

# **Solar Garden Restaurant**



**At The**

# **Eco-Centre**

# Solar Garden Restaurant

## Breakfast

Breakfast served until 11:00 am daily.

Three Egg Omelette \$7.95

Your choice of two fillings; cheese, onions, mushrooms or green peppers.  
Served with hash browns, fresh baked toast & choice of bacon or ham.

Traditional Breakfast \$6.95

Two eggs, choice of bacon or ham, hash browns & fresh baked toast.

Breakfast Wrap \$7.95

Scrambled eggs with choice of 2 fillings; cheese, onions, mushrooms or green peppers all wrapped in a warm flatbread & served with hash browns & choice of ham or bacon.

## Beverage & Sides

Cinnamon Bun \$2.50

Fresh Baked Muffin \$1.50

Home made Toast \$2.50

Extra Egg \$.75

Fresh Brewed Coffee \$1.40

Tea \$1.50

Milk To Go \$2.25

Juices \$2.25

Apple, Orange, Cranberry Cocktail  
or Grapefruit.

## Kid's Menu

Kid's Meals include choice of Soup, Salad or Potato Wedges \$5.95

Grilled Cheese

Cheese Burger

Taco Wrap

Fettuccine with Tomato Sauce

## **Salad Entrées**

All Salads served with Garlic Toast

**Chicken Caesar Salad \$9.95**

Crisp romaine, croutons, bacon bits & parmesan tossed in our Casear Dressing & topped with roasted chicken breast.

**Greek Island Salad \$9.95**

Crisp lettuce, tomatoes, cucumber, green pepper, red onion, black olives, fresh sprouts & feta cheese tossed in our Greek Vinaigrette.

**Garden Salad \$6.95**

Crisp lettuce, tomatoes, cucumber, sweet peppers, red onion, carrots & fresh sprouts served with your choice of dressing.

**Mavis's Taco Salad \$9.95**

Crisp lettuce, tomatoes, red onions, crumbled tortillia chips, Mexican Spiced ground beef & cheddar/mozza blend. Served with sour cream & salsa.

## **Solar Sandwiches**

All Sandwiches are served with choice of soup, salad or potato wedges.

**Steak Sandwich \$9.95**

Char-broiled to perfection

**Hot Beef or Turkey Sandwich \$8.95**

Served open faced on our Homemade Bread, & topped with gravy.

**Grilled Ham & Cheese \$6.95**

On Homemade Bread.

**Solar Clubhouse \$8.95**

Our 9 Grain Ciabatta Bun stuffed with turkey, bacon, lettuce, tomato & cheese, with our Solar House Salsa.

**Grilled Cheese Sandwich \$6.00**

On Homemde Bread.

**Denver Sandwich \$8.95**

Breakfast in a Sandwich!

Scrambled eggs, ham & green onion.

With choice of Homemade Bread or 9 Grain Ciabatta Bun,

## **Cold Sandwich List**

Cold Sandwiches come with choice of Homemade Bread or 9 Grain Ciabatta Bun.

**Roast Turkey \$6.95**

**Salmon Salad \$6.00**

**Egg Salad \$6.00**

**Roast Beef \$6.95**

**Cool Cucumber Sandwich \$6.00**

With Dill Sauce.

## Quesadias

Grilled cheese tortillas, served with sour cream & salsa. Choice of soup or salad.

### Mexican \$8.95

Cheddar/Mozza blend, red onions  
& spicy Mexican ground beef  
on a warm cheese tortillia.

### Grilled Chicken \$8.95

Warm cheese torillia wrap filled with green  
peppers, red onions, black olives,  
cheddar/mozza cheese blend &  
you guessed it...grilled chicken breast.

## M. L. Burgers

All Burgers served with soup, salad or potato wedges.  
Add bacon \$0.99. Add cheese \$0.75.

### Buffalo Bill's Bison Burger \$8.95

All Canadian lean ground Bison with lettuce & tomato.

### Cheese Burger \$7.95

Lean ground Beef Burger with sliced cheddar, lettuce & tomato.

**HOT**

### Flaming Chicken Burger \$8.95

Grilled Chicken Breast with Solar Hot sauce, lettuce & tomato.

