

APPETIZERS

RAW

MED SEAFOOD TOWER

Maritime lobster, king crab, colossal shrimp, dozen oysters, scallop ceviche, hamachi, salmon sashimi, sesame tuna

250

OYSTERS

east & west premium seasonal oysters

half dozen 26 | dozen 46

COLOSSAL SHRIMP COCKTAIL

classic cocktail sauce, marie rose sauce, lemon

36

ALASKAN KING CRAB

lemon garlic emulsion, drawn butter, Med salt

89 / lb

MELITZANOSALATA - roasted eggplant, Greek yogurt, mint, tomato jam 14

TARAMOSALATA - salt cured whipped roe, potato, lemon, olive oil 14

MED CAESAR - hearts of romaine, Med caesar dressing, garlic croutons 18

HALLOUMI SALAD - Cyprian cheese, greens, quinoa, pomegranate, almonds, lemon vinaigrette 20

HORIATIKI SALATA - heirloom tomatoes, cucumber, caper berries, barrel aged feta, Med olives 21

SARDINHAS - grilled Portuguese sardines, lemon, tomatoes, onions, flaked sea salt 17

KALAMARI SKARAS - charred squid, tomato, Santorini capers, chili, lemon oregano emulsion 19

BURRATA & MELONE - fresh Ontario burrata, melon, mint, mascarpone, vincotto 28

MUSSELS PROVENCAL - steamed in sauvignon blanc, shallots, garlic, tomatoes, fine olive oil 28

OKTAPODI - charred Mediterranean octopus, garlic, lemon, treviso, olives 32

MED FAVOURITES

MED OLIVES & BREAD - warm Med olives, fresh bread & pita, Med salt 15

BAKED FETA - warm filo wrapped feta, ouzo honey, sesame seeds 21

AEGEAN ZUCCHINI & EGGPLANT - fried zucchini & eggplant, kefalograviera cheese 29

FRITTO MISTO - battered shrimp, calamari, scallops, French beans, artichoke, lemon aioli 34

PASTA

RIGATONI ROSE - crushed tomato, sweet onion, garlic, pepperonata, parmigiano reggiano 20

PENNE ARRABBIATA - tomato sugo, garlic, tonnes of pepperoncino, mounds of parmigiano 28

MED RAVIOLI - porcini mushroom ravioli, white truffle butter, mounds of parmigiano 35

LINGUINE DI MARE - mussels, jumbo shrimp, calamari, white fish, light sugo, fresh pasta 40

ASTAKO MAKARONADA - Canadian lobster, tomato sugo, spaghetti pasta, Calabrian chili, basil 46

FROM THE SEA

WHOLE GRILLED FRESH FISH - olive oil, oregano, lemon, garlic, large flake sea salt MP

FAROE ISLAND SALMON - grilled salmon filet, orange fennel salad, fingerling potatoes 34

GARLIC SHRIMP - seared jumbo black tiger shrimp, garlic sherry wine butter emulsion 36

SEA SCALLOPS - seared deep sea scallops, parsnip puree, micro greens, beurre blanc 42

YELLOWFIN TUNA - seared tuna, sesame bok choy, silken tofu, citrus soy beurre blanc 44

PATAGONIAN SEABASS - Chilean bass, zucchini radish salad, frites, tea essence 56

LAND

CHICKEN SUPREME - oven roasted breast, baby fennel, pomme puree, lemon jus 32

AEGEAN LAMB CHOPS - grilled chops, heirloom carrots, potatoes, Med lemon essence 54

CAB FILET MIGNON - 8oz, sunchokes, herb potato pavé 59

PRIME STEAK FLORENTINE - 42oz, romesco rapini, crushed garlic fingerlings potatoes 86

WAGYU FLAT IRON - 20oz, heirloom carrots, chive potato pavé 99

WAGYU RIBEYE - 16oz, charred scallions, crisp potato pavé 110

PRIME TOMAHAWK - 45oz, forest mushrooms, truffle potato pavé 195

DAILY

CRUDO

capers, Anaheim chillies, lemon, mint, olive oil

27

TARTAR

orange, fennel, scallion, lime, citrus salt, olive oil

27

CEVICHE

lime, avocado, grilled corn, chili, cilantro, olive oil

27

SIDES

ROASTED FINGERLINGS 12
crushed fingerling potatoes, garlic, lemon, oregano, fine olive oil

HORTA 15
braised dandelion, chard, peperoncino, shallots, garlic, olive oil

CHARRED RAPINI 16
baked greens, Spanish romesco, olive oil

TRUFFLE FRITES 17
fresh-cut potatoes, white truffle essence, micro reggiano

SEASONS FIRST VEGETABLES 18
prepared daily

GLUTEN FREE

ALL MEATS ARE 100% HALAL. PLEASE ALWAYS INFORM YOUR SERVER OF ANY ALLERGIES OR INTOLERANCES BEFORE PLACING YOUR ORDER. NOT ALL INGREDIENTS ARE LISTED ON THE MENU. TAXES NOT INCLUDED.