

LUNCH

• Starters •

- FEATURED SOUP** 6
homemade
- BEER AND CHEDDAR SOUP** 6
made with Kingston Pale Ale
- FIRECRACKER SHRIMP** 10
garlic, lime, sambal
- SWEET CHILI CHICKEN** 10
crispy chicken, sweet chili
- CRAB CAKES** 10
red pepper remoulade
- CALAMARI** 10
serrano peppers, dill tartar sauce
- EDAMAME** 6
coarse sea salt
- APPLEWOOD SMOKED
CHEDDAR FLATBREAD** 10
gorgonzola butter
- SURF AND TURF SLIDERS** 10
mini lamb burger with gorgonzola butter,
mini crab burger with red pepper
remoulade, matchstick fries
- DRY RIBS** 10
garlic chili sauce

• Salads •

- KINGSTON HEALTH** 9
marinated artichokes, grape tomatoes,
red onions, sunflower seeds
- CAESAR** 9
homemade croutons
- SEARED AHI CAESAR** 18
blackened Ahi tuna
- GRILLED CHICKEN** 14
grapes, fennel, bleu cheese,
toasted almonds
- DUCK CONFIT** 15
apricots, sundried cranberries, goat cheese,
citrus vinaigrette, candied pecans
- SPINACH** 13
candied pecans, red onions, grape
tomatoes, grilled asparagus, prosciutto,
gorgonzola vinaigrette
with grilled chicken – add 5.00
with sautéed prawns – add 5.00

• Oasis Combos •

- SOUP & SALAD** 10
Kingston beer soup with our Health salad
- PIZZA & GREENS** 10
choice of pizza
- SOUP & SANDWICH** 10
ask your server for today's feature

• Desserts •

- KINGSTON SUNDAE** 7
vanilla gelato, chocolate, caramel
and strawberry sauces and whip cream
- APPLE CRISP** 7
served hot with vanilla gelato
and caramel sauce
- CHOCOLATE LAVA CAKE** 7
served with vanilla gelato, espresso
anglaise and whip cream
- CHEESECAKE** 7
chocolate, strawberry sauces and whip cream

• The Main Event •

- 8oz SIRLOIN** 21
Certified Angus Beef, fresh-cut fries, caesar salad
- GRILLED SALMON** 22
wild Sockeye grilled medium rare, lemon caper butter, arugula risotto, Kingston Health salad
- JAMBALAYA** 20
cajun rice, andouille sausage, mild Italian sausage, chicken, mixed seafood
- KINGSTON HONEY LAGER HALIBUT & CHIPS** 12
dill tartar sauce, fresh-cut fries and caesar salad
add a piece for 6.00
- MUSHROOM RAVIOLI** 16
marinara, asiago, fresh herbs, caesar salad
- ANTIPASTO PENNE** 14
whole wheat penne, grilled vegetables, kalamata olives, balsamic reduction,
Kingston Health salad
- SEAFOOD LINGUINI** 16
rosé, mixed seafood, grilled prawn, caesar salad
- PESTO CHICKEN FETTUCINI** 15
pesto cream, marinated artichokes, sundried tomatoes, caesar salad

• Wood Plank Pizzas •

Finished with extra virgin herbed olive oil.

- ROMA PEPPERONI** 12
homemade herb marinara, pepperoni, arugula, balsamic vinaigrette, mozzarella cheese
- CHICKEN CAESAR** 13
caesar sauce, roasted chicken, double-smoked bacon, arugula, mozzarella and parmesan
cheese, tomatoes
- KINGSTON TRIO** 13
homemade herb marinara, double-smoked bacon, andouille and mild Italian sausage,
red onions, mozzarella
- GARDEN** 12
pesto cream, peppers, red onions, roma tomatoes, goats feta

• Kingston Burgers •

All burgers are served with fresh-cut french fries and caesar salad.

- MUSHROOM SWISS PRIME RIB BURGER** 13
seasonal wild mushroom mix and mayonnaise
- BACON CHEESE PRIME RIB BURGER** 13
double-smoked bacon, cheddar cheese and mayonnaise
- PRIME RIB BURGER** 11
with mayonnaise. Add cheddar cheese 1.00
- MONEY'S MUSHROOM GARDEN BURGER** 10
sundried tomato aioli
- TERIYAKI WILD SALMON BURGER** 14
wild Sockeye grilled medium rare, harissa mayo

*All burgers are seasoned
with our Kingston spice blend
and served on sourdough
kaiser with lettuce, tomato
and sliced red onion.*

• Kingston Sandwiches

All sandwiches are served with fresh-cut french fries and caesar salad.

- ROAST CHICKEN SANDWICH ON BAGUETTINI** 11
marinated chicken thighs, sundried tomato aioli, smoked cheddar, tomato, arugula
- BEEF DIP SANDWICH** 14
regular or bbq, served on a toasted filone with garlic butter make it a philly for 2.00 extra
- SHRIMP CLUB ON CIABATTA** 11
harissa mayo, double-smoked bacon, lettuce, tomato, red onion
- CHICKEN AVOCADO CLUB ON CIABATTA** 12
double-smoked bacon, lettuce, tomato, mayonnaise
- BBQ FLAT IRON STEAK SANDWICH** 15
gorgonzola baguette, with crispy fried onions
- GRILLED VEGETABLES ON CIABATTA** 10
grilled marinated vegetables, brie, mixed greens
- ROAST TURKEY ON FILONE** 12
Dijon honey mayo, double-smoked bacon,
cheddar cheese, mixed greens, tomato

