



Heartland Café & Restaurant
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APPETIZERS

V O F G TOMATO BASIL SOUP

A savory blend of zesty tomato, olive oil, balanced with fresh basil, garlic, thyme. ... 7 / 10
* Gluten free options available. *

CHEESE BOARD

A delectable selection of carefully chosen cheeses, easily enjoyed as an appetizer and delightful when paired with some of our diverse wines. ... 16
* Gluten free options available. *

CHARCUTERIE BOARD

Chef's Selection of five meats (salami and sausages), sun-dried tomato goat cheese, toasted baguette. A tempting, light, yet satisfying arrangement of flavours and textures. ... 19
* Gluten free options available. *

SALADS

Add: Grilled Salmon (6 oz) 16 Pecan Chicken Breast (6 oz) 12
Sautéed Garlic Shrimps (6pcs.) 16

CHEF'S SALAD

Chef's Special! Grilled tender chicken breast paired with healthy quinoa, bacon bits, feta cheese, tomato, lettuce, spring onions, bell pepper, hard-boiled eggs, avocado, toasted croutons and cucumber. This is a protein packed delight. ... 20

ROASTED BEET SALAD WITH GOAT CHEESE

The most quintessential Heartland dish! A melody of vibrant red and gold slow roasted beets, mixed crisp lettuce, creamy goat cheese, balanced with juicy mandarin orange segments, pickled onion, roasted pumpkin and sunflower seeds, best, if tossed with our homemade feta dressing. ... 10 / 18

GARDEN SALAD

Crisp leafy lettuce, juicy ripe tomato, cucumber, celery, spring onions, bell pepper, carrots, pickled onion, green onion, roasted pumpkin seeds and sunflower seeds. ... 7 / 12

CAESAR SALAD

Crisp romaine lettuce tossed with our coveted homemade Caesar dressing, croutons, zesty bacon bits, and lightly covered with shredded parmesan cheese. ... 9 / 16
* Gluten free options available. *

BURGERS & SANDWICHES

(All Burgers are served with your choice of side soup, side garden salad, baked baby potato, fries or coleslaw, Add 2 for Caesar 3 for beet salad.)

GREEK CHICKEN BURGER

These super fresh Greek Chicken Burger is made with wholesome ingredients that are stuffed with all the Greek flavors we love! Indulge with Greek yoghurt, feta cheese, oregano, cucumber, a bit of onion, fresh lemon and peppers for the perfect Greek spin. ... 20
* Gluten free options available. *

GRILLED SALMON WRAP

Grilled fresh salmon complimented with crisp lettuce, juicy tomato, fresh cucumber, and green onion, finished with the perfect drizzle cream cheese. ... 20

HEARTLAND CHICKEN AND BRIE SANDWICH

Slow roasted and perfectly seasoned moist chicken breast, complimented with a silky double cream brie, perfectly tart sliced Granny Smith green apple, and baby spinach, lightly finished off with a signature winter spiced date jam. ... 20
* Gluten free options available. *

VEGGIE BURGER

Beautifully charred, savoury veggie patty, topped with roma tomato, fresh cucumber, mayonnaise, lightly stacked on freshly baked sesame burger bun. ... 20
* Gluten free options available. *

HEARTLAND BURGER

A generous half pound of local Certified Angus Beef® chuck, ground in-house daily. Finished with two juicy applewood-smoked bacon strips, lightly melted cheddar cheese, our secret homemade burger sauce, red onion, lettuce, roma tomato, pickle. This burger is the perfect indulgence. ... 22
* Gluten free options available. *

PHILLY STEAK SANDWICH

Aged Certified Angus Beef® tenderloin, paired with bell peppers, onions, then stacked on a fresh baguette and topped with a complimenting rich melted cheese. ... 24
* Gluten free options available. *

PASTAS

FOUR CHEESE CREAMY SPINACH GNOCCHI WITH ROASTED VEGETABLE AND ARUGULA

Soft pillowy, In-house fresh-made potato gnocchi coated in a silky cheesy sauce made of four different cheeses. Topped with perfectly roasted vegetables. This combination will make your taste buds dance for joy. ... 22

PESTO TAGLIATELLE WITH PROSCIUTTO AND ARUGULA

The best balance of flavors all in one bowl of homemade pasta. Each bowl is finished with warm prosciutto and lemon tossed arugula. Delicious...especially with an extra sprinkling of parmesan and a squeeze of lemon on top. ... 26

TOMATO BASIL PENNE PASTA

A timeless classic, penne pasta, fresh tomato, basil, and garlic finished on top with aromatic ground Parmigiano-Reggiano and garlic toast. ... 16

