

BEGINNINGS

Salt & Pepper Ribs 12.75
Served with ponzu glaze, carrots & celery.

Pickle Spears 9.49

Beer battered dill pickles & buttermilk ranch.

Wings 14

Hot-Mild-Honey Garlic-Salt & Pepper
Teriyaki-Roasted Garlic Parmesan-Suicide
Thai chili-Lemon Pepper-Dill pickle-BBQ
Buffalo-Honey Hot-Teri Hot-Greek-Jerk
(SOME SAUCES MAY CONTAIN GLUTEN, SEE SERVER)

Sliders 14.99

Four mini sliders stuffed with tender pulled pork & served w/slaw.

Nachos 14.75 (sml) 17.75 (Lrg)

Nacho cheese, banana peppers, scallions, tomato, black olives & jalapeno peppers.
Add Guacamole 4- Beef 4- Chicken 5- Extra Cheese 4

Stuffed Yorkies 14.99

Mini Yorkshire puddings, roast beef, beef gravy served w/horseradish mayo.

Flat Bread 14.99

Hand stretched dough drizzled w/roasted garlic oil topped w/brie, pancetta, apple, arugula & parmesan.

Kettle Chips 9.49

Hand cut thinly sliced potato chips served w/spicy mayo and mango chipotle.

Quesadillas 13.99

Grilled chicken breast, scallions, tomato, bell peppers, marble cheddar, sour cream & salsa.
Choose corn or flour tortilla

Calamari 13.99

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

Poutine 10.49

Canadian: served w/rich red wine gravy.
English: served w/mild spice butter curry sauce.
Pulled Pork: served w/BBQ sauce. ADD \$3

Spinach Cheese Dip 12.75

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

Bruschetta 10.99

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

Chicken Fingers 14.99

Crispy chicken strips served w/fries and choice of BBQ or Sweet Thai chili sauce.

Three's Company

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

Cobb 15.99

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

Taco Salad 16.49

Leafy greens, romaine, nacho cheese, tortilla chips, black olives, green onions, topped w/spicy beef or chicken & served w/salsa & guacamole dressing.

Kale Caesar 10.99

Romaine, kale, smoked bacon, croutons, parmesan and Caesar dressing.
Add chicken-5 Add salmon-5 Add prawns-6

Tomato Basil Soup 11.99

Roasted tomato and basil soup served w/parmesan cheese baguette.

Daily Soup 7.99

Served w/garlic bread.

Garden 9.99

Leafy greens, radicchio, spinach, kale, tomato, cucumber, onion, cranberries & sunflower seeds.
Add chicken-5 Add salmon-5 Add prawns-6

SOUPS & GREENS

Starter Salads

Garden 6.99 Caesar 7.99

Add chicken-5 Add salmon-5 Add prawns-6

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.

Steak Sandwich 17.99

6oz AAA centre cut top sirloin medallion on garlic Texas toast topped w/fried crispy onions.
Add prawns \$6

Buffalo Chicken Wrap 15.49

Grilled chicken breast stuffed in a flour tortilla w/romaine lettuce, bacon, parmesan cheese & Caesar dressing.

Montreal Smoke Meat 15.49

Heaping Montreal smoked meat on rye w/lettuce, tomato and pepperoncini mayo.

Fish Tacos 14.99

Crispy Basa fillet, slaw, & Pico de Gallo, choose corn or flour tortilla.

Blackened Fish 15.99

Tender Basa fillet rubbed with blackened spices, Served w/guacamole & Pico de Gallo on our home made bun.

Mango Chicken 15.49

Crispy chicken, sandwich served on our home made bun with lettuce, tomato and drizzled w/siracha mayo aioli.

Our all beef patties are hand pressed fresh ground sirloin, served with lettuce, tomato, red onion & spicy mayo on our home made bun.

Maui Burger 15.75

Our burger w/grilled ham, pineapple & ponzu glaze.

Pour Market Burger 15.75

Cheddar, bacon, guacamole, fried crispy onions.

Black & Blue Burger 15.75

Danish blue cheese, grilled mushroom & onion.

Smoke Stack Burger 15.75

Double smoked bacon & cheddar.

SANDWICHES

Served with your choice of Fries, soup or salad.

Substitutions

Yam Fries...3

Kettle Chips...3

Canadian Poutine...3

English Poutine...3

Pulled Pork Poutine...5

Add an egg to any burger 1.50
Add home made guacamole 99¢

*Eat
Drink
Enjoy*

Fish and Chips 15

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

Jager Schnitzel 15.99

Tender pork loin coated with lightly seasoned bread crumbs, served w/hunter sauce and choice of side.

Linguini Carbonara 16

Creamy egg, bacon & béchamel carbonara sauce with peas. A traditional Italian favorite with a twist.

Braised Short Rib 17.99

Slow cooked beef short rib served w/garlic mashed potato and seasonal vegetables.

Ginger Noodle Stir Fry 16.49

Ginger beef or chicken on a bed of chow Mein noodles, bell peppers, onion & honey ginger sauce.

Honey Herb Salmon 18.75

Salmon fillet broiled with honey & herbs served w/rice & pan seared vegetables

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.

Italian Sausage Fettucine 16

Savory Italian sausage tossed with fettucine noodles, mushrooms, garlic, parmesan, in a cream marinara sauce, served w/grilled garlic baguette.

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 & mozzarella.

Market 15 ~ 20

Pepperoni, green peppers, ham, mushroom & mozzarella.

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	Vegetable	1 ~ 2	Pepperoni	2 ~ 3	Mozzarella	2 ~ 3
Mushroom	1 ~ 2	Spinach	1 ~ 2	Salsa	2 ~ 3	Italian Sausage	2 ~ 3	Feta	2 ~ 3
Onion	1 ~ 2	Green Onion	1 ~ 2	Pancetta	2 ~ 3	Ham	2 ~ 3	Swiss	2 ~ 3
Banana Peppers	1 ~ 2	Jalapenos	1 ~ 2	Bacon	2 ~ 3	Banger	2 ~ 3	Chicken	3 ~ 4
Red Peppers	1 ~ 2	Black Olives	1 ~ 2	Taco Beef	2 ~ 3	Chorizo	2 ~ 3	Shrimp	3 ~ 4

Tiramisu 7

Home made white sponge cake layered with a light mascarpone cheese mousse and sprinkled with cocoa.

Sticky Toffee Pudding 7

Traditional English toffee pudding topped with pecans & toffee sauce served warm w/vanilla ice 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 or both.

Breakfast

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

Eggs Benny 12

Two eggs & back bacon over our home made scones, topped with hollandaise and served w/breakfast potato & choice of toast.

Breakfast Burrito 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/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 ~ taco beef ~ spinach

Canadian Breakfast Bowl 12

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

Steak & Eggs 17.99

6oz AAA centre cut top sirloin steak medallion, two eggs, breakfast potato & choice of toast.