

WINES

5 oz / 8 oz / Bottle

White

Paradise Riesling, Ontario.....	13/22/65
Filodivino Verdicchio, Italy.....	12/20/60
Cooper's Hawk Barrel Fermented Chardonnay, Ontario.....	11/19/55
La Lot PinotGrigio, Italy.....	12/20/60

Red

Pearl Morisette Lemberger, Ontario.....	15/25/75
Chisohoo Xinomarvo, Greece.....	13/22/65
Domaine de Boissan GSM, France.....	12/20/60
Cave du Marmandais Bordeaux Blend, France.....	14/23/70

Sparkling / Chilled / Skin Contact

Opera Lambrusco.....	13/22/65
Pearl Morisette Roselana, Ontario.....	14/23/70
Les Vignerons D'Estezargues Carambouille, France.....	12/20/60
Villa Filoni Blanc de Blanc, Italy.....	11/19/55
Paradise Thirst Trap Sparkling red.....	12/250mL
Paradise Pet-Nat Vidal Sparkling Orange.....	12/250mL

**Half Price Bottles of Wine
Monday Night after 5pm**

BEER

Blood Brothers Blood Light Pale Ale (4.0%)	8 (355mL)
Burdock Ducks IPA (6.3%)	9.5 (473mL)
Cameron's Ambear Red Ale (5.0%)	8.5 (473mL)
East Street Dry Cider (6.0%)	9.5 (473mL)
Fairweather Donna Pilsner (5.2%)	8.5 (473mL)
Muddy York Gaslight Helles Lager (5.4%)	9 (473mL)
Nickelbrook Soccer Mom Hefeweizen (5.4%)	9.5 (473mL)
Nickelbrook Headstock IPA (7.0%)	9 (473mL)
Wilda Natural Spritzers (4.0%-5.0%)	9 (355mL)
Collective Arts Non-Alch Hazy Pale Ale (0%)	6 (355mL)

ASK ABOUT OUR ROTATIONAL BEER!

Non-Alcoholic Beverages

Nickelbrook 4.5

Ginger beer – Root beer

LOOP Probiotic Soda 6.5

Lemon/Ginger - Grapefruit - Clementine

Fresh Squeeze Juice 5

Orange - Grapefruit

House Iced Tea 4

Peach & Apricot - Blue Delta (d)

Parallel Lemonades 4

Mint – Peach – Aloe – Charred Pineapple – Strawberry & Basil

Parallel Cocktails & Pitchers

Rhu Berrymore (2oz/8oz)

Rhubarb gin, Aperol, Grapefruit, strawberry basil syrup, Sparkling wine 17/64

Purple Pudgie (2oz/8oz)

Black Currant Vodka, Bourbon, Brandy, Triple sec, Blue pea flower tea, lemon, cane sugar 16/60

Aloelujah (2oz/8oz)

Cucumber infused gin, aloe, lime, dill shrub, olive oil, salt & pepper 15/56

The Harry Nilsson (2oz)

Toasted coconut infused rum, charred pineapple syrup, lime, ginger beer, coconut cream 16

Sucker Punch (2oz/8oz)

Appleton V/X, Soho Lychee, Triple sec, Lime, sour cherry, plum bitters 15/56

The Void is Calling (2oz/8oz)

Espresso infused Tequila, Kahlua, Averna, Aztec chocolate bitters 16/60

Quick Cobbler (2oz)

Apricot/Raisin gin, Bourbon, lemon, vanilla, peach, vegan foamer, fernet-branca, sumac 17

Arak Cocktail Wednesdays

\$10 / \$36

Parallel Mocktails

Coconut Breeze

Charred Pineapple syrup, lime, ginger beer, coconut cream 6

Aloe-asis

Aloe, lime, dill shrub, olive oil, salt & pepper 6

Peach Palmer

Peach Nectar, Peach & apricot tea, Lemon, cane sugar 6

COFFEE & TEA

Fresh Mint Leaf Tea

2.75

Turkish Coffee

Cardamom spiced Brazil Blend (regular or decaf)

5

Specialty Hot Beverages

Chai Latte / Matcha Latte / Turmeric Latte / Hot Chocolate

4.75

Oat Milk / Vanilla Shot	Add Espresso Shot
0.50	1.50

Genuine Tea Selection

Assam Breakfast / Blue Delta (D) / Chai Rooibos (D) / Chamomile & Lemongrass (D)

Cranberry & Apple (D) / Cream of Earl Grey / Lavender Sencha / Peach & Apricot

Turmeric & Ginger (D)

DESSERTS

Parallel Babka with Vanilla Ice Cream

Chocolate / Cinnamon & Walnut

8

Parallel Halva (V, GF)

