

Dinner Menu

5:00pm to 10:00pm 7 days a week

Appetizers

Buffalo Wings • 1590 CAL • \$18.00

Served with carrot and celery sticks. Your choice of sauce: Buffalo, Coca-Cola BBQ or Honey Sriracha

Chicken Strips • 980 CAL • \$14.00

Served with house-made pub chips. Your choice of honey Mustard or Barbecue Sauce.

Quesadilla • 1000 CAL • \$14.00

Add grilled chicken • 187 CAL • \$4.00

Add steak or shrimp • 127-286 CAL • \$8.50

Peppers, onions, and a blend of cheeses grilled in a flour tortilla. Served with salsa and sour cream.

Firecracker Shrimp • 850 CAL • \$16.00

Made Fresh Daily.

Soup of the Day

80 CAL • \$7.00

Made Fresh Daily.

Salads



Caesar Salad

• 650 CAL • \$8.00

Add grilled chicken • 187CAL • \$7.00

Add steak or shrimp • 127-286 CAL • \$8.50

Crisp romaine lettuce, shaved parmesan cheese and croutons tossed in Caesar dressing.

Grilled Sirloin Salad

• 530 CAL • \$20.00

Sliced grilled sirloin, mixed greens, crumbled blue cheese, tomatoes, and red onion tossed with balsamic vinaigrette.

Entrees

All of our Entrees are served with your choice of two sides. Pasta dishes are served with a side salad.

Citrus Salmon

• 610 CAL • \$28.00

A fillet of salmon finished in a citrus, white wine butter sauce

Garden Penne Pasta

• 960 CAL • \$17.00

Sauteed vegetables and penne pasta topped with roasted red peppers and pest, topped with shaved Parmesan and served with ciabatta.

Add grilled chicken \$7.00

Add steak or shrimp \$8.50

Sriracha Sirloin

• 890 CAL • \$29.00

A centre-cut, choice top sirloin season and grilled-to-order, topped with a Sriracha glaze

Monterey Grilled

Chicken

• 550 CAL • \$22.00

Grilled chicken topped with barbecue sauce, diced tomatoes, crisp bacon and Monterey Jack cheese.

Burgers & Sandwiches



Classic Burger

• 680 CAL • \$17.00

8oz. char-broiled Angus beef burger, seasoned and topped with your choice of cheese.

BBQ Bacon Cheddar Burger

• 1380 CAL • \$19.00

8oz. char-broiled Angus beef burger, seasoned and topped with barbecue sauce, crisp bacon and melted Cheddar cheese.

Build Your Own Burger

• 770 CAL • \$17.00

8oz. char-broiled Angus beef burger, seasoned and topped with your choice of the following toppings: Cheddar, Swiss, or Pepper Jack cheese, grilled onions, sauteed mushrooms, jalapeno peppers and fresh pico de gallo.

Add bacon \$4.50

BLT Club Wrap

• 1300 CAL • \$18.00

shaved turkey, ham, bacon, lettuce, tomato, Swiss and Cheddar cheese wrapped in a flour tortilla

Tuscan Chicken Sandwich

• 1140 CAL • \$18.00

Grilled chicken topped with Provolone cheese, roasted red pepper, crisp greens and sliced tomato served on ciabatta with pesto mayonnaise.

Sides

French Fries \$5.00 • 280 CAL

Red Skin Mashed Potatoes \$5.00 • 200 CAL

Rice Pilaf \$4.50 • 210 CAL

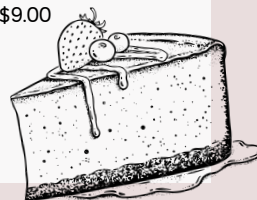
Pub Chips \$5.50 • 540 CAL

Seasonal Vegetables \$5.50 • 30 CAL

Dessert

Brownie Sundae \$8.00

NY Cheesecake \$9.00



Salad

Motivity Cafe & Lounge

Beverages

Beers

Craft

- Goose Island IPA** • \$7.50 • 240 CAL
- 12 Mile India Pale Lager** • \$7.50 • 153 CAL
- Cosmic Cream Ale** • \$7.50 • 90 CAL
- Jurassic IPA** • \$7.50 • 170 CAL
- Rickards Red Ale** • \$7.50 • 104 CAL

Import

- Corona Extra** • \$7.50 • 148 CAL
- Heineken** • \$7.50 • 149 CAL
- Stella Artois** • \$7.50 • 150 CAL

Domestic

- Bud Light** • \$6.50 • 192 CAL
- Coors Light** • \$6.50 • 102 CAL
- Budweiser** • \$6.50 • 192 CAL
- Molson Canadian** • \$6.50 • 150 CAL

Draft

- Captains Log Lager** • \$9.00 • 170 CAL

Handcrafted Cocktails



Caesar • \$8.50 • 105 CAL
Vodka and tomato juice.

