



The HourGlass Restaurant & Lounge

183 Cedar St Sudbury ■ 705-674-5277

Monday to Thursday 11:30am to 10:00pm ■ Friday 11:30am to 11:00pm ■ Saturday 4:30pm to 11:00pm ■ Sunday 4:30pm to 9:00pm

STARTERS

All menu items are either prepared or available Gluten-free. Please ask your server.

Bocconcini Bruschetta

Garlic crostini with marinated roma tomatoes, bocconcini cheese and balsamic glaze. **\$9**

Bocconcini Meatballs

Two over sized meatballs stuffed with bocconcini cheese smothered in a mild or spicy marinara sauce. **\$12**

Goat Cheese Fondue

Creamy goat cheese with garlic & white wine served with garlic crostini. **\$12**

Calamari

Seasoned, fried and served with garlic aioli or spicy marinara. **\$11**

Chicken Wings

Lightly dusted crispy chicken wings with your choice of sauce. Mild, medium, hot, suicide, honey garlic or cajun. **\$11**

Chicken Strips

Strips of white meat, breaded & deep fried with your choice of dipping sauce. **\$9**

Coconut Shrimp

Jumbo tiger shrimp, seasoned & rolled in coconut, fried and served with a sweet mango sauce. **\$13**

Mussels

P.E.I. mussels served in your choice of, a creamy garlic wine sauce with diced tomatoes and fresh basil, a creamy curry sauce or spicy tomato sauce. **\$12**

Nachos

Tri-colour corn tortillas with melted mixed cheese, feta, jalapenos, salsa and sour cream. **\$11** (add guacamole \$1)

Antipasto

Italian meats, roasted red peppers, an assortment of cheeses, pepperoncini peppers, marinated roma tomatoes and kalamata olives. **\$17**

KIDS

(for kids 12 and under)

Gourmet mini burger served with fresh cut fries.	\$7
Little Pasta served with cream sauce, marinara, cheese sauce or butter.	\$6
Honey Garlic wings served with fresh cut fries.	\$7
Nachos with melted cheese, salsa & sour cream.	\$6
Grilled Chicken on rice.	\$8
Chicken Strips served with fresh cut fries.	\$8

SOUP & SALADS

All soups & salads are served with a garlic crustini. Gluten-free substitute available upon request.

Soup of the Day

Homemade soup. **\$5**

House

Spring mix, grape tomatoes, cucumber, roasted red peppers and red onions with an olive oil herb balsamic vinaigrette. **\$8**

Caesar

Fresh romaine with a creamy garlic dressing, capers, bacon and shaved parmesan. **\$9**

Greek

Feta, Kalamata olives, red onions, roasted red peppers, cucumber & tomatoes with a lemon herb vinaigrette. **\$9**

Tomato & Bocconcini

Marinated tomatoes & bocconcini cheese with a balsamic glaze. **\$9**

Spinach

Spinach, roasted red peppers, red onion, toasted sesame seeds and bacon in a spicy mango dressing. **\$9**

HourGlass Salad

Spring mix, pecans, feta, roasted red peppers, strawberries, red onions, tossed in our house dressing. **\$13**

Add chicken (\$4) or salmon (\$5) to your salad.



N.Y. Strip

Grilled & served with your choice of potato & creamy garlic mushrooms. **\$26**

(Turn it into a pepper steak for \$1)

Nutty Stripper

N.Y. cut striploin rolled in toasted almonds & pecans, topped with goat cheese, served with a red wine reduction, vegetables and your choice of potato. **\$28**

Goat Cheese Stuffed Chicken

Grilled chicken stuffed with goat cheese on a bed of sautéed spinach & garlic served with rosemary mashed potatoes. **\$19**

PASTAS

Gluten-free option add \$2

Carbonara

Linguini with prosciutto & our mushroom blend in a white wine cream sauce. Served with parmesan & a garlic crostini. **\$16** Lunch Size. **\$11**

Roasted Red Pepper Salmon

Salmon, roasted red pepper, spinach & white wine cream sauce, served on linguini. **\$17** Lunch Size. **\$12**

Very Vegan

Gluten free penne with olive oil or marinara sauce, spinach, roasted red pepper, roasted garlic, red onion & mushrooms. **\$16** Lunch Size. **\$11**

Spicy Bocconcini Meatball Linguini

Two over sized meatballs stuffed with bocconcini cheese served on linguini in a spicy marinara sauce. **\$17** Lunch Size. **\$12**

Shrimp & Prosciutto Pasta

Shrimp, prosciutto, cherry tomatoes, garlic, onions, chili flakes and baby spinach served on linguini tossed in olive oil. **\$17** Lunch Size. **\$12**

Seafood Linguini

Shrimp, mussels, calamari, roasted red peppers, and broccoli served on linguini tossed in white wine cream sauce. **\$18**

MAIN COURSE

All menu items are either prepared or available Gluten-free. Please ask your server.

Tarragon Chicken

Marinated grilled chicken breast topped with sautéed mushrooms and a tarragon cream sauce. Served with fresh vegetables and rice. **\$19**

Parmesan Crusted Pork Chop

10oz bone in parmesan crusted pork chop served with creamy garlic mushrooms & a baked potato. **\$19**

Atlantic Salmon

Grilled Atlantic salmon topped with tomato basil salsa and served with fresh vegetables and rice. **\$21**

BURGERS ETC.

Gluten-free bun available for all burgers & sandwiches (add \$1).



Burger

A grilled gourmet burger. **\$11**

Pepper Burger

Our grilled gourmet burger loaded with cracked black pepper, topped with honey dijon mayo. **\$12**

Nutty Burger

Our grilled gourmet burger rolled in toasted almonds & pecans topped with goat cheese. **\$14**

Swiss Mushroom Burger

Our grilled gourmet burger topped with sautéed mushrooms and swiss cheese. **\$13**

The Big Popper

Inspired by the jalapeno popper, our gourmet burger is topped with deep fried jalapeno cream cheese and pico de gallo. **\$14**

Sriracha Onion Burger

Our grilled gourmet burger with garlic and chive cream cheese topped with caramelized sriracha onions. **\$13**

Meatless Mushroom Burger

A Portabella mushroom cap sautéed with garlic, topped with button mushrooms & swiss cheese. **\$11**

Cheddar & Bacon Chicken Sandwich

Grilled chicken breast with melted cheddar, crispy bacon, lettuce, tomato and mayo. **\$13**

Crispy Chicken Sandwich

A gigantic crispy chicken breast topped with cheddar cheese and sriracha mayo. **\$13**

P.L.T.

Prosciutto, lettuce & tomato on a garlic baguette. **\$10**

Fish & Chips

Battered, deep fried and Gluten-free. **\$14**

All burgers & sandwiches are served with fresh cut fries or choice of side house or caesar salad. (substitute side greek - add \$1)

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