

# MEGALOS

restaurant

Make your reservations on line at [www.megalosrestaurant.com](http://www.megalosrestaurant.com)

Megalos menu includes locally produced products

# APPETIZERS

- GARLIC SHRIMP** sautéed in olive oil, garlic butter & white wine \$13.50
- SPRING ROLLS** marinated julienne vegetables, hand rolled in asian pastry, served with a thai dipping sauce \$12.50
- ZUKE PIE** a baked grated zucchini crust topped with roasted red peppers, walnuts, feta cheese & a red wine balsamic reduction \$9
- CHEESE BREAD** baked sourdough, with garlic butter & mozzarella cheese \$7
- PAPPAS BRAVA** fried sweet potato wedges topped with a chipotle salsa & smoked gouda \$9.75
- SWEET PEAR** vanilla & red wine poached pear with almond crusted brie, dandelion jelly, smoked paprika pork lomo & a confit of onion & maple syrup served with crostinis \$18 (serves two)
- KAVOURI** atlantic crab & brie dip served with crostinis \$12.50
- THE STICKS** hand rolled angus beef meatballs served with a spicy barbeque sauce & a wild blueberry balsamic reduction \$9.50
- NACHOS** tri coloured tortilla chips topped with marinated onions, jalapeno, banana & bell peppers, mozzarella cheese, fresh tomatoes & served with fire roasted salsa & sour cream \$13  
add chicken \$5.50 add extra salsa or sour cream \$0.75
- VEGGIE STACK** eggplant, tomato, avocado, caramelized onion, roasted red peppers, grilled zucchini & herb chevre cheese stacked & roasted, served with mixed greens & crostinis \$11.75
- FRENCH ONION SOUP** caramelized sweet onions, fresh thyme, rosemary & red wine simmered with beef broth topped with crostinis & swiss cheese \$6.50
- CAESAR** classic salad topped with bacon bits, parmesan cheese & croutons \$6.25  
add chicken \$5.50
- GARDEN SALAD** served with a choice of vinaigrette dressings: maple balsamic, orange honey, ginger sesame or black olive feta \$6.25
- SOUP DU JOUR** made fresh daily \$5.25

# SALADS

**all salads served with rosemary focaccia bread, add chevre cheese \$3.75,  
add grilled chicken \$5.50, add garlic shrimp \$6.50**

- CHEVRE CHEESE** bacon & grape tomatoes with mediterranean vinaigrette placed on a bed of spinach & topped with herbed chevre cheese \$15
- CAESAR** classic salad topped with bacon bits, parmesan cheese & croutons \$12
- SHRIMP & AVOCADO** sautéed shrimp, avocado, grape tomatoes, cucumbers on arugula in a spicy citrus & cilantro vinaigrette \$18
- NUTTY CHICKEN** spring mix topped with chicken, apples, cranberries, walnuts & pecans sautéed in our orange & honey vinaigrette \$15.25
- CHICKEN NOODLE** roasted chicken sautéed with asparagus, sugar snap peas, eggplant, carrots, green onions in a sesame ginger vinaigrette tossed with soba noodles \$15.25

# PASTAS

served with focaccia bread, add chicken \$5.50 add shrimp \$6.50

- SHRIMP FLORENTINE** shrimp, onions, bell peppers, mushrooms sautéed in olive oil tossed with a garlic white wine cream sauce & seashell pasta finished with baby spinach \$21  
also available with a tomato basil sauce
- CRAB RAVIOLI** handmade pasta filled with atlantic crab & chevre cheese, served with forest mushrooms & grape tomatoes in a rosé sauce \$21.50
- PEPPERED BEEF** grilled tenderloin, onions, garlic, wild mushrooms in a blue cheese cream sauce tossed in linguini noodles \$19.50
- VEGETARIAN GNOCCHI** tossed in an arugula pesto served on a roasted tomato & cream sauce with marinated grape tomatoes \$17
- RED PEPPER FETA** sugar snap peas, bell peppers, zucchini, eggplant, carrots, onions, broccoli & cauliflower served with roasted red pepper & feta cheese sauce tossed with cavatappi noodles \$17.50
- BRANSONI** roasted chicken, eggplant, fennel, bell peppers, red onions & zucchini tossed in basil infused oil, white wine with linguini noodles \$18.50
- SALMON** pan seared filet, shitake mushrooms, baby bok choy, carrots, green onions & black sesame seeds in a soy citrus sauce served on soba noodles \$21

# ENTRÉES

served with vegetables, a choice of roast or mashed yukon gold potatoes  
(mashed potatoes available after 5pm) & focaccia bread

- CRANBERRY CASHEW CHICKEN** roasted chicken, cashews, cranberries, mandarin oranges & green apples sautéed in an orange & white wine sauce \$22.50
- CHICKEN QUINTIN** a lightly seasoned chicken breast floured with parmesan cheese, herbs & spices sautéed in olive oil, white wine & lemon juice served with asparagus risotto \$20  
\*not served with potatoes
- GREEN TEA CHICKEN** roasted chicken infused with green tea & coconut milk, served with sautéed cabbage, onions & grape tomatoes on green tea coconut risotto \$23  
\*not served with potatoes & vegetables
- MUSHROOM CHICKEN** roasted chicken with cremini, shitake & portobello mushrooms, onions, garlic, white wine & sage \$21
- STIR FRY** mixed vegetables sautéed in our garlic, ginger hoisin sauce & served with your choice of udon noodles or rice **vegetable \$16 chicken \$18.50 beef or shrimp \$20.50**  
\*not served with potatoes
- WILDFLOWER SALMON** pan seared filet glazed with a wildflower honey served on black risotto with a mango & black pepper salsa \$22 \*not served with potatoes & vegetables
- TILAPIA** pan seared & served with a lemon butter sauce \$20
- NEW YORK STEAK** the finest cut of tender Canadian AAA 10oz striploin \$30  
add garlic shrimp \$6.50 sautéed mushrooms \$5 sautéed red onions \$2

