

BEGINNINGS

GF Salt & Pepper Ribs 12

Served with teriyaki sauce, carrots & celery.

Pickle Spears 9

Beer battered dill pickles served w/Catalina Mayo.

GF Wings 14

Hot~Mild~Honey Garlic~Salt & Pepper Teriyaki~Roasted Garlic Parmesan~Suicide Thai Chili~Lemon Pepper~BBQ~Piri Piri Lime Honey Hot~Teri-Hot~Greek Spice~Jamaican Jerk
(SOME SAUCES MAY CONTAIN GLUTEN, SEE SERVER)

GF Kettle Chips 9

Homemade thinly sliced potato kettle chips served w/spicy mayo.

GF Nachos 14 (sm) 17 (Lrg)

Cheddar, Jack cheese, banana peppers, scallions, tomato, black olives & jalapeno peppers. Add Guacamole 3 ~ Beef 3 ~ Chicken 4 ~ Extra Cheese 3

Quesadillas 13

Flour tortilla, grilled chicken, scallions, tomato & marble cheddar.

Pierogi 9

Smoked bacon, onion, served w/sour cream.

Flatbread 15

Roasted garlic oil, apple, brie, pancetta, arugula & sprinkled with parmesan.

Calamari 12

Salt & pepper, flour dusted & served w/tzatziki.

Stuffed Yorkies 14

Four mini Yorkshires stuffed w/tender sirloin & rich red wine gravy served w/horseradish mayo.

GF Poutine 10

Canadian served w/rich red wine gravy or English served w/mild butter curry sauce.

GF Spinach & Cheese Dip 12

Spinach, cream cheese, parmesan, mozzarella & swiss cheese served w/corn tortilla chips.

Crab Cakes 15

Pan fried east coast crab cakes, served w/Citrus lemon aioli

Bruschetta 9

Fresh tomatoes, basil, garlic, olive oil, parmesan, served w/grilled baguette.

Three's Company

Choose any 3 starters & get \$3 off (DINE IN ONLY)

GF Cobb 15

Leafy greens, egg, guacamole, tomato, bacon, scallions, feta, grilled chicken, red wine vinaigrette.

GF Salmon Waldorf 15

Leafy greens, apple, sprouts, celery, brie, sunflower seeds, cranberries, w/orange poppy seed dressing.

Soup & Salad 8

Our daily soup with choice of Caesar or garden salad.

Mediterranean Salad 13

Bow tie pasta, cucumber, olives, tomato, onion, peppers, lettuce and feta cheese.

Daily Soup 7

Served w/garlic bread.

GF Garden 10

Leafy greens, radicchio, spinach, kale, tomato, cucumber, onion, cranberries & sunflower seeds. Add chicken~4 Add salmon~4 Add shrimp~5

SOUPS & GREENS

Kale Caesar 11

Romaine, baby kale, smoked bacon, croutons, parmesan and Caesar dressing. Add chicken~4 Add salmon~4 Add shrimp~5

Beef Dip 15

Shaved roast beef, served on a grilled baguette w/au jus.

Club 16

Grilled chicken breast, bacon, lettuce, tomato, cheddar, spicy mayo, on a grilled baguette.

Prime Rib Melt 16

Shaved prime rib roast, with grilled mushroom, onion, & mozzarella

Steak Sandwich 17

7oz prime Alberta striploin, with onion rings served open faced on grilled garlic bread.

Veggie Burger 14

Veggies, potato, & chick-pea patty topped w/crispy fried onion and Swiss cheese.

Chicken Wrap 15

Grilled chicken breast, cucumber, spinach, tomato, feta cheese & tzatziki.

Fish Tacos 14

Crispy fried Basa fillet, apple slaw, fresh sprouts, spicy piri piri sauce, in a flour tortilla.

Maui Burger 15

Our hand pressed sirloin patty w/grilled pineapple, grilled ham & ponzu glaze.

Our all beef patties are hand pressed fresh ground sirloin, served with lettuce, tomato, onion & spicy mayo on a homemade bun.

Pour Burger 14

Our house flamed broiled burger.

Market Burger 15

Cheddar, bacon, fried egg sunny side up.

Black & Blue Burger 15

Danish blue cheese, grilled mushroom & onion.

Smoke Stack Burger 15

Double smoked bacon & cheddar.

SANDWICHES

Served with your choice of Fries, soup or salad.

Substitute
Kettle chips...2
Yam Fries...2
Poutine...3

*Eat
Drink
Enjoy*

Fish and Chips 15

Alaskan cod, fresh cut fries & Coleslaw.

Guinness Stew 13

Alberta beef, mushrooms, root vegetable, potato & Guinness stout served w/garlic bread.

Oven Roasted Chicken 16

Skin on, free run chicken breast coated in seasoned flour served w/mushroom port wine demi glaze served w/garlic mashed potato and Sautéed seasonal vegetables.

