



4404

LUNCH

Soups and Salads

Chef's Daily Creation

New and fresh every day
5.95

Caesar Salad

Romaine, creamy garlic dressing,
grilled focaccia finger, smoked duck bacon
Starter size 6.95 / main course 10.95

Add shrimp skewer or grilled chicken breast 4.95

Margherita Salad

Buffalo Mozzarella, vine ripened tomatoes
aged balsamic vinegar
house made basil pesto
7.95

Wild Mushroom Soup

Shiitake and porcini mushroom cream soup
6.95

Artisan Salad

Fresh strawberries, wedge of cambozola cheese
House made Balsamic vinaigrette
Starter size 5.45 / main course 7.95

Add shrimp skewer or grilled chicken breast 4.95

Mediterranean Cobb Salad

Blended baby greens, zesty sun dried tomato
dressing. Topped with provolone, pancetta bacon,
blue cheese, kalamata olives, roma tomatoes,
lemon roasted chicken breast
13.95

Lao Chicken Salad

Peanut dressing on fresh vegetables and rice noodles.
Fresh grilled Thai marinated breast of chicken.
14.95

Appetizers

Crispy Calamari

Lightly breaded calamari with a sweet chili drizzle
served with tzatziki sauce to dip
6.95

PEI Steamed Mussels Marinara

White wine, fresh basil, tomatoes,
garlic, and grilled focaccia finger.
8.95

Roasted Garlic, Spinach & Artichoke Dip

Served with fresh toasted baguette and corn chips
9.95

Pork Pot Stickers

Served with a spicy soy Asian dip
5.95

Entrees

Seafood Fettuccini

A medley of seafood and fresh house made black
pepper fettuccini in a tomato cream sauce
and a grilled focaccia finger
19.95

Bison Sheppard's Pie

Ground bison in a rich red wine sauce
topped with mashed potato and applewood smoked
cheddar. Served with a sweet corn biscuit.
14.95

Grilled Chicken Penne

Penne pasta, fresh made tomato basil sauce,
grilled chicken breast and a grilled focaccia finger
15.95

Anupa's Butter Chicken

Mildly spiced. Served with rice pilaf,
market vegetables and naan bread
19.95

Chicken Picatta

A tender chicken breast with a parmesan crust
and fresh tomato basil sauce, served with
house made black pepper fettuccini
and market vegetables
16.95

Pasta Primavera

Fresh summer vegetables, garlic cream sauce,
cavatappi pasta and grilled focaccia.
Add a shrimp skewer or grilled chicken breast - 4.95
14.95

Fish and Chips

Breaded sole served with
an ancho tartar sauce
13.95

Blackened Mahi Mahi

Cajun spiced Mahi Mahi glazed with honey,
rice pilaf and market vegetables
21.95

Our kitchen is your kitchen... Should you wish an item not found on our menu,
please tell your server and we will do our best to accommodate your special request.

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Burgers

All of our burgers are served with lettuce, tomato, red onion, dill pickle, and mayo

Cajun Chicken Burger

6 oz chicken breast seasoned with our cajun spice blend, topped with Monterey jack cheese and hot banana peppers on a potato scallion bun.

11.95

Applewood Smoked Cheddar Bacon Burger

Two 4 oz beef patties seasoned with our blend of steakhouse spices. Topped with applewood smoked cheddar and two strips of double smoked maple peppered bacon.

12.95

Classic Vegetarian Burger

A vegetable, rice and cheese patty topped with roasted red pepper spread on a onion & herb Bun.

10.45

Sandwiches

B.L.T.

Double smoked maple peppered bacon, lettuce and tomato on thick cut Texas toast.

10.95

Add applewood smoked cheddar, havarti, or mozzarella .75

Classic Club

The classic triple-decker with double smoked maple peppered bacon, lettuce, tomato and sliced smoked turkey breast on thick cut Texas toast.

12.95

“Dunn's”® Famous Montreal Smoked Meat

Hand carved Montreal smoked meat piled high on light rye bread with keens deli mustard.

13.95

Steak Sandwich

6 oz sterling silver Alberta beef striploin steak on grilled garlic focaccia bread with onion rings.

17.95

Beef Dip

Alberta roast beef on a pretzel loaf with house made beef jus for dipping.

12.95

Chef's Daily Soup and Sandwich Feature

A new fresh creation everyday. ask your server for today's selection.

11.95

Margherita Panino

Buffalo mozzarella, applewood smoked cheddar, vine ripened tomato, and fresh basil served on foccacia bread

12.95

Mexican Chicken Panino

Breast of chicken cheddar cheese, onions, peppers, salsa and fresh cilantro on Texas toast

11.95

Crete Panino

Tomatoes, cucumbers, onions, bell peppers and olives marinated in herbs, wine vinegar and olive oil, stuffed into a pita with shrimp and feta cheese

10.95

Chicken Quesadilla

Peppers, onions, roasted corn, fresh cilantro, tender strips of chicken and chipotle sauce in a flour tortilla. Served with salsa and sour cream

11.95

All burgers and sandwiches are accompanied by your choice of fries, garden greens with house made balsamic vinaigrette, or Chef's daily feature soup. Substitute Caesar Salad or Shitake Mushroom Soup for 1.95

Wines**6 oz****9 Oz****1/2 Litre / Bottles**

Jackson Triggs, CAN, Sauv Blanc

6.75

9.75

19.95 / 27.95

Jackson Triggs, CAN, Cab Sauvignon

6.75

9.75

19.95 / 27.95

Ask your server for our complete Wine selection

Beers**Domestic****12 oz**

5.75

Budweiser, Kokanee etc.

Premium Beers**12 oz**

5.95 / 8.25

MGD, Sleemans Honey Brown, Heineken, Big Rock, Corona, Stella Artois

Spirits**1 oz**

5.75

Rye, Vodka, White and Dark Rum, Scotch and Gin

Ask your server about our premium brands!

Martinis**2 oz**

9.95 / 12.95

Chocolate Martini, Cosmopolitan, Green Appletini, HpnotiQ Breeze, Pama Cosmo

Red Lotus Martini, Soho Ice Tea Martini

Beverages**Chilled Fruit Juices** - 3.25

(Apple, Grapefruit, Cranberry or Tropicana Orange Juice)

Chilled Milk - 2.50

(Skim, 2%, 3.25% or Chocolate)

San Pellegrino Water

250ml - 3.45

750ml - 6.99

Perrier Water

330 ml - 3.25

Pop - 2.75

Coke, Diet Coke, Sprite, Ginger Ale

Root Beer, Orange Crush or Iced Tea

Starbucks Coffee and Specialty Drinks**Starbucks Coffee or Decaf Coffee** - 2.75**Red Rose Tea** - 2.75**TAZO Tea** - 2.75**Caffé Latte** - 3.15**Cappuccino** - 3.15**Caramel Macchiato** - 3.60**TAZO Chai Tea** - 3.50**Iced Caffé Latte** - 3.15

Ask your server for a full selection of Starbucks specialty drinks

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