Dinner Menu

Appetizers

Glazed battered Cauliflowers

Fried battered cauliflowers glazed with your choice of sweet Chilli sauce or aged balsamic glaze 14

Chicken wings

Mediterranean, sweet Chili or hot 17

Avocado fries

Battered avocado served with Wasabi mayo 15

Original Falafel

Bowl of freshly prepared falafel served with cucumber salad and warm pita bread 13

Spring roll

Serve with hoisin sauce and fortune cookies 15

Montreal Poutine

French fries topped with cured cheese & gravy 14

Calamari

Seasoned calamari served with tartar sauce 10

Salad &

Daily Soup: (ask your server for more details) 11

(Add grille chicken, steak or prawns 7 salmon file 9)

Kale & Quinoa Tabouleh salad:

Chopped fresh kale mixed with diced multicolour heirloom cherry tomatoes and roasted mixed quinoa topped with fresh lemon juice and extra virgin olive oil 17

Twisted Caesar Salad:

Fresh romaine lettuce, basil, crispy bacon tossed in our cream Caesar salad dressing and served freshly graded Parmesan cheese and Italian herb home made style Croutons 19

Spinach Salad:

Fresh baby spinach, red onion, crumbled boiled egg, blue cheese, bacon bits and strawberry served with white balsamic vinegarette 18

Ask your server for a list of our feature desserts

Entrees

Mussels and frits

One pound of mussels prepared in our tomato base roasted garlic and red wine sauce. Served with a side of thin cut frites plus garlic toast 25

Fettuccini carbonara

Your choice of prawns or chicken, crispy bacon, wild mushrooms tossed in our cream garlic carbonara sauce and served with soft poached egg 24

Grilled Tenderloin steak

Alberta AAA Angus beef tenderloin grilled to your desired temperature. Served on top of roasted seasonal veggies and roasted potatoes make surf and turf with five prawns 7 37

Mediterranean Bowl

Sliced avocado, marinated chickpeas, black beans, corn, kale, pesto goat cheese, pickled cabbage and cherry tomatoes served on a bed of herb jasmine rice 21 (Add Grilled chicken breast, prawns 7 salmon 9)

Chicken pesto Parmesan

Battered chicken breast covered with home made style pesto and covered with mixed cheeses. Served with creamy fettuccini and garlic toast 25

Two handers &

Prime chicken club sandwich:

Marinated grilled chicken breast, crispy bacon and marinated tomatoes covered in pesto mayo served in country style sourdough 19

Parmesan burger two ways:

Freshly battered chicken breast topped with our classic marinara sauce or classic basil pesto, plenty of Mozzarella and parmesan cheese 22

Loaded smash burger

Charbroiled 100% Alberta AAA angus beef with no additive or preservative, aged Gouda and Cheddar cheese, sauteed wild mushrooms and bacon covered in our smoked BBQ sauce 23

Classic smash burger:

Charbroiled 100% Alberta AAA Angus beef, slice of cheddar cheese and caramelized onion 21