



Sample Lunch and
Dinner Menu

Exceptional Dining

Food is a love
language here.



A fresh take on healthy food

Globally inspired cuisine supports a healthy lifestyle in the most creatively flavourful ways. With the finest, freshest ingredients, exquisitely prepared by gourmet, Red Seal-certified chefs, every meal is a special social occasion.



Living, Loving, Local

A monthly spotlight on the freshest in-season produce. Locally sourced, regionally inspired, and bursting with flavour, our menus are an anticipated feature of your daily dining experience. Our talented chefs take pride in serving a tempting range of salads, hearty grain bowls and nourishing entrées that prioritize wellness without compromising on taste.

Superfoods

Our signature Superfoods program highlights foods for optimal health, disease prevention, and anti-aging properties. Loaded with vitamins, minerals, antioxidants, dietary fibre, Omega-3 fatty acids, plant sterols, pre- and probiotics and flavonoids. Delicious Superfood options are highlighted on every menu for healthy enjoyment.

Your preferences

Your unique dining profile keeps track of food preferences and dietary restrictions. You can enjoy every meal prepared just the way you like it, safely and dependably.

Luxury Apartment residents enjoy the freedom of in-suite kitchens, with full access by reservation to all of our dining amenities.*



*Fees apply.

Sample Lunch Menu

Soup	Entrée		Dessert
Monday			
Beef Barley	Tuna Salad on Multigrain with Cucumber Dill Salad	or Honey Garlic Chicken Wings with Cucumber Dill Salad	Chef's Assorted Selection
Tuesday			
French Canadian Pea Soup	Fresh Fruit Plate with Cottage Cheese & Baked Scone	or Fried Egg Ham Cheese Sandwich with Apple Pecan Salad	Chef's Assorted Selection
Wednesday			
Chicken Noodle	Korean BBQ Pork Riblet with Potato Wedges & Spinach & Mandarin Salad	or Lemon Chicken Wrap with House Salad	Chef's Assorted Selection
Thursday			
Cream of Mushroom	Egg Salad Sandwich with Mixed Green Salad	or Lobster Mac & Cheese Garlic Bread with Mixed Green Salad	Chef's Assorted Selection
Friday			
Sweet Potato Soup	Roast Beef Sandwich with Horseradish Aioli with Arugula & Spinach Salad	or Roasted Vegetable & Feta Quiche with Arugula & Spinach Salad	Chef's Assorted Selection
Saturday			
Chicken Rice	Beef & Lamb Gyro on Pita with Tzatziki Sauce & Greek Salad	or Tempura Shrimp on Warm Quinoa Salad	Chef's Assorted Selection
Sunday			
Seafood Chowder	Kale Crunch Power Bowl with Twelve Grain Bread	or Pepperoni Pizza with Caesar Salad	Chef's Assorted Selection

Sample Dinner Menu

Soup	Entrée		Vegetable	Dessert
Monday				
Duck Spiedini with Watercress Salad	Beef Stir Fry with Chowmein Noodles	or Brown Sugar Glazed Ham with Orange Sauce Scalloped Potatoes	Stir Fry Vegetables	Fruit Cobbler
Tuesday				
Broccoli Salad	Grilled Pork Chop with Rosemary Maple Butter & Mashed Potatoes	or Grilled Mediterranean Chicken Breast with Tomato & Olive Relish and Mashed Potatoes	Baked Squash / Broccoli	Red Velvet Cake
Wednesday				
Spring Greens Strawberry Goat Cheese Salad	Bavette Steak with a Shallot & Balsamic Demi with Parisienne Potatoes	or Rainbow Trout Filet with Brown Butter Caper Sauce & Parisienne Potatoes	French Green Beans / Ratatouille	Lemon Meringue Pie
Thursday				
Bruschetta	Chicken Thighs Florentine with Basmati Rice	or Lamb Tika Masala with Cucumber Raita & Basmati Rice	Cauliflower / Sauteed Peppers	Strawberry Shortcake
Friday				
House Salad	Ginger Glazed Salmon Filet with Roasted Pineapple Salsa & Mini Roasted Red Potatoes	or Veal Marsala with Mini Roasted Red Potatoes	Sugar Snap Peas / Yellow Beets	Sticky Toffee Pudding Cake
Saturday				
Brie Pear & Honey Crostini	Pork Tenderloin with Strawberry Chimmishurri & Dauphinoise Potato	or Roasted Half Cornish Hen with Garlic Herb Sauce & Dauphinoise Potato	Zucchini / Buttered Corn	Tuxedo Truffle Mousse Cake
Sunday				
Shrimp Cocktail	Traditional Roast Turkey Dinner with Stuffing, Cranberry Sauce, & Gravy with Chive Mashed Potatoes	or Slow Roasted Prime Rib au Jus with Yorkshire Pudding & Chive Mashed Potatoes	Roasted Carrots / Green Peas	Salted Caramel Pretzel Brownie

A higher standard of retirement living.

Only The Shores gives you so many options to live your life your way, with the exceptional facilities, exclusive amenities and signature services of a luxury hotel. Here, in our warm and sociable community, you'll discover senior living just the way you want it, but never thought you'd find it.

Verve **ELITE**

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