Bloody Mary • \$8.50 • 240 CAL
Smirnoff vodka, house made Bloody Mary mix.

Mojito • \$8.50 • 201 CAL
Castillo Silver Rum, muddled garden-fresh mint, Club Soda, fresh squeezed lime juice, sugar.

Manhattan • \$8.50 • 240 CAL
Jim Beam Kentucky Straight Bourbon Whiskey, sweet vermouth, Angostura bitters.

Moscow Mule • \$8.50 • 240 CAL
Smirnoff Vodka, ginger beer and fresh lime over ice in a copper mug.

Jack Daniel's Lemonade • \$8.50 • 240 CAL
Jack Daniel's, orange liqueur, Sprite and fresh lemon.

Classic Martini • \$8.50 • 240 CAL
New Amsterdam Vodka or Amsterdam Gin, splash of Martini & Rossi Dry Vermouth, olive or lemon twist.

Margarita • \$8.50 • 240 CAL
Corazon Blanco Tequila, Cointreau, fresh-squeezed lime juice.

White Wines

105-125 CAL per glass

	6oz glass	9oz glass	Bottle (750ml)
Chardonnay Jackson-Triggs, Ontario	\$8.00	\$11.50	\$32.00
Pinot Grigio Inniskillin, Ontario	\$9.00	\$12.50	\$34.00
Pinot Grigio Ruffino Lumina, Italy	\$9.50	\$13.50	\$39.00
Sauvignon Blanc Kim Crawford, New Zealand	\$15.00	\$18.00	\$46.00
Sauvignon Blanc Open, Ontario	\$8.00	\$11.50	\$33.00
Chardonnay Woodbridge, California	\$9.50	\$13.00	\$39.00

Red Wines

116-122 CAL per glass

	6oz glass	9oz glass	Bottle (750ml)
Cabernet Sauvignon Jackson-Triggs, Ontario	\$8.00	\$11.50	\$32.00
Cabernet Shiraz Inniskillin, Ontario	\$9.00	\$12.50	\$35.00
Chianti Ruffino Lumina, Italy	\$9.50	\$13.00	\$39.00
Merlot Woodbridge, California	\$9.50	\$13.00	\$39.00
Rose Saintly, Ontario	\$15.00	\$20.00	\$45.00
Cabernet Sauvignon Tom Gore, California	\$18.00	\$22.00	\$53.00

Drinks

- Coffee** • \$3.50 • 0 CAL
- Tea** • \$3.50 • 0 CAL
- Milk** • \$3.50 • 0 CAL
- Assorted Soft Drinks**
• \$3.50 • 0-160 CAL



