



LUNCH

APPETIZERS

GRILLED PRAWN SKEWERS

grilled prawns, chili herb butter, corn salsa | 23

BRUSCHETTA

grilled baguette topped with whipped citrus goat cheese
& roasted tomato bruschetta with balsamic glaze | 17

LETTUCE WRAPS

shrimp, chicken or tofu with crisp veg, crunchy noodles & peanuts in
a ginger sesame sauce, served with house made chili sauce | 21

SMOKED GOUDA AND CARAMELIZED ONION DIP

served with grilled flatbread | 17

CHICKEN WINGS

1 lb dusted wings, your choice of flavour served with
house made ranch and pickled carrots | 17

SOUP OF THE DAY

seasonal rotating soup cup 5 | bowl 8

SALADS

ADD TO SALAD/BOWLS chicken 7 | shrimp 8 | salmon 11 / tofu 5

HOUSE

mixed greens, cucumber, red onion, carrot, radish, spiced sunflower seeds,
golden raisins, honey rosemary vinaigrette | 11

ARUGULA & CITRUS

arugula, roasted fennel, citrus segments, pickled red onion,
candied pumpkin seeds, crumbled goat cheese, citrus vinaigrette | 18

CAESAR

romaine lettuce, house made roasted garlic caesar dressing, herb croutons,
parmesan | 15

GRILLED CHICKEN SANTE FE

grilled marinated chicken breast, iceberg lettuce, mixed greens, black beans,
pickled red onion, avocado, cheddar cheese, spicy ranch, corn chips | 22

CRISPY CHICKEN THAI

crispy fried chicken breast, carrots, cucumber, cabbage, green onion,
crunchy noodles, peanuts, mint, cilantro, ginger sesame dressing | 23

BEETS & BERRIES

oven roasted beets, fresh berries, mixed greens, pickled shallots, quinoa,
mint, crispy buckwheat, tahini dressing, house made ricotta | 17

BOWLS

BUDDHA BOWL

marinated grain salad, carrots, cucumber, tomato, sweet potato, avocado,
grilled tofu, roasted peanuts, crunchy quinoa, cilantro lime dressing | 26

SOUTHWEST STEAK BOWL

grilled CAB® steak, marinated grain salad, black beans, corn chips,
roasted peppers, sweet potato, carrots, pickled red onion, chili lime aioli,
chimichurri | 27

SALMON POKE BOWL

marinated salmon, seasoned rice, cucumber, radish, carrot, avocado,
edamame, citrus wasabi sauce | 26

PORK KATSU BOWL

crispy breaded pork, seasoned rice, cucumber, carrot, asian slaw,
tonkatsu sauce, sriracha aioli, green onion, sesame seeds | 26

KIDS MENU

11 & under, includes beverage / 9

GRILLED CHEESE & FRIES

MAC & CHEESE BOWL

CHICKEN FINGERS & FRIES

CHEESEBURGER & FRIES

BURGERS

served with fries, cup of soup or house salad

CLASSIC CHEESEBURGER

5 oz CAB® beef patty, burger sauce, lettuce, tomato, red onion, pickle,
cheddar | 16

DRUNK’N COWBOY

5 oz CAB® beef patty, maple bourbon bbq sauce, bacon, mushroom, provolone,
lettuce, tomato, red onion, pickle | 19

TEXAN

5 oz CAB® beef patty, house smoked brisket, cheddar, sweet & smoky bbq sauce,
crispy jalapenos, lettuce, tomato, red onion, pickle | 23

UPGRADES

sweet potato fries 3

onion rings 3

extra patty 3½

gravy 2½

poutine 3½

bowl of soup 2½

caesar 2

HANDHELDS

served with fries, cup of soup or house salad

KOREAN CHICKEN SANDWICH

house breaded chicken breast, Korean gochujang maple glaze, cucumber,
Asian slaw, sriracha aioli on toasted ciabatta bun | 22

HOT HONEY CHICKEN SANDWICH

house breaded chicken breast, hot honey glaze, pickled red onion, coleslaw,
herb aioli on a toasted ciabatta bun | 20

HONEY DILL WRAP

roasted chicken, lettuce, tomato, red onion, cheddar, honey dill sauce,
flour tortilla | 17

SWEET CHILI CHICKEN WRAP

crispy chicken, sweet chili sauce, corn chips, mixed greens, tomato, cheddar,
ranch, flour tortilla | 18

BRISKET SANDWICH

house smoked brisket, sweet & smoky bbq sauce, pickles, roasted garlic aioli,
crispy onions, on a garlic butter toasted bun | 23

CHEESE STEAK MELT

sliced steak, peppers, onions, sweet & smoky bbq sauce, provolone,
herb aioli on toasted hoagie roll | 23

CUBANO

house smoked pulled pork, porchetta, bacon, swiss cheese, sweet & tangy
crunchy mustard, sliced pickles on toasted hoagie roll | 22

CHICKEN TENDERS AND FRIES

3pc tenders with fries and choice of dipping sauce | 16



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