# PIZZA

<b>TOMATO &amp; CHEESE</b>	traditional tomato sauce & mozzarella cheese \$13
<b>SOLAGEM</b>	smoked paprika pork lomo, bacon, mushrooms & bell peppers topped with mozzarella cheese \$18
<b>VEGETARIAN</b>	broccoli, asparagus, red onions, portobello mushrooms & mozzarella cheese \$14
<b>ELIA'S FAVORITE</b>	black olive & almond pesto topped with artichoke hearts, chicken, roasted peppers, romano & mozzarella cheese \$17.50
<b>TAG TRIO</b>	pepperoni, mushrooms, bell peppers & mozzarella cheese \$15.50

# PLATTERS

**served with coleslaw or caesar salad & fresh cut french fries cooked with 0 trans fat  
add cheddar cheese or bacon \$1.50 ea. add gravy \$0.75 sub poutine \$3**

<b>SIMPLY BURGER</b>	8oz homemade local Angus beef with lettuce, tomato, onions, & pickle \$14
<b>GOUDA BURGER</b>	8oz homemade local Angus beef with caramelized vidalia onions, smoked gouda & chipotle aioli \$15.75
<b>AVOCADO BURGER</b>	8oz homemade local Angus beef with avocado, chipotle salsa & aged cheddar \$17.50
<b>SMOKED BACON BURGER</b>	8oz homemade local Angus beef with maple syrup, double smoked bacon & aged cheddar cheese \$17
<b>THE SPARTAN</b>	grilled chicken breast sautéed with mushrooms, sundried tomatoes & spinach with a black olive pesto on rosemary focaccia \$15.50
<b>STEAK SANDWICH</b>	grilled tenderloin with portobello mushrooms, red onion, horseradish mayonnaise, arugula on a rustic potato panni \$17.50 add feta \$1.50 add mushrooms \$1.50 add mozzarella cheese \$2
<b>MEGA CLUB</b>	grilled chicken breast, aged cheddar cheese, bacon, lettuce, tomato & mayonnaise on multi-grain bread \$14.50
<b>THE BELLO</b>	basil pesto mayonnaise, portobello mushroom, grilled zucchini, roasted peppers, caramelized onions & roasted tomatoes with smoked gouda on a caraway fennel ciabatta \$14
<b>CHICKEN FINGERS</b>	breaded strips of tender chicken \$13.50
<b>HADDOCK &amp; CHIPS</b>	made with homemade beer batter \$14.50

# DESSERTS

<b>SHOW STOPPERS</b>	selection changes daily, please visit our dessert case at the bar or ask your server \$6 - \$7 a la mode \$2
<b>GRAND FINALE</b>	a baked dough with cinnamon butter, apples & strawberries topped with ice cream & caramel sauce <b>for one</b> \$7 <b>for two</b> \$11 (please allow time for preparation)
<b>CHOCOLATE MONKEY</b>	chocolate ice cream, chocolate sauce, chocolate chips, banana, whip cream, a vanilla wafer & a cherry \$6.50
<b>DESSERT WAFFLE</b>	a belgian waffle served with vanilla ice cream, fresh strawberries & chocolate sauce \$6.25
<b>GOLDEN SMORE</b>	vanilla & chocolate ice cream, chocolate sauce, crushed skor bar, graham cracker, whip cream, a wafer & a cherry \$6.50
<b>BANANA SPLIT</b>	vanilla, chocolate & strawberry ice cream with chocolate & strawberry sauce, banana, whip cream, chocolate chips, a wafer & a cherry \$7
<b>ICE CREAM</b>	vanilla, chocolate or strawberry \$3
<b>GELATO</b>	lemon or house specialty \$6

# BEVERAGES

## COLD

voss artesian table water (800ml) \$8 (375 ml) \$3.50  
voss artesian sparkling water (800ml) \$8 (375 ml) \$3.50  
milkshakes: chocolate, strawberry, vanilla,  
oreo, banana, chocolate & banana \$4.75  
smoothies: strawberry,  
strawberry & banana \$5.50  
cranberry, apple juice \$2.75  
premium orange juice \$2.95  
clamato \$2.95  
milk, chocolate milk \$2.50  
iced tea \$2.35  
coke, diet coke, gingerale, sprite \$2.20

## HOT

espresso \$2.25 double \$4  
café americano \$2.35  
cappuccino \$3.95  
café latte \$4.25  
add flavored syrup:  
hazelnut, vanilla, caramel \$0.50  
café mocha \$4.35  
chai latte \$4.50  
hot chocolate \$3.95  
coffee regular & decaffeinated & tea \$2.35  
loose leaf tea \$2.65  
HOUSE-blend of orange, jasmine & darjeeling  
MINT-blend of spearmint & peppermint  
GREEN JASMINE or EARL GREY



for take out, delivery or reservations call

613-531-9788

visit our webpage at [www.megalosrestaurant.com](http://www.megalosrestaurant.com)



at [www.facebook.com/megaloskingston](http://www.facebook.com/megaloskingston)



reserve PAPA LOUIS (lower level) for  
your next group function of 25-80 people

Local Suppliers:

Wendy's Mobile Market, Roots Down Organics, Forman Greenhouses, Freedom Farm, Wellington,  
Kenview Country Cuts, Quinn Meats, Haanover Farm, Fifth Town, B. Hogan Apiaries  
Gift Certificates are available please ask your server