

From the mythic shores of Greece, a land famed for hospitality, beauty, and culture, the Four Seasons' Restaurant brings to you authentic Greek tastes and aromas. Our healthy homemade cuisine will pique your interest and your taste buds. Satisfaction guaranteed.



MEZÉTHES: GREEK APPETIZERS



SAGANAKI Pan fried Kefalotiri (Greek cheese), flamed with brandy. "Opa!"	\$13	KALAMARI Tender rings of marinated squid. Served with tzatziki sauce.	\$13
TSATZIKI Prepared with yogurt, cucumber and fresh garlic. Served with pita bread.	\$7	SPANAKOPITA Three pieces of spinach and feta cheese inside phyllo crust. Homemade daily.	\$7
SKORDALIA Homemade whipped potato with fresh garlic. Served cold with pita bread.	\$7	GIGANTES Giant lima beans (gigantes) braised in olive oil and fresh tomato and herb sauce. Served with a dinner roll.	\$12
FETA Imported from Greece. Topped with olive oil and served with a dinner roll.	\$8	DOLMATHES Three grape vine leaves stuffed with seasoned ground beef and rice. Served over rice pilaf.	\$13

FOUR SEASONS' FEATURE:

PIKILIA PLATTER Three souvlaki skewers, three pieces of spanakopita, six slices of gyros and kalamari. Served with tzatziki.	\$30
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HOUSE SPECIALTIES: GREEK ENTRÉES

GREEK PLATTER (FOR TWO) Greek salad to start, two souvlaki skewers (one chicken, one pork) with tzatziki. three dolmathes served over rice pilaf, three pieces of spanakopita, Greek roast potatoes and your choice of Moussaka or Pastitsio, roll and butter.	\$40
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MOUSSAKA Alternate layers of eggplant and seasoned ground beef. Topped with béchamel sauce.	\$18	GYROS Slices of spiced ground beef and lamb, served with tzatziki. A Greek classic!	\$16
DOLMATHES Four grape vine leaves stuffed with home-made seasoned ground beef and rice.	\$16	PORK SOUVLAKI Tender cubes of marinated pork, skewered and charbroiled. Served with tzatziki.	\$16
PASTITSIO Egg noodles mixed in seasoned ground beef. Topped with béchamel sauce.	\$16	CHICKEN SOUVLAKI Tender pieces of chicken breast, specially marinated, skewered and charbroiled. Served with tzatziki.	\$17
ROAST LAMB A house specialty! Tender boneless shoulder of lamb roasted to perfection.	\$20		

All above entrées served with vegetable, rice, roll and butter, and choice of potato: Greek style roasted, baked, fries, or mashed

BAKALIAROS Panfried wild cod, served with skordalia (whipped potatoes with roasted garlic and olive oil, served cold) and vegetables of the day.	\$17
KALAMARI DINNER Tender rings of marinated squid, breaded and fried. Served on a bed of rice pilaf, with on plate Greek salad. Garnished with lemon, and tzatziki.	\$18

PITAS

GYROS IN A PITA Slices of spiced ground beef and lamb.	\$8
SOUVLAKI IN A PITA Tender cubes of marinated pork.	\$9
CHICKEN IN A PITA Grilled chicken breast cut in strips.	\$10

Pitas wrapped in pita bread with diced onions, tomato and laced with tzatziki sauce.

SIDES

PITA BREAD	\$2
SIDE TSATZIKI	\$4
GREEK ROAST POTATOES	\$4
FRIES	\$5
with gravy	\$6



STARTERS

GARLIC BREAD \$6
Six pieces of French baguette bread, smothered in homemade garlic butter, grilled to perfection.
Add cheese \$2

SOUPS

CHICKEN AVGOLEMONO \$5
Made in house using a time honoured family recipe.
A creamy egg-lemon rice soup with chunks of fresh chicken.

FRENCH ONION \$6
Onion broth soup covered in croutons and a layer of mozzarella cheese, set under the broiler. Served with garlic bread.

