



Experience

EVERYTHING ABOUT

Storytelling

with

FOOD

B R E A K F A S T



GOOD MORNING!

Thank you for joining us today for the first and most important meal of day!

What we have to offer you:

Eggs your way!

Two eggs cooked to your liking with hash browns & choice of bacon or sausage and toast.

Apple Pancakes

Two fluffy pancakes filled with Ontario apples, drizzled in a berry infused maple syrup.

Classic French Toast

Sourdough bread slices dipped in our signature egg mix, drizzled in maple or berry infused syrup.

Heights Belt

Served on a toasted bagel with an over easy egg and garlic aioli and hash browns.

Belgian Waffles

In house made waffles using our delicious batter with berry syrup and whipped cream.

Smoked Salmon Pancakes

3 small pancakes topped with Norwegian smoked salmon folded on top with a dill cream cheese drizzled over top and fresh dill (also available on a toasted bagel).

B R E A K F A S T



Avocado Toast

Toasted sourdough bread smothered in house-made guacamole, over easy egg and topped with a charred corn/jalapeno salsa.

Extra's available:

- Fruit platter
- Oatmeal
- Variety of cereals
- Juice of the day
- Smoothies (ask server for daily flavour)

Please note :

Packaged breakfast includes : One Entrée & One Extra item on list.
Coffee & tea included.
Additional items will be subject to a surcharge.

Please allow ample time for breakfast to be served before any spa treatments.

L U N C H



Appetizers

Kale Caesar Salad **\$11**

Rainbow kale tossed in our signature dressing with house-made croutons and chopped prosciutto.

Mixed Green Salad **\$9**

Tuscan blend greens with cucumber, bell peppers, red onion, carrots tossed in a cilantro & lime vinaigrette.

Chef's Daily Soup **\$8**

Please ask your server about today's selection.

Entrées

Creole Shrimp Pasta **\$22**

Black tiger shrimp, okra, black olives & jalapenos tossed in a spicy creole influenced linguine.

Garlic / Herb Chicken Sandwich **\$18**

House marinated chicken breast grilled & topped with fresh guacamole & jalapeno/peach aioli on a brioche bun, served with your choice of hand-cut fries or greens.

Mediterranean Flatbread **\$18**

Roasted zucchini, peppers onions and olives tossed in a herb blend, topped with goat cheese & balsamic reduction.

Chickpea Burger (Vegetarian) **\$18**

In house made gluten free patty pan seared & topped with a Greek inspired salsa & feta cheese, served with your choice of hand-cut fries or greens.

L U N C H



Heights Burger \$19

Homemade ground chuck patty with garlic aioli lettuce & tomato , served with your choice of hand-cut fries or greens.

Apple/ Camembert Grilled Cheese (Vegetarian) \$17

Ontario apples & Camembert cheese between two sourdough slices , served with your choice of hand-cut fries or greens.

Pasta Primavera (Vegetarian) \$18

Zucchini, onions, peppers & broccoli sautéed & tossed in a basil marinara sauce.

Buddha Bowl \$17

Tri-blend quinoa, bell peppers, cucumber, carrots, avocado, tomato & curried chickpeas.

Thai Chicken Stir-Fry \$21

Sautéed vegetables & pineapple tossed in spicy peanut butter thai sauce served over basmati rice.

Allergies or Dietary Restrictions?

Please inform your server of about the specific type and the severity of your allergy or intolerance. We will do our best to accommodate you while dining. Please note, we cannot guarantee that items have not been in contact with allergens during production. We regularly check the ingredients of products we order. Although suppliers and manufacturers can change ingredients without giving us notice. WE DO NOT have an allergen free fryer, so there is a likelihood of cross contamination (for gluten, shellfish and nuts) with fried foods.

D I N N E R



Appetizers

Kale Caesar Salad **\$11**

Rainbow kale tossed in our signature dressing with house-made croutons & chopped prosciutto.

Chef's Daily Soup **\$8**

Please ask your server about today's selection.

Beet and Goat Cheese Salad **\$11**

Heirloom roasted beets with a Tuscan lettuce blend, goat cheese & spiced nuts tossed in a maple beet vinaigrette.

Roasted Zucchini Fritters (S) **\$12**

Moroccan spiced zucchini fritters nestled on a mango/cucumber slaw. Topped with a house made ginger sambal oelek.

Lobster Spring Rolls **\$13**

Hand rolled with ancho cream cheese, orange & sesame infused vegetables with lobster, nestled on a sriracha/truffle aioli & herb oil.

Mixed Green Salad **\$9**

Tuscan blend greens with cucumber, bell peppers, red onion, & carrots tossed in a cilantro & lime vinaigrette.

Mussels ½ lb \$9 **1 lb \$18**

Pei mussels in your choice of Marinara or Lobster dill cream.

***Add to any dish**

Chicken	\$8.00	Salmon	\$12.00	Shrimp.	\$2.5
Root Mash	\$5.50	Vegetables	\$5.00	Fries	\$6.00
Mushrooms	\$6.00	Onions	\$6.00		

D I N N E R



Entrées

Salmon **\$28**

Atlantic salmon filet on top of a wild rice pilaf, drizzled with a lemon & dill cream, served with seasonal vegetables.

Stuffed Chicken **\$26**

Prosciutto & caramelized onion stuffed chicken breast nestled in a mushroom & thyme risotto.

Ravioli of the Day **\$26**

Ask your server about today's selection.

