

tapas fusión

platos surtidos assorted dishes

 - all vegetarian

Sauteed Patatas

- our famous stove-top fried potatoes; better than any french fry you've ever had!

Mixed Greens Salad

- fresh local greens topped with roasted red pepper and tossed with an herb vinaigrette

Pesto Linguine

- in our house-made kale lemon pesto with spinach and artichokes

Warm Glazed Beets

- pan-seared and caramelized beets topped with goat cheese, spicy pumpkin seeds and a balsamic glaze

Garlic Cream Mushrooms

- juicy mushrooms sauteed in a rich, creamy garlic sauce

Spicy Sproutaculus!

- lemon, garlic and ginger sauteed brussels sprouts, with a side of sriracha aioli

Spinach Salad

- with walnuts, cranberries, goat cheese and our house-made ranch style dressing

Cheese Plate

- a pair of our favourite local artisan cheeses, served with crostini and fig jam

Spicy Black Beans

- with tomato and onion.
HOT. and some like it that way

Rice Bowl

- a staple global side dish with garlic, bay leaf and turmeric

House Bread

- house-made bread in pita style wedges or a hearty rosemary bun. Great for cleaning up those saucy dishes!

House Hummus

- a warm cup of our house-recipe Lebanese style hummus, with olives and a side of our house-rolled pita for dipping

Soup

- a taster cup of our daily chef creations; usually vegetarian, always phenomenal

Cheesy Bread

- our house-rolled pizza bread, covered in mozzarella and parm. Oh Yeah! served with a side of marinara for dipping

\$26

All. You. Can. Eat.

carné meat

 - all gluten friendly

Chorizo - Poached in Red Wine

- Spanish style chorizo, spiced exclusively for The Groove, simmered in red wine and spices

Italian Meatballs

- 6 beef meatballs in our house-made marinara, topped with parm and fresh basil

Sun Dried Tomato and Rosemary Chicken

- seasoned and roasted with a light wine

Charcuterie Plate (with crostini)

- finest quality dried and cured local meats served with a fabulous grainy mustard

Lebanon Lamb

- minced local organic lamb, with tomatoes, cucumber, olives, garlic, and fresh herbs on a bed of warmed hummus

Brandy Shrimp

- shrimp sauteed in lemon-butter and spices with a dash of brandy

Pork Tenderloin

- bacon wrapped and perfectly roasted pork tenderloin medallions.

** Limited availability. Get here early!*

raciones larger portion

Paella - fan favourite!

- classic Spanish rice dish with shrimp, chorizo chicken, peppers, onions, garlic and saffron

Butter Chicken or Butter Cauliflower

- Indian style butter curry sauce with red pepper, onion and pea shoots with rice

Bombay Potatoes

- a heaping bowl of sauteed potatoes, and peas in a **SPICY** curry, topped with cilantro and a dollop of yogurt to cool the fire

Stir-Fry Chicken or Cauliflower

- with mushrooms, broccoli, garlic and onions in a light hoisin sauce with rice

Mediterranean Bowl

- cucumber, red pepper, tomato, olives, feta, red onion and herbs with our oregano vinaigrette on a bed of fresh greens with a scoop of house-recipe hummus