SOUP OF THE DAY \$5

SALADS

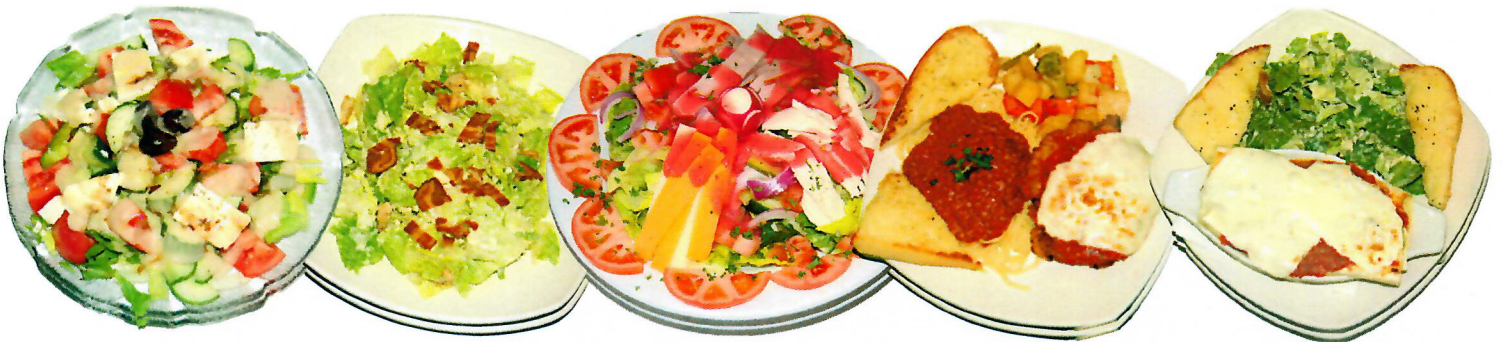
GREEK SALAD baby \$5 sm \$10 lg \$13
Lettuce, green pepper, cucumber, tomato, onion, Kalamata olives, feta cheese topped with homemade Greek dressing.

GREEK VILLAGE SALAD sm \$11 lg \$15
Tomatoes, cucumber, onion, Kalamata olives, green peppers, feta cheese and Greek dressing.

FRESH GARDEN SALAD \$7
Choose your dressing: French, Ranch, Thousand Island, Italian, Raspberry Vinaigrette (light), Greek, or Blue Cheese.

CAESAR SALAD sm \$9 lg \$12
Romaine lettuce with our homemade caesar dressing topped with croutons, bacon bits, and parmesan cheese.

TOMATO SALAD \$5
Fresh sliced tomatoes with olive oil and oregano.



CLASSIC ENTRÉES

AAA ROAST SIRLOIN OF BEEF \$19
Fresh Canadian beef. in house roasted until incredibly tender and laced with its "au jus".

Served with vegetables, complimentary rice pilaf, roll and butter, choice of potato, Greek style roasted potatoes, baked, fries, or mashed

FISH & CHIPS \$14
Three boneless Cod fillets in our homemade batter. Served with fries, tartar sauce, chef salad, roll & butter.
Light and tasty!

PASTAS

CLASSIC PASTA
Freshly boiled pasta topped with homemade sauce and served with garlic bread.
CHOICE OF PASTA: Spaghetti, Fettucini, or Linguine
CHOICE OF SAUCE:

Alfredo \$15
Meat Sauce \$16
Tomato Basil \$14

BREAST OF CHICKEN ALFREDO \$16
Boneless breast of fresh local chicken, lightly seasoned and grilled to perfection. Cut into strips, placed on a bed of linguine and smothered with homemade Alfredo sauce.
Served with garlic bread.

SANDWICHES, BURGERS AND MORE

CLUBHOUSE	\$11
Triple decker sandwich, with fresh roasted turkey (no deli meat), bacon, tomato, and lettuce.	
CHARCOAL BEEF BURGER	\$7
4 oz. burger, homemade fresh. 100% Canadian AAA beef, only 8% fat content. Add real cheddar cheese \$1.50	
AUTHENTIC MONTREAL SMOKED MEAT SANDWICH	\$8.00
All the way from Montreal! A 5oz. pile of delicious smoked meat, served on grilled rye bread with mustard.	
WESTERN	\$6
B.L.T.	\$6
CHICKEN SALAD	\$6
SALMON SALAD	\$6
TUNA SALAD	\$6
TURKEY SANDWICH	\$7
ROAST BEEF SANDWICH	\$7

**Deluxe any of the above:
add fries and garden salad \$4**

Add a side Greek or side Caesar salad \$5

SENIORS FEATURES

ROAST BEEF	\$16
AAA Fresh Canadian roast beef topped with au jus.	
CHICKEN NAPOLITAN	\$15
Whole grilled chicken breast laced with tomato sauce.	

**Above entrées served with fresh vegetables,
rice and choice of potato**

FISH AND CHIPS	\$12
Two boneless haddock fillets dipped in homemade batter. Served with fries, garden salad, roll and butter.	
SPAGHETTI AND MEAT SAUCE	\$14
Fresh boiled pasta, served with garlic bread.	

EGGS & OMELETTES

TWO LARGE OMEGA 3 EGGS - Any style	\$6
with ham or bacon or sausage	\$8
PLAIN OMELETTE	\$7
FOUR SEASONS' VEGETARIAN OMELETTE	\$9
Green peppers, onions, tomatoes, mushrooms & cheese.	

