

BREAKFAST

until 12pm Mon-Fri & 2pm Weekends

Sub fresh fruit cup 2.5 | Sub gluten free 1.5

Links Benedict gf

2 medium poached eggs with ham or bacon on sourdough topped with hollandaise & served with hashbrowns 12

3 Under Sandwich gf

A fried egg, ham or bacon with melted mixed cheese on a brioche bun 6

Add Hash Browns or Fruit Cup 2.5

Breakfast Wrap

Scrambled eggs, diced ham or bacon, mixed peppers, green onions & melted mixed cheese wrapped in a cheddar tortilla & served with salsa 8

Classic Breakfast gf

2 eggs with your choice of bacon, ham or sausage, hash browns & toast 11

Buttermilk Pancakes

3 fluffy pancakes served with bacon, ham or sausage 8.5

Add Strawberries & Whipped Cream 2.5

Country Skillet gf

Scrambled eggs, bacon, sausage, mixed peppers, green onions, diced tomatoes, hash browns, mixed cheese & toast 11

Morning Club

A fried egg, roasted turkey, bacon, lettuce, mayo, tomato on a toasted whole grain ciabatta bun 8

Build Your Own Omelet gf

3 eggs, hash browns & toast 12

Options:

Ham | Bacon | Sausage | Mixed Cheese | Tomatoes | Green Onions | Mixed Peppers | Mushrooms

APPETIZERS

Dry Ribs

Boneless pork ribs tossed with sea salt & cracked pepper 11

Wings gf

Hot, teriyaki, salt & pepper, honey garlic or BBQ.

Served with carrots, celery & ranch dressing

(1lb) 14 | (2lb) 20

Vegetarian Spring Rolls

Served with Thai peanut sauce 9

Grilled Striploin Bites

Cooked medium with Japanese sesame sauce 12

Poutine gf

Hand cut fries with real cheese curds & gravy 9

Add Bacon, Chicken or Beef 4

Italian Meatballs

Tossed in marinara & topped with parmesan 9

Fully Loaded Nachos gf

Hand cut tri-colour tortilla chips with a blend of mixed nacho cheese, tomatoes, green onions, mixed peppers, black olives & jalapeños with salsa & sour cream Half 13 | Full 18

Add Grilled Chicken, Beef or Guacamole 4

Stuffed Mushrooms

Smoked salmon & cream cheese 10

The Grill Platter

Chicken wings, dry ribs, spring rolls, veggies & nachos with dips 39



SOUPS & SALADS

Sub gluten free 1.5

Soup of the Day gf

Ask your server for the featured soup of the day Cup 4 | Bowl 6

Soup & Sandwich Combo gf

A cup of our daily featured soup with a half turkey club 8

Soup & Salad Combo gf

A small Tuscan salad with a cup of our daily featured soup 7

Taco Salad gf

Chicken or beef, chopped greens, diced mixed peppers, green onions, tomatoes, mixed cheese, with salsa, sour cream & tortilla chips 12

Caesar Salad gf

Crisp romaine, fresh grated parmesan, bacon bits & croutons tossed in a creamy Caesar dressing 9

Add Grilled Chicken 4 or Salmon 6

Mediterranean Salad gf

Mixed peppers, feta, olives, tomato, cucumber, red onion, crisp romaine tossed with a Greek dressing 10 | Add Grilled Chicken 4 or Salmon 6

Tuscan Salad gf

Baby greens, spun vegetables, grape tomatoes, diced mixed peppers & cucumber with sun dried tomato vinaigrette 9

Add Grilled Chicken 4 or Salmon 6



SANDWICHES, WRAPS & BURGERS

Fresh Made to Order

Roasted Turkey | Roast Beef | Ham & Cheese | BLT | Tuna | Egg Salad |
Grilled Cheese | Veggie 6 | *Sub gluten free bread 1.5*

All sandwiches | burgers below are served with your choice of side

Turkey Club gf

Slow roasted turkey breast, crisp bacon, lettuce, tomato, mayo & cheddar cheese 14

Toasted or Wrapped

Available buffalo style

Chicken Ranch Wrap gf

Strips of grilled chicken, spring mix, tomato, cucumber, cheddar & mozza with a creamy ranch dressing wrapped in a cheddar tortilla 14

Available buffalo style

Donair

Loaded with lettuce, tomato, onion, mozzarella & our signature sweet sauce 14

Steak Sandwich gf

6 oz New York cut served open faced on toasted baguette with crispy onion tangles 17

Add Mushrooms & Onions 3

Hot Hamburger Sandwich

Grilled sirloin patty served open faced on whole wheat bread with garlic mashed potatoes, seasonal vegetables & gravy 12

Beef Dip

Slow roasted beef, horseradish aioli & crispy onions on a French baguette au jus 14

Loaded Burger gf

Fully loaded 6oz sirloin beef with lettuce, tomatoes, red onion, pickles & our signature sauce on a toasted brioche bun 15

*Bacon & Cheddar or
Mushroom & Swiss*

Crispy Chicken Burger

Breaded chicken breast with mayo, lettuce, tomatoes & pickles on a toasted multi grain ciabatta bun 14

Available buffalo style

Veggie Burger gf

5 oz grilled garden patty with lettuce, tomatoes, red onion, pickles & our signature sauce on a toasted brioche bun 13

Quesadilla gf

Diced green onions, tomatoes, mixed peppers & a blend of cheeses in a tortilla with salsa, sour cream 9

Add Grilled Chicken or Beef 4

Sides:

Hand Cut Fries | Soup of the Day | Tossed Baby Greens | Caesar Salad

Add:

Sweet Potato Fries | Cactus Cuts | Fresh Fruit Cup | Fresh Veggies 2.5



ENTREES

Fish & Chips

8 1/2 oz filet of battered haddock served with southwest coleslaw, fries & tartar sauce 16

Chicken Fingers

4 breaded tender chicken strips served with fries & Polynesian sweet & sour sauce 11

Spaghetti Marinara 11

*Add meatballs or chicken breast 4
Baked with mozzarella 3*

Salmon Fettuccine

Grilled & smoked Atlantic salmon, served in a creamy alfredo sauce 16

Ginger Stir Fry

Crispy beef tenders or grilled chicken strips, sautéed julienne peppers & vegetables tossed in a spicy ginger glaze & served over jasmine rice 14

All entrees below are served with garlic mashed potatoes & seasonal fresh vegetables

BBQ Baby Back Ribs gf

Slow cooked ribs glazed in a tangy BBQ sauce Half 17 | Full 20

Grilled Chicken Supreme gf

5 oz grilled chicken breast topped with a sweet & sour glaze 18

Pacific Red Snapper gf

5 oz filet topped with a lemon herb crust 19

Atlantic Grilled Salmon gf

6 oz grilled filet with an apple maple glaze 19

8 oz AAA Canadian Striploin Steak gf

Aged to perfection, cut fresh in house & charbroiled 21

Mixed Grill

Striploin steak with sesame sauce, grilled salmon with dill aioli & grilled chicken breast with sweet & sour glaze 25