### Lasagna \$9.95

Served with garlic toast.

## Wrap Sensations

All cheese flavored wraps are served with soup, salad or potato wedges.

### Roman Chicken \$7.95

Grilled chicken breast, bacon bits,  
parmesan cheese & Caesar dressing.

### Mediterranean Veggie \$7.95

Tomatoes, cucumber, green peppers,  
red onion, feta cheese & Greek dressing.

### M. L.'s BLT \$7.95

Holy Acronym! Bacon,  
lettuce & tomato.

### Evie's Club House \$7.95

Turkey, bacon, cheddar, lettuce,  
tomato & Solar House Salsa.

### The Wrapping Mexican \$8.95

Spicy gound beef, cheddar, red onions,  
Taco sauce & lettuce. Served with sour cream & salsa.

## Soup & Sides

Home Made Soup & Bun \$4.50

Roasted Potato Wedges \$3.00

Cheesy Flat Bread \$4.50

With Marinara Dip

Garlic Toast \$2.00

## ***Pasta Entrées***

All Pastas served after 5pm. All Pasta include garlic toast.

### **Penne Palermo \$13.95**

La Bella Penne tossed with Chipotle-Alfredo Sauce & topped with roast chicken strips.

### **Alfredo Milano \$13.95**

Tri-Coloured Rotini Pasta tossed with our Basil Pesto-Alfredo Sauce & topped with roast chicken strips.

### **Baked Lomardia Lasagna \$11.95**

A traditional dish prepared with rich Marinara Sauce.

### **Veggie Veneto Rotini \$11.95**

Fresh garden vegetables & Marinara Sauce tossed with Tri-Colour Rotini.

### **Sicilian Fettuccine \$12.95**

La Bella Fettuccine tossed with Marinara Sauce & finished with Mediterranean spiced sausage.

### **Seafood Feature Pasta \$13.95**

New creation every week. Ask your server for details.

## ***Beverages***

**Freshly Brewed Coffee \$1.40**

**Tea \$1.50**

**Milk To Go \$2.25**

**Juice \$2.25**

Apple, orange, cranberry  
cocktail or grapefruit.

**Liqueurs \$5.00**

**Wine by the Glass \$4.95**

Ask you're server for selection.

**Wine by the Bottle \$25.00**

Ask you're server for selections.

**Coffee Flavors \$.95**

Add a zing to your coffee.  
Vanilla, Carmel or Chocolate.

**Hot Chocolate \$1.75**

**Domestic Beer \$3.44**

**Spirits \$3.44**

**Cocktails \$4.00**

Caesar

Paralyzer

Vodka Special

M. L.'s Special

Applicable Taxes Not Included

## **Dinner Entrées**

Dinner Entrées & Pasta served after 5 pm

### **T-Bone Steak \$20.95**

Local, all Canadian Beef, charbroiled to perfection,  
served with sautéed mushrooms.

### **Valley Sunset Chicken \$13.95**

6 oz. baked chicken breast, accompanied  
with a blend of ham, pineapple, green peppers  
& a 3 cheese mix, served on a bed of 7 grain rice.

### **SPICY Buffalo Chicken Breast \$13.95**

6 oz. chicken breast prepared with bacon,  
tomato, parmesan, & Hot sauce on 7 grain rice.

### **Rack of Ribs \$18.95**

Full rack of ribs with your choice of BBQ, Honey Garlic or Greek.

### **Halibut Steak \$14.95**

Baked and served with lemon dill sauce.

### **Pork Cutlets \$10.95**

Breaded pork cutlets, served with gravy. Lite Portion \$7.95

### **Lemon Herb Pork Chops \$12.95**

Two tender chops seasoned with  
lemon & herbs. Lite Portion \$8.95

### **Cranberry Citrus Pork Chops \$12.95**

Two tender pork chops accompanied with  
our Spicy Cranberry-Citrus Chutney. Lite Portion \$8.95

### **Veal Parmesan \$13.95**

Breaded Veal topped with Marinara Sauce,  
Mozza & a sprinkle of Parmesan.

Dinner Entrées start dinner roll & choice of soup or salad. Entrées include vegetables,  
& choice of baked potato, mashed, wedges or 7 grain rice