Served with choice of potatoes, toast and jam

BEVERAGES

SOFT DRINKS	sm \$2 lg \$3
Pepsi, Diet Pepsi, Ginger ale, Orange Crush, 7up, Root Beer	
MILK - White or chocolate	sm \$2 lg \$3
JUICE	sm \$2 lg \$3
Cranberry, Grapefruit, Pineapple, Tomato, Orange, Apple, Iced Tea	
MILK SHAKES - Chocolate, Vanilla or Strawberry	\$5
COFFEE	\$2
TEA - Specialty or Red Rose	\$2
GREEK COFFEE	\$3
Made to taste, Bitter, sweet or semi sweet	
GREEN MOUNTAIN HERB TEA	\$3
SPECIALTY COFFEES	\$2.99-\$4.99
Espresso, Latte, Cappuccino, Macchiato, Frappé	

CHICKEN FINGERS	\$13
Chicken breast strips, lightly breaded and seasoned. Served with garlic bread, french fries and plum sauce.	

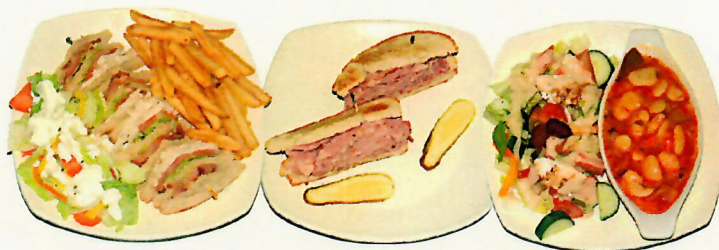
SOUVLAKI WRAP	\$13
Marinated pork cubes, charbroiled and wrapped in a tortilla with onions, tomatoes, and tzatziki sauce. Served with Greek salad.	

GRILLED CHICKEN WRAP	\$14
Strips of chicken breast laced with barbecue sauce. Garnished with shredded lettuce, julienne of onions & tomato, wrapped in garlic & herb tortilla, laced with ranch dressing and served with garden salad.	

HOT BEEF SANDWICH	\$16
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HOT TURKEY SANDWICH \$14

**Hot sandwiches served over sliced bread with
homemade gravy, vegetables, rice pilaf
and choice of potatoes.**



GLUTEN FREE

CHICKEN BREAST DINNER	\$17
CHICKEN SOUVLAKI	\$17
PORK SOUVLAKI	\$16

**Above entrées served with
fresh vegetables, rice and choice of potato**

GIGANTES and GREEK SALAD	\$14
Giant lima beans (gigantes) braised in olive oil, fresh tomato and herb sauce. Served with fresh cut Greek Salad, topped with homemade Greek dressing.	

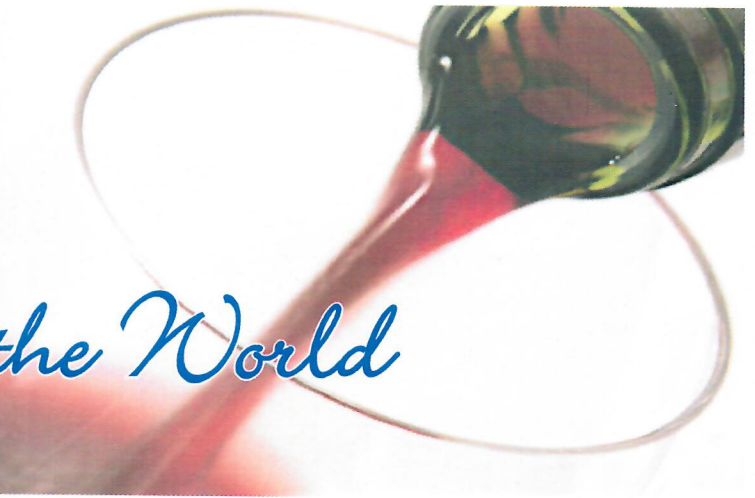
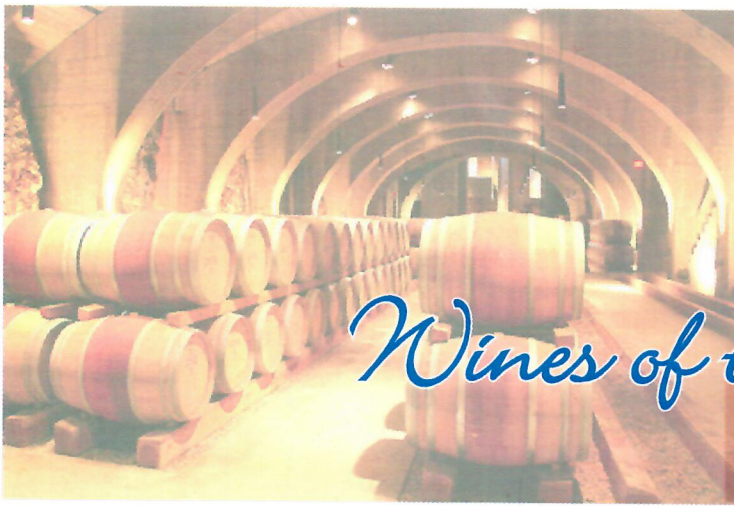
CHICKEN OLYMPIA	\$16
Grilled tender chicken breast, cut in strips and served over a regular bed of Greek salad, topped with homemade dressing.	

