

BEGINNINGS

GF Salt & Pepper Ribs 12

Served with teriyaki sauce, carrots & celery.

Pickle Spears 9

Beer battered dill pickles & buttermilk ranch.

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 (SOME SAUCES MAY CONTAIN GLUTEN, SEE SERVER)

GF Kettle Chips 9

Homemade thin sliced potato chips served w/spicy mayo.

GF Nachos 14 (sml) 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

Grilled chicken breast scallions, tomato bell peppers, marble cheddar, sour cream & salsa

Pierogi 9

Smoked bacon, onion, served w/sour cream

Flatbread 15

Roasted garlic oil, apple, Danish bleu cheese, pancetta, arugula & sprinkled with parmesan.

Calamari 12

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

Stuffed Yorkies 14

Mini Yorkshire puddings, roast beef, cheddar, beef gravy w/horse radish mayo.

GF Poutine 10

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

GF Spinach & Cheese Dip 12

Baby spinach, cream cheese, mozzarella, parmesan, artichoke served w/crisp tortilla chips.

Bruschetta 9

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

Chicken Fingers 12

Crispy chicken strips with choice of BBQ or sweet Thai chili sauce.

Three's Company

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



GF Cobb 15

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

GF Salmon Waldorf 15

Choice of salmon or chicken, leafy greens, apple, sprouts, celery, feta, sunflower seeds, cranberry & orange poppy seed dressing.

Soup & Salad 8

Our daily soup with choice of Caesar or garden salad.

Tomato Bisque 12

Roasted tomato and buttermilk soup served w/cheddar cheese baguette.

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.

BBQ Chicken & Swiss 15

Grilled chicken breast, Bourbon BBQ sauce, Swiss, topped w/lettuce, tomato & crispy spiced onion rings.

Buffalo Chicken Wrap 15

Crispy chicken, buffalo hot sauce, tomato, salad greens & mozzarella.

Prime Rib Melt 16

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

Fish Tacos 14

Grilled Basa fillet, slaw, chopped tomato & cucumber fresh sprouts, spicy Piri Piri sauce, in a flour tortilla.

Maul Burger 15

Grilled pineapple, grilled ham & ponzu glaze.

Steak Sandwich 17

7oz prime Alberta striploin, served w/seasonal vegetable, spiced onion rings, open faced on grilled garlic bread.

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



Fish and Chips 15

Alaskan cod, tartar sauce, fresh cut fries & Coleslaw.

Thai Curry 16

Choice of beef or chicken, spicy green curry, served with sautéed vegetable & coconut rice.

Bangers & Mash 16

English bangers, butter mashed potato, pan gravy & caramelized onion.

Chicken Mushroom Penne 16

Chicken, mushrooms, roasted garlic, thyme, cream & parmesan cheese served w/garlic bread.

Beef & Noodle Bowl 16

Sautéed tempura beef, mushrooms, ginger, vegetable, teriyaki glaze & steamed noodles.

GF Thai Caramel Salmon 18

BC steelhead salmon, Thai chili, garlic, ginger & brown sugar, served with butter mashed potato & seasonal vegetable.

GF Butter Chicken 16

Yogurt & Turmeric, marinated chicken, mild tomato curry over steamed rice & served w/naan bread.

Guinness Stew 13

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

Lasagna al Forno 16

Minced beef Bolognese, spinach, mozzarella, Béchamel sauce, served w/garlic toast.

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, feta cheese, and 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

Beeramis 7

Lady fingers dipped in winter ale & espresso layered w/cocoa & light cream cheese mousse.

Nutella Stromboli 7

Oven baked sugar dough pocket, filled with Nutella hazelnut, marshmallow & banana.

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

Shirred Eggs 12

Two eggs over honey ham, topped with Swiss, parmesan & cream oven baked & served w/breakfast potato & choice of toast.

Breakfast Wrap 12

Three egg scramble w/cheddar, bell peppers, green onion & spicy chorizo sausage served w/breakfast potato & choice of toast.

Traditional Breakfast 10

Two eggs, choice of bacon, ham or sausage, served w/grilled mushrooms, breakfast potato & choice of toast.

Build-a-Omelette 11

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

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

Cornish Melt 12

Two poached eggs over puff pastry with grilled ham, spinach & cheese sauce, served w/grilled mushrooms & breakfast potato

NY Steak & Eggs 17

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