Fettuccini Arrabbiata 15

Fettuccini noodles in a house made fire roasted red pepper sauce served w/garlic toast.

GF Butter Chicken 16

Yogurt & Turmeric marinated chicken, mildly spicy tomato curry over Jasmine rice & served w/naan bread.

GF Glazed Salmon 18

Atlantic wild salmon glazed with honey/balsamic, served w/Jasmine rice & seasonal vegetable.

Blackened Cod 17

Oven baked cod, seasoned with blackened spices served w/rosemary garlic potato & seasonal vegetable.

Beef & Rice Bowl 16

Sautéed tempura beef, mushrooms, ginger, vegetable, teriyaki glaze & Jasmine rice.

Chicken Rosa Penne 16

Creamy marinara sauce with spinach, tomato, mushrooms & mozzarella served w/garlic bread.

Cheese 12 ~ 15

San Marzano plum tomato sauce & Sorrento full fat mozzarella. (build your own)

All-meat 17 ~ 22

Pepperoni, bratwurst, spicy beef and mozzarella.

Capri 17 ~ 22

Pancetta, sausage, red & green peppers and mozzarella.

Classic 15 ~ 20

Sausage, ham, green pepper, onion, mozzarella.

Tropical 16 ~ 21

Ham, pineapple, spinach, bacon & mozzarella.

Pacific Rim 17 ~ 22

Cold water prawns, sundried tomato, feta, spinach & mozzarella.

Vegetarian 14 ~ 19

Roasted vegetable, spinach, mushroom & mozzarella.

Bavarian 16 ~ 21

Sausage, BBQ pork, ham, swiss, mozzarella. red peppers & mozzarella.

PIZZA & CALZONE

Pizza are 9" and 12" Calzone served with choice of Salad

Margherita 14 ~ 19

Sliced tomato, basil pesto, parmesan & mozzarella.

Karma 17 ~ 22

Tomato curry, chicken, pineapple, cranberry, red peppers & jack cheese.

Market 15 ~ 20

Pepperoni, green peppers, ham, mushroom, mozzarella and jack cheese.

Rocket 17 ~ 22

Chicken, roasted vegetable, banana peppers, goat cheese, mozzarella.

BUILD YOUR OWN PIZZA OR CALZONE - ADDITIONAL TOPPINGS (Calzone priced same as 9" pizza)

Tomato	1 ~ 2	Pineapple	1 ~ 2	Salsa	2 ~ 3	Pepperoni	1 ~ 2	Chicken	2 ~ 3
Mushroom	1 ~ 2	Spinach	1 ~ 2	Grilled Veg	1 ~ 2	Bratwurst	1 ~ 2	Shrimp	3 ~ 4
Onion	1 ~ 2	Green Onion	1 ~ 2	Pancetta	1 ~ 2	Ham	1 ~ 2	Mozzarella	2 ~ 3
Banana Peppers	1 ~ 2	Jalapenos	1 ~ 2	Bacon	1 ~ 2	BBQ Pork	1 ~ 2	Feta	2 ~ 2
Red Peppers	1 ~ 2	Black Olives	1 ~ 2	Spicy Beef	1 ~ 2	Chorizo	1 ~ 2	Swiss	2 ~ 3

Sticky Toffee Pudding 7

Traditional English pudding with dates & pecans served warm with vanilla ice cream.

Chocolate Bread Pudding 7

Traditional bread pudding with a twist. Loaded with rich dark chocolate & served w/fresh whipped cream

Apple Strudel 7

Fresh baked apples & spices in a flaky crust, served warm w/vanilla ice cream.

FINALE

Ice Cream Sundae 6

Drizzled with caramel or chocolate sauce.

Breakfast

Available Sat, Sun & holiday
Mondays 11am - 2pm

Cornish Melt 12

English muffin, two poached eggs, grilled ham, spinach cheese sauce, grilled tomato & breakfast potato

Shirred Eggs 12

Two eggs layered over honey ham, topped with Swiss cheese, parmesan & cream then oven baked. Served with breakfast potato & choice of toast.

Traditional Breakfast 10

Two eggs, choice of bacon or sausage or ham breakfast potato & choice of toast.

Build - a - Omelette 11

Three eggs, choice of any 2 fillings, breakfast potato & choice of toast.

cheddar ~ mushroom ~ salsa ~ mozzarella
swiss ~ jalapenos ~ tomato ~ bell pepper
blue cheese ~ chorizo ~ bacon ~ feta
black olives ~ sausage ~ ham ~ onion
spicy beef ~ spinach ~ green onion

NY Steak & Eggs 17

7oz New York, two eggs, breakfast potato & choice of toast.

Canadian Bowl 11

Pan fried breakfast potato, bacon, tomato, bell peppers, green onion, scrambled egg & baked with jack cheese & hollandaise sauce, with your choice of toast.

