

Upper Canada Food Guide

Vol. 1, Issue 1

Serving up delicious food to all of Niagara-on-the-Lake

Jan. 13, 2022

NOTL restaurants **band together**

Pullout newspaper menu lets people know what's available and encourages supporting local during lockdown



From left: Anett and Todd Kane (Budapest Bakeshop), Adam Brooker (The Irish Harp Pub), David Watt (The Garrison House), Ryan Crawford (Ruffino's Pasta Bar & Grill and BarBea), Paul Dietsch (Sandtrap Pub & Grill) and Paul Harber (Ravine Vineyard Estate Winery). Missing is Kelly Turner of The Angel Inn. These restaurant runners have banded together to put this takeout menu out for the community, to encourage people to support local during continued lockdown restrictions that put a halt on indoor dining. RICHARD HARLEY

The Food Guru Upper Canada Food Guide

It was an idea cooked up by some of Niagara-on-the-Lake's top chefs and restaurateurs — to give Niagara-on-the-Lake residents a one-stop shop to support local during this round of pandemic lockdowns.

The goal? Encourage people to help our area restaurants by ordering takeout, while in-person dining is shut down.

The end result is the Upper Canada Food Guide, this exclusive, limited-edition pull-out section.

This "menu of menus" contains several hybrid menus from NOTL restaurants, so you can easily check out the deals of the week and find something to suit your cravings.

Pull it out of the paper right now and put it on the fridge as a reminder to keep supporting local.

Also included weekly in the pullout menu will be a story about one of the businesses within.

Read The Lake Report weekly to find out about your favourite restaurants and chefs, and to check up on new menu items and delicious meals.

“ If NOTL restaurants could tie their ships together during this storm, it would help protect them all from the dangerous waters that lockdowns bring.”

THE FOOD GURU

There are a maximum of 12 spots available weekly, but if you're a NOTL restaurant owner and would like to be a part of this initiative, email Megan@niagaranow.com.

Mindful of the tough times restaurants are facing, we're offering the ads at substantially reduced prices.

The Lake Report is

excited to team up with NOTL chefs to bring something once-in-a-lifetime to our town during these worrisome times. As a small business we know first-hand the challenges associated with lockdowns.

We live it, too.

So it's our pleasure to provide this menu at a minimal cost to NOTL's

dedicated food establishments. It helps us help everyone.

A bit of background: The idea for this menu comes from chef Ryan Crawford of Ruffino's and BarBea. He wanted to do something to help promote all NOTL restaurants. Crawford thought that if restaurant operators could tie their ships together during this storm, it would help protect them all from the dangerous waters that lockdowns bring.

By creating a foundation for all, stability can be formed. And we can do it at a minimal cost to those

already suffering from lower revenues due to the loss of in-person dining.

We applaud Crawford and all of the businesses involved in this project. We are a tight-knit community and it shows in times like these when businesses, all competing for customers, can stick together and find ways to bring each other up.

Found in this week's issue are menus for: Ruffino's Pasta Bar & Grill and BarBea, The Garrison House, Ravine Vineyard Estate Winery, The Irish Harp Pub, The Olde Angel Inn, Budapest Bakeshop.

LIVE NOTL. SHOP NOTL. EAT NOTL.

BAR BEA

ontario's largest independant family owned & operated bottle shop
over 400 different wines in store | retail pricing | VQA | international | NON-LCBO
open daily 12-8 | 289-272-1242 | 242 mary street NOTL

TAKEOUT & DELIVERY DAILY 12-8

Ruffino's

Antipasti 289-819-0179

WOOD-FIRED SOURDOUGH FOCACCIA | olive oil | balsamic 7
SOUP | winter root vegetable minestrone 12 (500ml)
CAESAR SALAD | romaine | sourdough | traditional dressing 12
CALAMARI FRITTI | lemon | jimmy nardello chili aioli 19
THE GREAT BAMBINO | cured meats | cheeses | foccacia | olives 36