CREAMY TOMATO PASTA

This timeless, classic pasta welcomes silky cream cheese, fresh tomato, basil, and garlic. Finished with aromatic fresh ground Parmigiano-Reggiano and garlic toast. ... 18

TAGLIATELLE AL NERO DI SEPPIA CON GAMBERETTI

In house fresh-made tagliatelle, coloured with squid ink, paired with shrimp, finished with garlic, olive oil, and sun-dried tomato. Served with fresh garlic toast. ... 32

10% OFF All pick up orders

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TRIPLE CHEESE PASTA

Penne pasta, shredded white cheddar, Parmesan and Gruyere cheese, house-made cream sauce, garlic toast. ... 16

M A I N S

THAI RICE BOWL

Thai jasmine fried rice, pan fried vegetables, mushroom, lightly paired with soy sauce, ginger, complimented with zesty lemon grass, lime, garlic, cilantro, peanuts and sesame seeds. This dish is a welcomed escape. ... 19

* Add: Grilled salmon (6 oz) 13 Pecan Chicken Breast (6 oz) 9 Sautéed Garlic Shrimps (6pcs.) 13 Confit Cod 13 *

OSSO BUCO

Ossobuco is a classic Milanese dish of braised veal shanks in a hearty wine- and vegetable-based sauce. The marrow in the shank bones bathes everything in it's rich flavor as it renders during the braise, while a bright mixture of parsley, lemon zest, and garlic (known as gremolada in Italian) finishes this savory dish off. ... 36

FALL-OFF-THE-BONE OVEN BAKED PORK RIBS

Mouthwatering, seasoned, juicy and tender Pork Ribs paired with oven-baked potatoes with a hint of rosemary, in house-made red cabbage coleslaw with corn. ... 34

HEARTLAND PECAN CHICKEN

Our most loved, signature dish. Served with our vegetable fried rice nested with in blanched savoy cabbage leaf, served with velvety creamy corn sauce. Once you have tried it you will understand why it has become so famous. ... 30

FRIED PANKO-CRUSTED COD FILLETS

We serve the crispy baked fish with refreshing mix of cucumber, garlic, fresh herbs, yogurt and lemon wedges, a perfect balance of light flavours. ... 30

GRILLED SALMON WITH CAULIFLOWER RISOTTO

Fresh and perfectly grilled Atlantic salmon, served with naturally creamy risotto and warming cauliflower. ... 36

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RIB EYE STEAK

Aged Certified Angus Beef® served with pan-fried, roasted, and lightly seasoned potatoes, crispy thick bacon, onion, fresh tomato, bell pepper, with a zesty roasted red pepper puree. ... 45

AGED FILET MIGNON

Aged Certified Angus Beef® complimented by shallot, green and red onion, mushroom roasted potatoes, smooth and silky garlic sauce, bacon chips. ... 48

S I D E S

OVEN-BAKED POTATOES WITH A HINT OF ROSEMARY ... 4

FRIES ... 4

GRILLED CHICKEN BREAST (6 OZ) ... 9

GRILLED PECAN CHICKEN BREAST (6 OZ) ... 12

SAUTÉED GARLIC SHRIMPS (6PCS.) ... 16

GRILLED SALMON (6 OZ) ... 16

S O F T D R I N K S

COCA-COLA, 7 UP, CANADA DRY, NESTEA LEMON, DIET COKE, GINGER ALE ... 1.20

10% OFF ALL PICK UP ORDERS



D E S S E R T

COLOSSAL CARROT CAKE

Two layers of moist, spicy carrot-laden cake with crushed pineapple, walnuts and coconut. chocolate drizzle finishes it. Toasted almonds skirt the sides. ... 9

TURTLE CHEESECAKE

Candied pecans and milk chocolate chunks wrapped in a vanilla cheesecake batter, topped with a white fond, brownie cubes, more pecans and chocolate chunks, then drizzled with chocolate and caramel. ... 9

CHOCOLATE CAKE

Four layers of decadent chocolate cake separated by rich chocolate fudge icing. Finished with a dark chocolate glaze and skirted with fine pajets. ... 10

SALTED CARAMEL CHEESECAKE

The perfect paring of sweet and salty. A delectable white chocolate cheesecake baked atop a chocolate cookie graham base. Topped with our rich homemade salted caramel. ... 9

10% OFF All pick up orders

WE THANK ALL OF OUR GUESTS FOR YOUR CONTINUED SUPPORT! PLEASE FOLLOW US ONLINE OR VISIT US FOR OUR LATEST NEWS. WWW.HEARTLANDCAFE.CA