

lunch menu

Appetizers

Arugula Feta Flatbread 9.95

Oven-baked flatbread, topped with a mix of fresh diced tomatoes, fresh arugula, feta cheese and balsamic glaze

Add garlic shrimp 4.95 | Add blackened chicken 4.95

Dry Boneless Garlic Pork Ribs 9.95

Crisp boneless pork ribs served with garlic toast and honey mustard dipping sauce

Roasted Chicken Quesadilla 10.95

A warm flour tortilla with roasted Cajun spiced chicken, mozzarella and cheddar cheeses, fresh diced tomatoes, diced bell peppers and green onions. Served with sour cream and salsa

"Valbella" Bratwurst 13.00

Grilled bratwurst, dijon mustard, sauerkraut, warm potato salad, garlic toast

Calamari 9.95

Lightly dusted baby squid, served crisp with roasted pepper aioli dip

Soup

Beef Consommé 9.00

Julienne vegetables, barley, beef meat

Cream of Wild Mushroom 9.00

With truffle oil, crumbled feta

Salads

Add a soup to any salad for only 3.99

Caesar Salad 10.50

Our classic Caesar with fresh romaine lettuce, tossed with garlic Caesar dressing, topped with croutons, parmesan cheese and lemon wedge. Served with garlic toast

Add garlic prawns 4.50 | Add Cajun-spiced grilled chicken breast 4.50

Thai Spicy Beef Salad 16.00

Pan seared spicy beef strips, mango, pineapple, green onions, toasted sesame seeds, arugula, red peppers, rice noodle, Thai vinaigrette

Arugula Salad 12.50

Arugula tossed with sundried cranberries, toasted almonds, topped with feta cheese and sherry vinaigrette, served with garlic toast

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Burgers

All burgers are 8oz certified Angus beef, stacked with lettuce, tomato, pickles and your choice of side: crispy fries or Caesar salad or mixed greens
Add a soup to any burger for only 3.99

Cracked Peppercorn Burger 12.95

Lightly coated with cracked black peppercorns, topped with melted cheddar cheese and 2 crunchy onion rings on a sesame bun brushed with garlic herb mayonnaise

Barbeque Chicken Burger 12.95

A grilled tender chicken breast, topped with melted cheddar cheese, crisp bacon and barbeque sauce, served on a sesame bun brushed with garlic herb mayonnaise

Cheddar Bacon Burger 11.95

Topped with melted cheddar cheese, crisp bacon, sautéed mushrooms and caramelized onions on a sesame bun brushed with garlic herb mayonnaise

Salmon Burger 15.95

Seared salmon filet, topped with fresh arugula and cilantro tomato salsa, served on a sesame bun brushed with garlic herb mayonnaise

Wraps

Add a soup to any wrap for only 3.99

Spicy Buffalo Chicken Wrap 10.95

A crispy-breaded chicken breast, tossed in Frank's hot sauce, wrapped with Caesar salad in a grilled flour tortilla

Roasted Vegetable Wrap 10.95

Roasted zucchini, red pepper, onion, tomato, seasoned rice, garlic, spices, lettuce, wrapped in a grilled flour tortilla

Sandwiches

All sandwiches are served with your choice of side: crispy fries or Caesar salad or mixed greens
Add a soup to any sandwich for only 3.99

Stacked Chicken Clubhouse 11.95

Oven-roasted chicken breast, crisp smoked bacon, cheddar cheese, lettuce, fresh tomato and mayonnaise, on your choice of bread

Toasted Alberta Beef Dip 13.99

Shaved prime roast beef, piled high on an Italian baguette, topped with caramelized onions and cheddar cheese. Served with a bowl of beef jus for dipping

Philly style: topped with red peppers 2.50

Reuben Sandwich 12.99

Shaved corned beef with sauerkraut and Swiss cheese. Served with dijon mustard

Steak Sandwich 17.50

6oz. Alberta prime New York steak, caramelized onions and mushrooms, sliced garlic toast

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Entrées

Shrimp Fettucini Alfredo 17.00

An indulgent parmesan, garlic and cream sauce over fettucini noodles topped with shrimp and grated parmesan

Mac & Cheese 15.00

Cavatappi curly pasta baked in a rich three sauce featuring provolone, asiago and medium white cheddar cheeses

Indian Butter Chicken 17.95

Boneless and skinless chicken breast braised with a traditional creamy tomato curry sauce.
Served with basmati rice and grilled naan

Jerk Lamb Kebobs 18.00

Lamb kebobs in our Caribbean style marinade, char grilled and lightly glazed with jerk sauce.
Served with basmati rice pilaf and seasonal vegetables

Charbroiled Steaks

All grilled steaks entrées are served with french fries or potato puree or baked potato with all the trimmings, small mixed greens salad or chef's special fresh seasonal vegetables and garlic toast
Your choice of temperature: blue, rare, medium rare, medium, medium well, well done
We suggest a temperature of medium rare

Fire Grilled New York Steak 32.00

8oz sterling beef fire grilled just the way you like it

Rib Eye Steak 35.00

10oz sterling beef fire grilled just the way you like it

Filet Tenderloin (6oz) 32.00

Make it a filet mignon by adding a wrap of souble smoked bacon 4.50

Top Sirloin Steak 18.00

8oz sterling beef fire grilled just the way you like it

Thick Cut Pork Chop 18.00

8oz pork chop fire grilled to medium

Dessert

Dark Chocolate Torte 9.00

Fresh fruit, vanilla ice cream

Red Fruit & Lemon Strip Cake 9.00

Layers of almond biscuit, lemon cream, raspberry mousse, fresh fruit, red coulis

Tatin Tartelette 9.00

Buttery caramelized apples nested atop a flaky shortcrust pastry. Served warm with chantilly cream

New York Cheese Cake 9.00

Fresh fruit, red coulis