DESSERTS

SPECIALTY CAKES	\$5-\$7
Choices vary, see server.	
ICE CREAM DISH	kids \$3 reg \$4
ICE CREAM SUNDAES	\$5
Chocolate, vanilla or strawberry, topped with fudge, butterscotch or strawberry syrup and whipped cream.	
EKMEK	\$5
Exclusive to the Four Seasons. This glorious dessert combines shredded dough pastry soaked in syrup and topped with homemade custard and whipped cream. Garnished with roasted almonds.	
BAKLAVA SUNDAE	\$10
Open-faced baklava with two scoops of vanilla ice cream. Topped with whipped cream, roasted almonds and honey.	



Prices subject to applicable taxes



Wines of the World

FEATURES HOUSE WINES

WHITE

	6oz glass (186mL)	½ Litre (500mL)	(750mL)
Apelia (0) Greece	6.99	16.99	26.99
Retsina Malamatina (0)	n/a	16.99	n/a
Joseph's Festival Chardonnay (1.5) Ontario	6.99	16.99	26.99

RED

Apelia (0) Greece	6.99	16.99	26.99
Joseph's Gamay Merlot (0.5) Ontario	7.99	17.99	27.99

ROSÉ

			1 bottle (750mL)
Earnest & Julio Gallo Zinfandel (2)	5.99	15.99	25.99
Joseph's Caroline Rosé (2)	5.99	15.99	25.99

BY THE BOTTLE

WHITE

	1 bottle (750mL)
Joseph's Pinot Grigio VQA - (0) Ontario	27.99
Jackson Triggs Chardonnay - (0) Ontario	26.99
Mouton Cadet Blanc - (0) French	35.99
Lé Piat d'Or - (2) French	35.99
Aveleda (Vinho Verde) - (0) Portuguese	26.99
Wolf Blass Sauvignon Blanc - (0) Australian	34.99
Masi Soave Levarie - (0) Italian	32.99
Fazi Battaglia Classico - (0) Italian	29.99

RED

	1 bottle (750mL)
Jackson Triggs Merlot - (0) Ontario	28.99
Joseph's Merlot Reserve - (0) Ontario	32.99
Mouton-Cadet Rothschild - (0) French	33.99
Le Piat d'Or - (0) French	33.99
Masi Valpolicella Bonacosta - (0) Italian	33.99

ROSÉ

Earnest & Julio Gallo Zinfandel - (2) California	24.99
Joseph's Caroline Rose - (2) Ontario	22.99

LIQUOR LIST

RYE WHISKEYS

Seagrams V.O. or Canadian Club	5.99
Crown Royal	6.99

SCOTCH WHISKEYS

Balentine's, Cutty Sark or J&B	5.99
Johnny Walker Red	5.99

RUM

Bacardi White, Bacardi Amber or Captain Morgan	5.99
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VODKA

Smirnoff	5.99
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Beefeaters or Gordons	5.99
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BOTTLED BEER

Domestic - 341 ml	5.99
Imported - 330 ml	6.99

'COOL' DRAUGHT BEER - All Natural

Large - 12oz.	4.99
Millenium Buzz Dark Lager - 12 oz.	4.99
58 oz. Draught Pitcher	15.99

APERITIFS & DESSERT WINES

Ouzo	5.99
Dubonnet - 2 oz.	5.99
Martini Rosso - 2 oz.	5.99

BRANDY & COGNAC

Courvoisier V.S.	7.99
Metaxa - Five Star	5.99

SPECIALTY COFFEES

Spanish Coffee	5.99
Tia Maria, Brandy & topping.	
Monte Cristo	6.99
Brandy, Kahlua, Grand Marnier & topping.	
Four Seasons' Coffee	6.99
Ouzo, Kahlua & topping.	



All drinks are based on 1 oz. of liquor, unless otherwise specified
Prices subject to applicable taxes