Pizza

THE OG | basil | sauce pomodoro | fior de latte 22
PEPPERONI | mozzarella | sauce pomodoro 22
THE RUFFINO | sausage | piacentino | cacciatore | ricotta | pomodoro 24
THE DANIELLA | roasted garlic | kale | lemon | potato | rosemary 22
THE BEATRICE | mushroom | crema di pecorino | black pepper | nduja 23

Pasta

SPAGHETTI CARBONARA | pancetta | farm fresh egg | black pepper 28
TORTELLINI | roast chicken brodo(broth) 28
PORK RAGU A LA BOLOGNESE | rigatoni | parmigiano reggiano 28
SPAGHETTI & MEAT BALLS | tomato | basil | parmigiano 26
2lb BAKED SEAFOOD "MAC N' CHEESE" | shrimp | scallop | lobster 38

Secondas includes 2 contori*

BONE-IN PORK SCALLOPINI | lemon | caper | butter 29*
GRILLED VEAL CHOP | marsala & mushroom cream sauce 39*
"EGGPLANT PARMESAN" | marinara sauce | mozzarella | sourdough 29
WOOD-OVEN 1/2 CHICKEN "SALTIMBOCCA" | sage | lemon | prosciutto 29*

Contori

WOOD-FIRED PARSNIPS | balsamic reduction 11
BROCCOLI SPRIGARELLO | lemon | garlic | anchovie 11
POLENTA | grass-fed butter | parmigiano 10
WOOD-OVEN ROASTED POTATOES | rosemary | preserved lemon 10
WOOD-FIRED NAPA CABBAGE | parmigiano | pine nuts | thyme 11

Dolci

CHOCOLATE PANNA COTTA | paw paw dulce de leche 9
TIRAMISU | coffee | cocoa | mascarpone 9

鄧 SHI TONG CHINESE 鄧

Takeout & Delivery | Tuesdays 12-8pm
242 Mary Street | 289-272-1242

APPETIZERS

"Not Your Average Chicken Balls" (6) \$12 crispy chicken lollipops lowrey bros sweet & sour sauce	Mama Tong Egg Rolls (2lg) \$12 garlic bean sprouts niagara plum sauce Steamed Jasmine Rice \$4	BBQ Pork Bao (3) \$12 linton pork char sui steamed sourdough bun pickled root cellar veg
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RICE | NOODLES | STIRFRY

Shi-Tong Cantonese Chow Mein \$18 house extruded egg noodles beansprouts broccoli	Beef & Broccoli \$20 crispy fried flat iron beef carrot ginger garlic sauce broccoli
General Tso's Chicken \$18 dried gochujang peppers scallion	Yangzhou Shrimp Fried Rice \$18 bbq pork shrimp peas carrots scallion farm egg

\$69 SPECIAL PEKING DUCK DINNER

Peking Duck Bone Broth roasted duck leg wonton	Tong's Wood Oven Roasted Peking Duck roast duck breast slices crispy duck skin tong duck sauce steamed pancakes (6) cucumber & scallion
Tong Stir Fried Shredded Peking Duck water chestnut bamboo shoot mushroom fried vermicelli noodles	

the IRISH HARP pub

FREE DELIVERY IN OLD TOWN

POPULAR MENU ITEMS

- Shepherd's Pie Potato Skins** \$17
Potato skins, champ, ground beef, corn , peas, cheese, gravy
- Shrimp Wrap** \$17
Tortilla, breaded shrimp, lettuce, tomato, Guinness mayo
- Prime Rib Sandwich**..... \$18
Prime rib, mozza, mushroom, onion, gravy, ciabatta
- Chicken Curry** \$21.50
Chicken, yellow curry, jasmine rice, mango chutney, bread
- Shepherd's Pie** \$19.50
Ground beef, sweet peas, corn, gravy, cheese, veg and champ
- Irish Hot Pot** \$22.50
Steak & Guinness pie, St. Pat's Irish stew, veg and champ
- Fisherman's Wharf** \$21
Haddock, four coconut shrimp, slaw, lemon, tartar, fries
- 1pc/2pc Haddock or Cod** \$16.50/\$19.50
Haddock or cod, slaw, lemon, tartar, fries
- Maple Glazed Salmon** \$24
Atlantic salmon, maple, veg, rice
- Apple Crumble Rumble** \$9
Pecan ice cream, caramel sauce

Please visit theirishharppub.com for further details on our menus/specials or events. Now featuring an outside heated patio with weekend entertainment.

