

# FOOD PHILOSOPHY

## **Eat GOOD at the Gladstone**

Good tasting, good suppliers, good for the environment, good for our local economy, good for the animals and good for your soul!

## **Meet Some of the People on Your Plate**

The Gladstone Hotel is a member of the Community Shared Agriculture (CSA) farm, 'Chick-A-Biddy', along with 100 Kilometer Foods who sources from many Local Food Plus (LFP) farms. LFP is committed to building and fostering local sustainable food systems by certifying farmers and processors and linking them with local purchasers like ourselves.

Worth mentioning are our good friends at H.O.P.E Organic Farms, Ying Yang Soy Foods, Honey Pie Hives and Herbals and Tealish tea blends. Please ask your server for more information on these local producers.

Our famous coffees are fair trade and used with organic milk.

The Gladstone takes the environment and the future of our planet very seriously. As a result, we do not have plastic bottles anywhere in the hotel, all of our take-out containers, napkins and bags are biodegradable and we both recycle and compost.

Behind the scenes we use non-toxic, biodegradable cleaners that are safer for you and our staff.

## **Check in. Don't Check Out.**

You don't need to check your values at the door because we share your values.

# LUNCH

weekdays 11am-4pm

**daily soup** 6.95

**chicken noodle soup** 12.95

spinach & ricotta tortellini, poached chicken breast & market vegetables  
in a rich chicken broth  
basil & grated parmesan

**farm fresh greens** 8.95

tossed with a creamy goat cheese vinaigrette & garlic croutons  
add grilled chicken 4.95

**off the waldorf salad** 12.95

apple, grapes & celery leaves tossed with mixed greens & lemon zest  
vinaigrette  
topped with toasted pumpkin seeds & crumbled hermite blue

add grilled chicken 4.95

**grilled flat iron steak salad** 14.95

with sauteed mushrooms, crisp onion rings & chimichurri dressing  
on mixed greens

**poutine maison** 11.95

duck confit, monforte's sheep milk curds  
roast chicken jus, scallions & chives

**poutine** 9.95

monforte's sheep milk curds, scallions & chives  
roast chicken jus or vegetarian mushroom 'gravy'

**sweet potato frites** 6.95

**fries** 5.95

**gluten free bread available**

# LUNCH

weekdays 11am-4pm

## **gnocchi & braised beef** 13.95

potato gnocchi with a tender braised beef & tomato sugo topped with black olives & orange zest gremolata

## **georgian bay fish & chips** 14.95

crisp panko crusted strips of fresh whitefish filet served with garlic-herb aioli and hand cut fries

## **huevos rancheros** 11.95

two eggs over easy on a cheddar and goat cheese quesadilla with veggie chili and tomato salsa fresca, served with fries

## **farmer's three egg omelet** 10.95

ask your server about today's options, served with fries, and brown toast

## **smoked turkey club** 14.95

naturally smoked turkey breast, crispy bacon, lettuce & tomato on toasted whole wheat with herb aioli served with salad or fries

## **gladstone grilled cheese** 11.95

cheddar, jarlsberg and thinly sliced apple on raisin-walnut bread served with salad or fries

## **vegan red velvet sandwich** 12.95

roasted beets, curry tofu, arugula & cashew butter on toasted whole wheat served with salad or fries

## **portobello cheeseburger** 13.95

panko crisped cheese stuffed portobello mushroom cap lettuce, tomato & zucchini pickle served with salad or fries

## **gladstone burger** 11.95

lettuce, tomato, sauteed onions served with salad or fries  
add: cheddar, bacon or mushrooms 2.00

**gluten free bread available**

# DESSERTS

7.95

**maple creme brulee** 7.95

crunchy 'burnt' sugar crust

**vegan chocolate avocado tart** 6.95

pecan cherry crust

**apple crisp** 7.95

walnut oat topping & vanilla ice cream

**warm flourless chocolate cake** 7.95

chocolate fudge sauce & vanilla ice cream

**cookies** 5.95

3 of today's fresh baked cookies