal Liver 24
Caramelized onions, crisp bacon and seasonal vegetables

Thin Crust Pizza (gluten free crust available) 15
Goat cheese sauce, sautéed mushrooms, caramelized onion, truffle oil 18
Roasted red peppers, chorizo and green olives

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

Seafood Paella 25
Mussels, shrimp, chicken, chorizo sausage, saffron, tomato

Chicken Cutlet with White Wine Mushroom Cream 21
Fingerling potato and seasonal vegetables

Winter Vegetable Risotto 17
Butternut squash, corn, mushrooms, dried tomatoes and kale 23
With shrimp

Winter Greens and Gruyere Cheese Omelette 17
Kale, broccoli and red cabbage salad with citrus-maple dressing

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