905-468-4443 | 245 King St.

BUDAPEST BAKESHOP

— CHIMNEY CAKES —

POPULAR MENU ITEMS

- SWEET CHIMNEYS**..... \$6.50
Original, Cinnamon, Coconut, Poppyseed or Walnut (\$6.75)
- SWEETS WITH A SPREAD**..... \$8.75
Nutella and Walnut, Oreo Cheesecake, Coconut Cheesecake, Strawberry Cheesecake or Walnut Cheesecake
- CHIMNEY SANDWICHES**..... \$10.95
Black Forest Ham, Hungarian Salami, Spicy Genoa, Veggie or Turkey (\$11.25)
- SAVOURY CHIMNEYS**
 - Aged Cheddar and Herb**..... \$8.00
 - Jalapeno and Cheddar**..... \$8.25
 - Bacon and Cheddar**..... \$8.25
 - Sundried Tomato and Monterey Jack**..... \$8.25
 - Spicy Salami and Cheddar**..... \$8.25
 - Pizza - Monterey Jack and Pepperoni**..... \$8.25
- SAUSAGE CHIMNEY**..... \$10.95
Hungarian Debreceni Sausage inside our aged Cheddar & Herb Chimney, pickle and mustard on the side.

118 Queen St.
905-468-7778
www.budapestbakeshop.com



RAVINE VINEYARD

ESTATE WINERY

POPULAR MENU ITEMS

Check out our website for a full menu!

BACON AND BRUSSELS SALAD | 14 | GF

Lennox Farm's shaved and roasted brussels sprouts, wedge, parmesan cheese, classic caesar dressing, sourdough crouton, black pepper.
+ Add roasted and rubbed organic chicken breast | 9 | GF
+ Add roasted and rubbed Kuterra Salmon | 9 | GF

MARGHERITA ROMANA PIZZA | 26

Organic flour Roma dough, house-made red sauce, fior di latte, fresh basil pesto, extra virgin olive oil.
+ add house-made garlic dipping sauce | 2

RAVINE BURGER | 20

7 oz. Cumbrae's beef, Dre's bun, American cheese, house-made kosher dill pickle, comeback sauce, house cut fries.
+ change to gluten-free bun | 2 | GF
+ add extra cheese | 1

BEEF SHORT RIB | 36 | GF

8 oz. master-stock braised short rib, black garlic sauce, creamed swiss chard, fried brussels sprouts, buttery mashed potatoes, pickled chili.

ROASTED KOREAN CHICKEN | 28

Organic Yorkshire Valley Farms roasted, ginger and soy marinated 1/2 chicken, radish and daikon pickles, house-made kimchi, gochujang, fried rice.

FISH & CHIPS | FRIDAYS ONLY

Sustainably caught Pacific cod, Lowrey Bros. pear cider gluten free batter, house cut fries, mushy peas, coleslaw, Ravine tartar sauce.
1 pc. 18 | 2 pc. 28 | 3 pc. 56

10% OFF IN OUR RETAIL STORE!

Add your favorite bottle of Ravine wine or Lowrey Bros. cider to your takeaway extravaganza! Simply present your takeaway receipt to receive 10% off wine, cider and all grocery items in our retail store.

905-262-8463 | ravinevineyard.com/Dining



Open 7 days a week, noon till 7 p.m.

POPULAR MENU ITEMS

Grilled Salmon on Mixed Greens \$16.99

Chicken Pot Pie \$15.99

Daily homemade pot pie

Homemade Burgers \$13.49+

7 oz. homemade. Additional toppings | \$1.25

Pub Style Fish & Chips \$14.99

8 oz. beer battered haddock

Stone baked Pizza and Wings

See online menu for prices and specials

Oven Roasted Turkey Clubhouse \$13.99

with fries, soup or salad

Lasagna \$15.99

with Caesar Salad and Garlic Toast

Wraps and Sandwiches \$13.99

Mac and Cheese \$11.99

Additional toppings extra | \$0.99

Appetizers \$5.99 and up

Wontons, fried pickles, mozza sticks, garlic fingers and more. See website for full selection.