Vegan Vermicelli (VEG) **\$19**

Sauteed bell peppers, zucchini & pineapple tossed in a curry infused tomato sauce with rice noodles.

Duck **\$28**

King-Cole duck breast pan seared & roasted to medium rare, atop truffle infused potato medallions & asparagus, finished with a mixed berry gastrique.

Seafood Linguine (S) **\$29**

Black-tiger shrimp, baby clams, lobster, & P.E.I mussels, tossed in a basil, dill & tarragon infused rosé sauce.

Indian Platter **\$20**

Dal Makhani is one of India's most popular Dal, ours is cooked slowly to a creamy texture served with yoghurt, chicken tikka & your choice of basmati rice or paratha.

D I N N E R



Butter Chicken \$26

Indian inspired chicken simmered in a sauce made from butter, tomatoes, various spices and cream for a silky and rich curry. Served on cumin infused basmati rice and paratha.

The Jerked Vegan (VEG) (S) \$24

Jerk sweet potato nestled on Caribbean inspired rice & peas, topped with watermelon salsa.

AAA New York Striploin \$36

8oz Centre-cut New York nestled on a root vegetable mash & seasonal vegetables. Finished with a house-made peppercorn sauce.

***GF = Gluten Free**

V = Vegetarian

VEG = Vegan

S = Spicy

Allergies or Dietary Restrictions?

Please inform your server of about the specific type and the severity of your allergy or intolerance. We will do our best to accommodate you while dining. Please note, we cannot guarantee that items have not been in contact with allergens during production. We regularly check the ingredients of products we order. Although suppliers and manufacturers can change ingredients without giving us notice. WE DO NOT have an allergen free fryer, so there is a likelihood of cross contamination (for gluten, shellfish and nuts) with fried foods.

D E S S E R T S



Desserts

Peanut Butter Semi-Freddo	\$9
Crème Brulee of the day	\$8
Ask your server for today's selection.	
Mixed Berry Crumble	\$8
Chocolate/Avocado Mousse (Vegan)	\$8

Hot Beverages

Cappuccino	\$2.5
Latte	\$2.5
Hot Chocolate	\$2.5
Assorted Teas	\$2.5
Columbian Coffee	\$2.5
Decaf Coffee	\$2.5

Cold Beverages

Coca-Cola	\$2.5
Diet Coke	\$2.5
Nestea	\$2.5
Sprite	\$2.5
Ginger Ale	\$2.5
Diet Sprite	\$2.5
Perrier	\$2.5

B A R



Bar Rail 1oz

Bacardi White Rum	\$6
Captain Morgan Spiced Rum	\$6
Bombay Gin	\$7
Ballantine's Scotch	\$7
Jim Bean Bourbon	\$7
Jose Cuervo Gold Tequila	\$7
Absolut Vodka	\$8
Grey Goose Vodka	\$11
Lot 40 rye	\$8
Glenfiddich/Glenlivet	\$12

**Add \$2.00 to have any drink mixed.*

Liqueurs

Baileys/ Kahlua	\$6
Disaronno	\$7
Cointreau	\$9
Grand Marnier	\$11
Hennessey Cognac	\$12

B A R



Beer 340ml bottles

Canadian	\$7
Corona	\$8
Heineken	\$8
Belgian Moon	\$8
Stella Artois	\$8

Cocktails

Caesar	\$12
Cosmopolitan	\$12
Manhattan	\$12
Martini	\$12
Old fashion	\$12

Xperience Signatures

Lemon Drop	\$13
Smoked Manhattan	\$13
Pineapple/Kiwi Mojito	\$14

W

I

N

E



Wine List

6oz

9oz

Bottle

Whites

Cave Springs Dolomite Riesling 2017 Niagara Peninsula, Ontario	\$12	\$15	\$45
Tin Roof Chardonnay 2018 California, USA	\$12	\$15	\$45
Loveblock Sauvignon Blanc 2019 Marlborough, New Zealand	\$13	\$18	\$70
Pinot Grigio Colaneri Winery, Niagara Peninsula	\$12	\$18	\$50
Riesling 2017 Colaneri Winery, Niagara Peninsula	\$12	\$18	\$45

Reds

McManis Merlot 2018 Lodi California, USA	\$13	\$18	\$65
Hayes Valley Cabernet Sauvignon 2018 California, USA	\$14	\$18	\$70
McManis Pinot Noir 2018 Lodi California	\$14	\$18	\$70
Corposso Colaneri Winery, Niagara Peninsula	\$12	\$17	\$50

W

I

N

E



Wine List

6oz

9oz

Bottle

Whites

Cave Springs Dolomite Riesling 2017 Niagara Peninsula, Ontario	\$12	\$15	\$45
Tin Roof Chardonnay 2018 California, USA	\$12	\$15	\$45
Loveblock Sauvignon Blanc 2019 Marlborough, New Zealand	\$13	\$18	\$70
Pinot Grigio Colaneri Winery, Niagara Peninsula	\$12	\$18	\$50
Riesling 2017 Colaneri Winery, Niagara Peninsula	\$12	\$18	\$45

Reds

McManis Merlot 2018 Lodi California, USA	\$13	\$18	\$65
Hayes Valley Cabernet Sauvignon 2018 California, USA	\$14	\$18	\$70
McManis Pinot Noir 2018 Lodi California	\$14	\$18	\$70
Corposso Colaneri Winery, Niagara Peninsula	\$12	\$17	\$50