

DINNER

STARTERS

- VC BRIE CROSTINI | 7.45**
ADD HONEY ROASTED PEAR (\$2.45)
WITH ROASTED GARLIC
- VC BRUSCHETTA | 7.45**
ADD BRIE (\$3.45), CHÈVRE (\$3.45)
- VC ROASTED GARLIC CHICKPEA HUMMUS | 7.45**
- V GUACAMOLE | 7.45**
- V SALSA | 7.45**
WITH TORTILLA CHIPS
- 1 LB WINGS | 14.45**
CHOOSE ONE
HONEY GARLIC / FRANK'S BUTTER
- CURRIED CRAB CAKES | 12.45**
WITH CHIPOTLE AIOLI
- FRIED CALAMARI | 14.45**
WITH TZATZIKI
- GF 1 LB MUSSELS | 15.45**
WHITE WINE, PESTO, CREAM,
GARLIC, ONION, BABY SPINACH
- GF VC EPIC 3 CHEESE NACHOS | 17.45**
ADD 6OZ GROUND CHUCK (\$6.95)
6OZ SMOKED OR GRILLED CHICKEN (\$6.95)
TORTILLA CHIPS, CHEESE BLEND, KALAMATA
OLIVES, GRILLED BELL PEPPER, PICO DE GALLO,
SALSA, SOUR CREAM, GUACAMOLE

SALADS

- GF** ADD GRILLED CHICKEN BREAST (\$6.95)
- GF** 5 GRILLED TIGER SHRIMP (\$6.95)
- GF** GRILLED SALMON (\$15.95)
- GF VC ARUGULA SALAD | 7.95/13.95**
HONEY ROASTED PEAR, ROASTED PECANS,
CHERRY TOMATOES, CHÈVRE,
BALSAMIC VINAIGRETTE

- GF V KALE SALAD | 7.95/13.95**
SUGAR SNAP PEAS, PINE NUTS, ONION SPROUTS,
CARROTS, LEMON TAHINI DRESSING
- GF V MIXED GREENS & ROOT VEGETABLES | 7.95/13.95**
MIXED GREENS, RED BEETS, BUTTERNUT SQUASH,
ONION SPROUTS, CARROTS, ROASTED
SUNFLOWER SEEDS, DRIED CRANBERRIES,
CARAMELIZED SHALLOT DRESSING
- GF V HARVEST SALAD | 16.95**
QUINOA SALAD, ARUGULA, AVOCADO SLICES,
BABY SPINACH, PEA SHOOTS, PICKLED RED
ONIONS, KALE, TOASTED PUMPKIN SEEDS,
RED RADISH COINS, FRESH MINT,
BLUEBERRY CITRUS VINAIGRETTE

TACOS

- GF** SERVED ON A SOFT TORTILLA CORN TORTILLA AVAILABLE
- SMOKED CHICKEN TACO | 7.45**
GUACAMOLE, PICO DE GALLO, MARINATED
CABBAGE, PEA SHOOTS, CHIPOTLE AIOLI
- PULLED PORK TACO | 7.45**
GUACAMOLE, PICO DE GALLO,
MARINATED CABBAGE, PEA SHOOTS
- FISH TACO | 7.45**
GUACAMOLE, PICO DE GALLO, MARINATED
CABBAGE, JALAPEÑOS, CHIPOTLE AIOLI
- V ROASTED CAULIFLOWER TACO | 7.45**
GUACAMOLE, PICO DE GALLO,
MARINATED CABBAGE, ONION SPROUTS
- TACO FLIGHT | 19.95**
CHOOSE ANY THREE

- 1 OF 2 -

GF GLUTEN-FREE **VC** VEGETARIAN **V** VEGAN

INSOMNIA EST. 1997

DINNER

SANDWICHES

ADD STRIP BACON (\$3.45), GUACAMOLE (\$3.45),
BRIE (\$3.45), CHEVRE (\$3.45)

AVOCADO SMOKED CHICKEN | 11.45
CIABATTA, BRIE, RED ONION, AVOCADO AIOLI

INSOMNIA BURGER | 11.45
COOKED MEDIUM
MILK BUN, 6OZ GROUND CHUCK, CHEDDAR,
LETTUCE, TOMATO, RED ONION, PICKLE,
GARLIC AIOLI