For more items check out our menu

at sandtrappub.com

905-468-8727 | 358 Mary St.



THE OLDE ANGEL INN

est. 1789

POPULAR WEEKLY SPECIALS

Soup and Sandwich \$14.95

One of our famous sandwiches accompanied with homemade soup.
Monday - Thursday & Saturday (11 a.m. to 4 p.m.)

Check social media for selection

Snack in a Bowl \$10

Choose from various snacks like our legendary fish sticks & fries.

Check social media for selection

Fish Friday

One piece \$18 | Two piece \$25

8 oz. award-winning haddock with chips, coleslaw and tartar sauce.

Add an order of mushy peas

Sunday Roast Beef Dinner

Dinner for one \$20 | Dinner for two \$38

Slow roasted beef served with Yorkshire pudding, roasted potatoes, peas, carrots & turnips, smothered in a classic Guinness gravy.

Add a draught beer growler (3 pints)

Domestic \$15, Imported \$20. Bottle deposit of \$5*

224 Regent St. | 905-468-3411
oldeangelinn.com



THE GARRISON HOUSE

WEEKLY FEATURES

Limited quantities

"Fry" Day Fish Fry

Available all day

Sunday Prime Rib Dinner

Available after 4 p.m.

Pre-orders are gladly accepted
and recommended.

Open for takeout

Wednesday - Sunday

1 p.m. - 7 p.m.

Menu changes regularly

Visit our website to view the menu

www.thegarrisonhouse.ca

905-468-4000

Thank you for your support!



OPEN DAILY

905-468-4443

OLD TOWN NEWS

THE IRISH HARP EXPANDS OFFERINGS TO SERVE GUESTS

PATIO IS OPEN FOR BUSINESS

WITH LIVE ENTERTAINMENT EVERY WEEKEND.



The Irish Harp Pub is open daily starting at noon for patio dining, takeout & delivery service. In an effort to continue to offer great options for our guests, we have re-introduced many of our features from last season to help everyone get through the current closures.

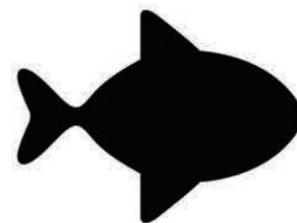
We have Live Entertainment on our back patio every Friday, Saturday, and Sunday (*weather permitting*) for anyone who wants to come and join in on the fun. We have heaters pumping and a tent set up to help with the wind. Our number one priority is the safety of our staff and guests. Whether you want to come join us on our patio, or you prefer takeout or delivery, you can do so confidently knowing that we take careful precautions every step of the way to keep everyone safe. Thank you all for your continued support. We look forward to serving you soon!

EXTRA! EXTRA!
FREE OLD TOWN DELIVERY IS BACK

TRY OUR NEW MENU ITEMS

- SALMON WELLINGTON
- SHEPHERD'S PIE POTATO SKINS
- CHEESY CHICKEN BLT
- IRISH COBB SALAD

SAVE BIG WITH OUR WEEKLY FEATURES...

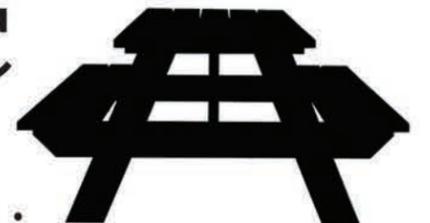


FISH FRIDAY

PRIME RIB SUNDAY

DAILY SPECIALS

PICNIC PACKS



FEATURING:
CRISPY FRIED CHICKEN

& FAMILY FEASTS
FEEDS 4 FOR \$60



ENJOY YOUR FAVOURITE DRAFT BEER AT HOME.

VISIT THEIRISHHARPPUB.COM FOR THE MOST UP TO DATE INFO