Chocolate & Sea Salt / Cardamom & Almond

Pistachio

8

Baclava

1 piece 3.50

3 pieces 10

Special Coffee with Coconut Cream

(ask for our selection)

15

LABANEH

SHEEP & COW YOGURT – ZA'ATAR – CONFIT
GARLIC – GRATED TOMATO
(VG)

BEET TAHINI

BEETS – BEET TAHINI –
CASHEW DUKKAH
(V,N)

BABAGANOUSH

FIRE ROASTED EGGPLANT – LABANEH –
SESAME BUTTER – SCALLIONS
(VG)

WHITE TAHINI

CONFIT GARLIC – GRATED TOMATO –
ZA'ATAR – OLIVE OIL
(V)

HUMMUS

CHICKPEAS – TAHINI – PARSLEY – CHILI –
LEMON – GARLIC
(V)

WALNUT & LEMON PESTO

BASIL – WALNUTS – LEMON – PARSLEY –
GARLIC
(V,N)

TZATZIKI

SHEEP & COW YOGURT – CUCUMBER – DILL
– LEMON – GARLIC
(VG)

SUNDRIED TOMATO TAPENADE

SUNDRIED TOMATOES – OLIVES – CAPERS –
GARLIC – ROSEMARY
(V)

CHOICE OF ONE DIP SERVED WITH ONE PITA

\$8

CHOICE OF ANY FOUR DIPS SERVED WITH TWO PITAS

\$24

EACH HUMMUS IS SERVED WITH TWO PITAS

CLASSIC HUMMUS

CHICKPEAS – WHITE TAHINI – PARSLEY – SCHUG
\$19 (V)

CHICKEN SHAWARMA HUMMUS

HOUSE SHAWARMA SPICED CHICKEN THIGH – PICKLED RED ONION –
CHICKPEAS – WHITE TAHINI – PARSLEY – SCHUG
\$24

SABICH HUMMUS

FRIED EGGPLANT – HARD BOILED EGG – PRESERVED LEMON – RED
ONION – CHICKPEAS – WHITE TAHINI – PARSLEY – SCHUG
\$21(VG)

SALADS

PARALLEL SALAD

KALE – NAPA CABBAGE – SWEET POTATO –
LENTILS – WALNUTS – GOAT CHEESE – BEET
TAHINI – LEMON & HONEY VINAIGRETTE
\$21 (GF, VG, N)

TABOULI SALAD

PARSLEY – MINT- CILANTRO – BEETS –
QUINOA – PINE NUTS – RAW TAHINI –
ONION - LABANEH -POMEGRANATE
VINAIGRETTE
\$21 (GF, VG, N)

ADD

FALAFEL
\$3.50 (V, GF)

HARD BOILED EGG
\$3

TOFU

HOUSE TERIYAKI – SMOKY CHIPOTLE TAHINI
– CASHEW DUKKAH – SCALLIONS
\$8 (V, GF)

FALAFEL

2PC / 4PC / 6PC / 9PC
FRESH HERBS – CHICKPEAS
\$8 / \$14 / \$19 / \$23
(V, GF)

EXTRAS

HOUSE FERMENTED PICKLED VEG
\$4 (V, GF)

WARM MARINATED OLIVES
\$9 (V, GF)

SCHUG (SPICY)
\$2 (V, GF)

PITA
\$1.50 (V)

CARROTS & CUCUMBERS
\$4 (V, GF)

HOT DISHES

CAULILINI & HERB SALAD

ROASTED CAULIFLOWER PUREE – HERB
SALAD – FRIED ALMONDS
\$26 (V, GF, N)

BUTTERFLIED SEABREAM

PESTO BUTTER BEANS – CHERRY
TOMATOES – FRIED KALE
\$45 (GF, N)

MUSHROOM MIX

SAUTEED MUSHROOMS – GRILLED PITA –
WHITE TAHINI – ZA'ATAR – ARUGULA
\$20 (V)

PISTACHIO BEEF KEBAB

ROASTED TOMATO GARLIC TAHINI – FRIED
HARISSA POTATOES – GRILLED PITA
\$38 (N)

SAVORY KNAFEH

SPINACH – GOAT CHEESE – SHREDDED
PHYLLO – DICED TOMATO – ZA'ATAR
\$20 (VG, HS)

CHICKEN SCHNITZEL

PANKO BREADED CHICKEN BREAST –
CHIPOTLE CORN – PICKLED ONION – RADISH
\$38

SHRIMP ON GRILLED CHALLAH

SEARED SHRIMP – ASPARAGUS & PEAS IN
CREAMY HERB BUTTER – LABANEH
\$36

ALL DISHES ARE MADE IN A FACILITY THAT
CONTAINS NUTS AND SESAME

(V) VEGAN – (VG) VEGETARIAN – (GF) GLUTEN FREE
(N) NUTS – (HS) HOT SURFACE