



Dinner

you should never sacrifice taste for nutrition or nutrition for taste... you can have it all!

Starters

Sweet Potato Kale Quinoa Soup \$9

cumin | nutmeg | ginger

Bruschetta Pomodoro \$12

marinated tomatoes | asiago | grilled garlic bread

Insalata de Julia \$10

greens | roasted rosemary cashews | hearts of palm | cranberries | honeyed balsamic vinaigrette

Caesar Salad \$10

romaine | traditional dressing | crumbled bacon | corn bread croutons

Caprese Salad \$16

ontario bella casara buffalo mozzarella | tomato | basil | balsamic reduction | sea salt

Roasted Pear, Beet and Goat Cheese Salad \$15

arugula | romaine | spinach | radicchio | goat cheese | cranberries | citrus vinaigrette

Superfood Salad \$15

quinoa | black bean salsa | apricots | fennel | pumpkin seeds | spinach | arugula | romaine | crispy kale | turmeric avocado dressing

add grilled chicken breast \$6

add two tiger shrimp \$9

add true north seared salmon fillet \$11

Guacamole (made to order) \$15

avocado | pico di gallo | corn chips | yucca chips | crudité

Artichoke Roasted Tomato Spinach Asiago Dip \$12

grilled tortilla | corn chips

Calamari \$12

cornmeal flour dusted | chimichurri rojo aioli

Skillet Shrimp \$17

three tiger shrimp | yucca | lime agave garlic oregano mojo | grilled garlic bread

Salmon Cakes \$16

true north salmon | mango salsa | rojo aioli

Saffron Mussels \$14

herbed tomatoes | saffron cream | grilled garlic bread

Specialty Cocktails

Mimosa Julia \$11

prosecco | guava nectar | strawberry | lime

White Sangria \$11

white wine | limonata | white grape juice | mixed berries | peaches | peach schnapps

Red Sangria \$11

red wine | triple sec | orange juice 7-up | citrus fruits

Julia's Caesar \$11

spiced clamato | lime | tag vodka | extreme bean

Kir Royale \$11

cassis | prosecco

Refreshing Italian Sodas \$5

Mango Creamsicle

mango | vanilla | soda

Ruby Red Grapefruit

grapefruit | soda

Red Raspberry

raspberry | lime | soda

Add-Ons

New Potato Home Fries \$6

fried red potatoes | spicy tomato sauce

Grilled Chicken Breast \$6

Two Tiger Shrimp \$9

True North Seared Salmon Fillet \$11

Seasonal Vegetables \$5

Olives \$5

Half Avocado \$4

We are proud supporters of locally produced meats, dairy & produce, and in doing so always give menu priority to items that are grown in & around our community. We proudly support Enright Cattle Company (Tweed, ON), True North Salmon (Blacks Harbour, NB) and Ontario Bella Casara Cheese.



Gnocchi

Gnocchi alla Nonna

Our in house Nonna, Caterina, has worked with Julia for 34 years hand rolling the gnocchi

choice of:

tomato \$18

bolognese \$20

alfredo cream \$21

alla vodka \$21

gorgonzola cream \$22

Gnocchi Caseruola \$24

baked gnocchi | pepper | chorizo sausage |
fennel | tomato sauce | mozzarella cheese

Pasta

**We only serve fresh pasta*

Penne Bolognese \$18

veal | beef | pork | herbed tomato sauce

Linguine Pescatore \$24

mussels | tiger shrimp | calamari | salmon | tomato pesto

Shrimp Fettuccine \$24

two tiger shrimp | spinach fettuccine | herbed tomatoes | artichoke | olive | aglio olio

Einkorn - We are the first restaurant in Canada to serve this 10,000 year old ancient grain

Einkorn Risotto \$22

spinach puree | oven roasted tomatoes | peas | fennel | grana padano

Paella - Spain's National Dish

Julia Paella \$26

chorizo sausage | tiger shrimp | mussels | sweet peas | oven roasted roma tomatoes | sofrito rice

Mains

Braised Short Ribs \$28

fennel slaw | oven roasted seasonal vegetables | parsley butter roasted new potatoes

Sweet Potato Crusted True North Salmon \$26

grainy dijon dill chimichurri | oven roasted roma tomato | spinach | organic quinoa

Marisco Salad \$24

two tiger shrimp | salmon cake | calamari | arugula | spinach | romaine | mango salsa | citrus vinaigrette

Pollo Asado \$24

pan seared chicken breast scaloppini | herbed tomatoes | asparagus | balsamic reduction | goat cheese

Ontario Pickerel \$28

pan seared pickerel | tomato artichoke olive ragu | arugula | new potatoes

Ask about our Gluten Free Menu!
A gratuity of 18% will apply to parties of 7 or more

Julia
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Julia Hanna
Owner/ Operator
David Lynam Jr.
Head Chef
Ken Kearney
Sous Chef
Matthew Granger
Manager

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