

STAGES

Bar & Lounge

SNACKS & SHARED PLATES

MARINATED OLIVES | \$7

kalamata olives + green olives + shallots
+ rosemary + EV olive oil + finger peppers + garlic

TRIO OF DIPS | \$14

hummus, baba ghanoush + guacamole + grilled pita

CAPRESE CROSTINI | \$14

fresh tomato + basil + bocconcini

BAKED MUSHROOM CAPS | \$12

cremini mushrooms + aged cheddar + guacamole
bacon + saffron aioli

CHARCUTERIE

modest \$18 generous \$28

peppercorn salami + soppressata + cacciatore
sausage + prosciutto + smoked duck + baguette
+ maple mustard + olives + gherkins

ASSORTED QUEBEC CHEESE

modest \$18 generous \$28

six artisanal Quebec cheeses with candied nuts +
dried fruit + berries + baguette + crackers

HAND BREADED CHICKEN WINGS | \$16

choice of sauce; BBQ, thai chilli or crème fraîche
with shallots & garlic

SOUPS & SALADS

SEASONAL SOUP | \$8

seasonally inspired, fresh daily

CAESAR WEDGE SALAD | \$12

smoked bacon + parmesan cheese + croutons
+ creamy garlic dressing
additions;

grilled garlic shrimp \$7

chicken breast \$7

marinated grilled tofu \$4

CHARRED HERITAGE CARROTS | \$10

crispy almond poached egg + tahini + baby
greens + EV olive oil + pomegranate seeds,
(omit egg for vegan and gluten free option)

SANDWICH & PIZZA

STAGES HAND CRAFTED BURGER | \$18

caramelized onions + maple bacon + smoked
gouda + butter lettuce + vine ripened tomato
+ pickle

choice of fries or green salad

sub caesar salad \$2.25

BLTT | \$18

bacon + lettuce + beefsteak tomato + shaved
smoked turkey

choice of fries or green salad

sub caesar salad \$2.25

HAND MADE PERSONAL PIZZAS

MARGERITA | \$12

PEPPERONI | \$13

HAM, MUSHROOM & SHRIMP | \$16

Additional Toppings:

pepperoni, ham, bacon, mushrooms,
peppers, tomatoes, kalamata olives,
pineapple, extra cheese,

\$1.50 each

: Gluten Friendly

15% Gratuity will be charged for a group of 6 or more

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ENTREES

GRILLED PORK | \$27

pork loin + tarragon + baby potatoes + cream
+ glazed candy beets + seasonal vegetables

STEAK FRITES | \$27

new york strip loin + crispy onions + frites + demi-glace
+ seasonal vegetables

(omit crispy onions for gluten free option) 

PORCINI STUFFED CHICKEN | \$24

porcini mushroom + dried apricots + pan jus + roasted
baby potatoes + seasonal vegetable

PAN SEARED HALIBUT | \$28

EV olive oil + shallots + orange + thyme
+ heritage carrots + quinoa

SPAGHETTI & MEATBALLS | \$20

beef meatballs + aged parmasean + tomato + basil
+ oregano + thyme

VEGETARIAN BARLEY AND WILD RICE RISOTTO | \$21

Crispy fried tofu + dried cranberries + butternut squash
+ edamame + cherry tomatoes + corn
+ wild mushrooms + parmesan cheese

DESSERT

SEASONAL CRÈME BRULÉE | \$11

orange scented biscotti

CHOCOLATE GANACHE TART | \$12

sour cherry compote + chocolate ice cream +
chocolate fudge sauce

BELGIAN CHOCOLATE AND GRAND MARNIER

BROWNIE | \$11

crème anglaise + vanilla ice cream +
raspberry puree

TRIO OF FRUIT SORBET | \$11

seasonal berries

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WINE 5oz / 8oz / Btl

Bubbles

Freixenet Brut	10
Cava, Spain	
Bottega	45 Btl
Prosecco, Italy	
Piper Heidsek	120 Btl
Champagne, France	

White & Rose

Vineland Estate	9 / 13 / 40
Chardonnay, Niagara,	
Jacob's Creek	11 / 15 / 45
Chardonnay, Australia	
Folonari	12 / 16 / 50
Pinot Grigio, Italy	
Malivoire Ladybug Rose	12 / 16 / 50
Cabernet Franc, Pinot Noir, Gamay	
Niagara, Canada	
Vineland "Elevation"	14 / 18 / 56
Riesling, Niagara	
Oyster Bay	15 / 19 / 60
Sauvignon Blanc, New Zealand	

Red

Vineland Estate	9 / 13 / 40
Cabernet Sauvignon / Merlot, Niagara	
Jacob's Creek	10 / 14 / 45
Shiraz/Cabernet, Australia	
Trapiche Reserve	11 / 15 / 45
Malbec, Argentina	
Gnarly Head	13 / 17 / 56
Cabernet Sauvignon, California	
Oyster Bay	15 / 19 / 60
Pinot Noir, New Zealand	
Trius Red	16 / 20 / 60
Cabernet Franc, Merlot, Cabernet Sauvignon	
Niagara, Canada	
Barossa Valley Estate 2014	60 Btl
Shiraz, Barossa Valley, Australia	
Butterfield Bourgogne 2011	100 Btl
Pinot Noir, Burgundy, France	
Butterfield Beaune 1st Cru 2006	150 Btl
Pinot Noir, Burgundy, France	