FRIED CHICKEN THIGH SANDWICH | 11.45
SUBSTITUTE FRIED CHICKEN BREAST (\$2.95)
MILK BUN, STRIP BACON,
CREAMY SLAW, ZARKON SAUCE

STEAK SANDWICH | 15.45
COOKED MEDIUM
CIABATTA, SAUTÉED ONIONS & MUSHROOMS,
CHEESE BLEND, ARUGULA, CHIPOTLE AIOLI

V VEGETABLE WRAP | 10.45
ADD CHICKEN BREAST (\$6.95)
SUNDRIED TOMATO TORTILLA, QUINOA SALAD,
ONION SPROUTS, ARUGULA, BABY SPINACH,
ROASTED SQUASH, GARLIC HUMMUS,
LEMON TAHINI DRESSING

FRIES

Gf Vc HAND CUT FRIES | 6.45
WITH GARLIC AIOLI

Vc SWEET POTATO FRIES | 8.45
WITH CHIPOTLE AIOLI

Gf Vc POUTINE | 10.95
ADD PULLED PORK 3oz (\$4.45)
HAND CUT FRIES, CHEESE CURDS, GRAVY

JUST SO YOU KNOW:

DINNER MENU: MONDAY - SUNDAY | 4:30PM - 11PM
LATE NIGHT MENU: MONDAY - SUNDAY | 11PM - 2AM

- NONE OF OUR MENU PRICES INCLUDE APPLICABLE TAXES
- A 15% GRATUITY MAY BE ADDED TO TABLES OF 6 OR MORE
- ALTHOUGH SUBSTITUTIONS SEEM EASILY ACCOMMODATED,
THEY AFFECT THE EFFICIENCY OF OUR SERVICE. FOR EACH
SUBSTITUTION A \$1.00 CHARGE WILL BE APPLIED TO THE BILL
- BECAUSE OF RISK OF CROSS CONTAMINATION OUR FOOD IS
NOT SUITABLE FOR THOSE WITH SEVERE ALLERGIES
- PLEASE NOTIFY YOUR SERVER OF ANY FOOD ALLERGIES
- FOR CATERING INFORMATION PLEASE VISIT OUR WEBSITE:
WWW.INSOMNIARESTAURANT.COM

PASTAS

SUBSTITUTE GLUTEN FREE PASTA (\$2.95)

CHICKEN LINGUINE | 20.95
\$1 FROM EACH SALE IS DONATED TO
ST. ALBAN'S BOYS & GIRLS CLUB
WHITE WINE, PESTO, CREAM, GARLIC,
ONION, TOMATO, FRESH PARMESAN

Vc WILD MUSHROOM PENNE | 18.95
SHIITAKE, CREMINI, OYSTER MUSHROOMS,
SPINACH, WHITE WINE PARMESAN
CREAM SAUCE

SHRIMP LINGUINE | 19.95
WHITE WINE, ROSÉ SAUCE, GARLIC, ONION,
GRILLED BELL PEPPER, SPINACH

OG MAC & CHEESE | 17.95
CHEESE BLEND, CREAM, BACON,
CRISPY ONIONS, PARMESAN

SPICY TOMATO PENNE | 18.95
RED WINE, MARINARA, ANDOUILLE SAUSAGE,
KALAMATA OLIVES, CHEVRE, SUNDRIED
TOMATOES, CHILI FLAKES

MAINS

Gf 10oz AAA NY STRIPLOIN STEAK | 27.95
RED WINE MUSHROOM REDUCTION
CHOOSE ONE
GARLIC MASHED POTATOES / FRIES WITH
GARLIC AIOLI / SAUTÉED VEGETABLES

FRIED CHICKEN 'N WAFFLES | 21.45
SUBSTITUTE FRIED CHICKEN BREAST (\$5.45)
BONELESS THIGHS, CREAMY SLAW,
HONEY-MAPLE BUTTER, ZARKON SAUCE

Gf GRILLED ATLANTIC SALMON | 23.95
POTATO KALE HASH, SUGAR SNAP PEAS,
CITRUS COMPOUND BUTTER

V WILD MUSHROOM & LENTIL SHEPHERD'S PIE | 19.45
CELERIAC & ROASTED CAULIFLOWER PURÉE,
KING OYSTER MUSHROOM,
MUSHROOM GRAVY

- 2 OF 2 -

Gf GLUTEN-FREE Vc VEGETARIAN V VEGAN

INSOMNIA EST. 1997