Motivity Cafe & Lounge

Bar Menu

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Small Bites

Spring Rolls \$5

6pcs
Served with a plum sauce

Samosas \$5

6pcs
Served with a tamarind sauce

Veggie Nachos \$14

Chicken Nachos \$19

Steak Nachos \$22.50

Nachos served with salsa and sour cream



nachos

Half Pound \$9

1 Pound \$18

Served with carrot and celery sticks
Served with ranch

wings



Big Bites

Poutine \$9.50

Veggie Burger \$16

Served with fries

Fish N' Chips \$17

Served with tartar sauce

Chicken Fingers \$10

Trio Platter \$9.50

3 Spring Rolls, 3 Samosas, 3 Wings

Motivity Cafe & Lounge

Pizza Specials

5:00pm to 10:00pm 7 days a week

***includes
choice of
soda***

10 " Cheese \$12

10 " Pepperoni \$12

10 " Vegetarian \$12
*onion, mushrooms, peppers,
and tomatoes*

Extras

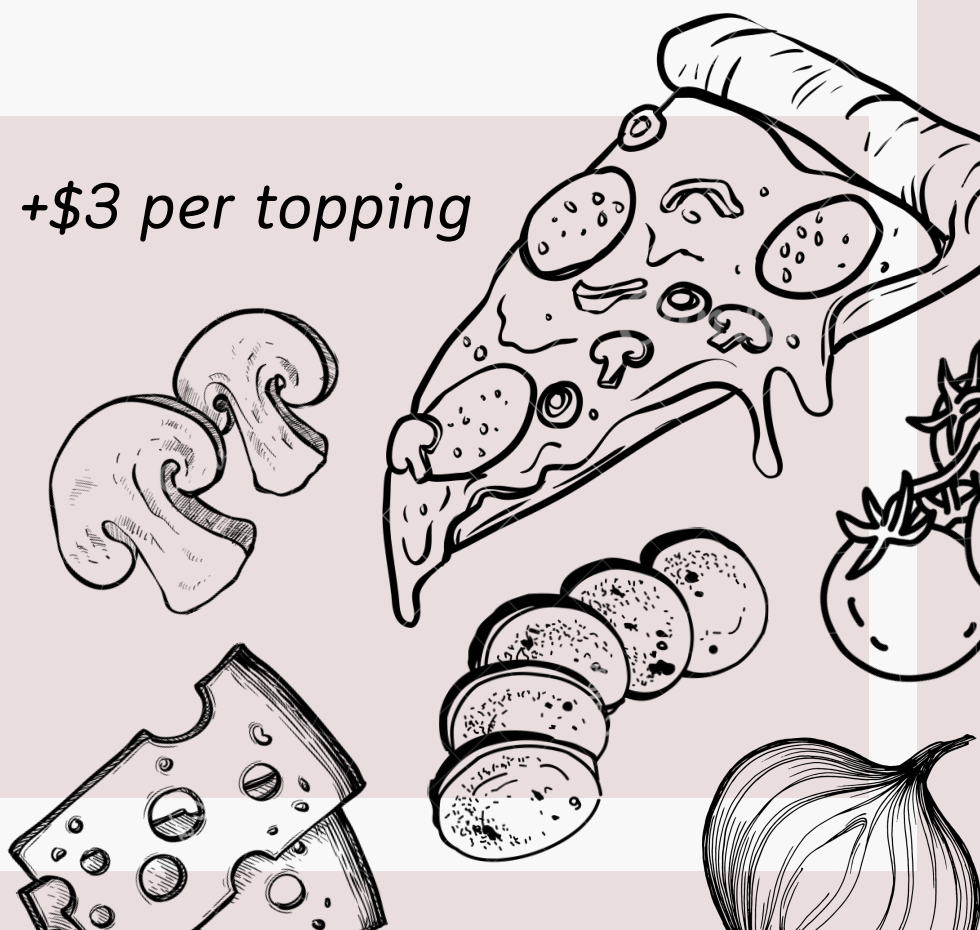
+\$3 per topping

Ham

Bacon

Chicken

Roast Beef

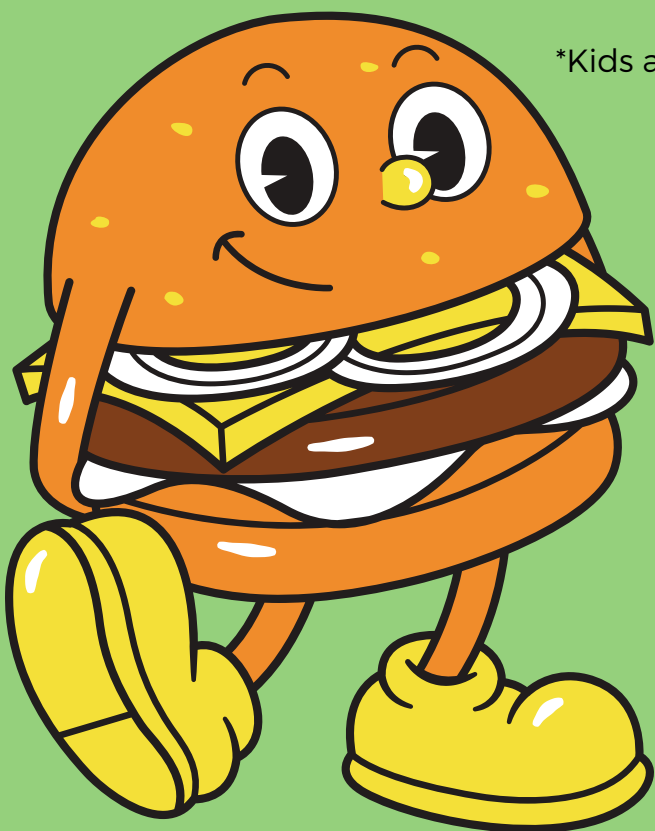


Kids

Holiday Inn

eat free!

*Kids age 11 and under eat for free when at least one adult eats.



Chicken Fingers

served with fries and plum sauce
\$6.95

Macaroni and Cheese

\$6.95

Grilled Cheese Sandwich

served with fries and plum sauce
\$6.95

Cheeseburger

served with fries and plum sauce
\$6.95



fries can be substituted for fresh cut fruit