

Appetizers

SOUP OF THE DAY \$6.95

SAMOSA \$9.50

Potato, peas, cumin, fennel, coriander, ajwan seed in flour wrapper, served with tamarind chutney. *vg*

TEMPURA BATTERED SHRIMP \$12.95
21/25 Tempura shrimp, tequila lime sauce, charred lime and greens.

KIMCHI DUMPLINGS \$11.95

Pork, cabbage, sambal and ginger soy dip.

PORTOBELLO SOUFFLE \$14.50

Stuffed portobello, spinach, caramelised onion, goat cheese & mozzarella finished with balsamic glaze. *gf*

GREEK PLATTER \$14.95

Olives, hummus, heritage greens, cilantro tzatziki dip and fresh vegetables served with pita bread. *vg*

CHICKEN WINGS \$16.50

1 Pound of crispy wings served with ranch, carrot, celery and choice of homemade sauces:

Chipotle BBQ, mango habanero buffalo, sweet 'n' tangy, garlic parmesan, salt & pepper

CASCADE NACHOS \$16.95

Served with onion, tomato, banana pepper, red pepper, black beans, olives Tex-Mex cheese, sour cream, avocado cream and tomato salsa. *gf*

ADD BRAISED BEEF BRISKET \$10.00

ADD AVOCADO \$3.00

Salads

PRAIRIE SALAD \$15.50

Seasonal berries, heritage green, cucumber, tomato, carrot, goat cheese, pecan & wild berry dressing *gf*

EARTH BOWL

\$15.00 full ✕ \$7.95 half

Falafel, Heritage greens mix, cucumbers, Roma tomatoes, avocado, carrots, pumpkin seeds, pickled red beets with mango, mint & cilantro vinaigrette. *gf / vg*

ASPARAGUS & BABY KALE SALAD

\$14.95 full ✕ \$7.95 half

Baby kale, grilled asparagus, croutons, parmesan cheese and bacon tossed in anchovy & caper dressing.

ADD TO ANY SALAD

7 oz Souvlaki skewer *gf* \$10.00

6 oz Striploin steak *gf* \$15.00

5 oz Salmon *gf* \$13.95

Falafel *vg* \$7.00

Alpha Mains

BUTTER CHICKEN \$17.95

Boneless chicken thighs cooked in tomato sauce, butter, cream and a blend of Indian spices. Served with jasmine rice and salad.

FAJITA SALMON SKILLET \$22.95

Atlantic salmon served with Mexican rice, sautéed onion, pepper, mushroom and tropical salsa. *gf*

NEW YORK STRIPLON \$32.95

AAA 8 Ounce striploin served with double baked potato and seasonal vegetables finished with mushroom demi-glaze. *gf*

MEDITERRANEAN GRILL

PLATTER - For 4 \$54.95

Meat tray with chicken skewer, salmon, steak and grilled vegetables. Served with platter of hummus, olives, pita bread and fresh vegetables.

Pizza & Pasta

ROCKY MOUNTAIN \$17.95

Pepperoni, bacon, chorizo, caramelized onion, red pepper, mozzarella cheese and tomato sauce.

FARMER'S PIZZA \$16.95

Mozzarella cheese, red onion, peppers, mushroom, olives and Parmesan cheese and tomato sauce. Topped with chili flakes and balsamic glaze. *vg*

CLASSIC PEPPERONI \$15.95

Pepperoni, mozzarella cheese and tomato sauce.

SUBSTITUTE

GLUTEN FREE CRUST \$3.50

PORK PARMESAN \$17.95

Linguine tossed with pesto, breaded pork, tomato sauce, Parmesan cheese. Served with garlic bread

LINGUINE PRIMAVERA \$17.95

Linguine tossed with mushrooms, asparagus, peppers, olives, marinara sauce and goat cheese, served with garlic bread.

French Fry Bar

NAKED FRIES \$11.50

Fries, gravy and cheese curds.

DISCO FRIES \$12.95

Fries, gravy, Tex-Mex cheese and bacon.

PARMESAN GARLIC FRIES \$13.95

Fries, fresh garlic, coarse ground salt & pepper with melted parmesan.

MEAT LOVERS FRIES \$15.95

Fries, gravy, pork brisket, bacon, banana peppers and cheese curds.

Burgers, Wraps & Sandwiches

Served with a choice of fries, soup or salad.

STEAK ZANGER \$22.95

AAA 6 oz Striploin, sauté onion, pepper, mushroom, on focaccia bread topped with balsamic glaze served with Parmesan fries.

DOUBLE DECK BURGER

\$19.50 Single \$17.95

Double 4oz chuck & prime rib patty, cheddar & Swiss cheese, bacon, lettuce, tomato, pickles, caramelised onion and Portabello mushroom in a soft bun dressed with chipotle BBQ mayo.

BLACKENED SALMON \$18.50

Atlantic salmon, double smoked bacon, avocado, lettuce, tomato, onion and Jack cheese in a soft bun dressed with tequila lime sauce.

SOUVLAKI CHICKEN & AVOCADO WRAP \$17.95

Chicken, feta cheese, lettuce, tomato, olives, onion and avocado in a Pita bread dressed with cilantro tzatziki.

PORK BELLY RUEBEN \$18.95

House cured & smoked pork belly, braised brisket, sauerkraut and Swiss cheese on rye bread dressed with Thousand island sauce.

FALAFEL WRAP *vg* \$15.95

House made falafel, tomato, onion, lettuce, pickled beets, olives, hummus and cilantro sauce on pita bread.

SUBSTITUTE

GLUTEN FREE BUN *gf* \$2.50

ONION RINGS \$3.00

SWEET POTATO FRIES \$2.50

Sides

French Fries \$5.95

Sweet Potato Fries \$6.95

Onion Rings \$6.25

Souvlaki Chicken Skewer *gf* \$10.00

Garlic and Cheese Toast \$6.00

Refreshments

Fresh Lemonade \$4.50

Coffee & Tea \$3.50

Hot chocolate \$3.50

Milk Large \$3.50 Small \$2.75

Chocolate Milk Large \$3.50 Small \$2.75

Juice Large \$3.50 Small \$2.75
orange, apple, pineapple, grapefruit, cranberry

Pop \$3.00

Pepsi, Diet Pepsi, 7-up, Iced Tea, Ginger ale

All prices subject to 5% GST



Desserts

CHOCOLATE LAVA CAKE \$10.99

Baked chocolate lava cake, topped with vanilla ice cream and whip cream.

TURTLE CHEESECAKE \$10.99

Triple chocolate mousse with strawberry compote. *gf*

WARM APPLE CRISP \$10.99

Baked apple crisp and coconut topped with caramel, vanilla ice cream and whipped cream.

SORBET BOWL \$14.50

Strawberry, mango and lemon sorbet topped with fresh berries. *gf*

Wolf Pups Menu

CHOICE OF ENTREE AND DRINK \$10.00

LINGUINE MARINARA

KIDS BURGER WITH FRIES

PEPPERONI PIZZA

CHICKEN FINGERS WITH FRIES

JUICE - Apple, Orange, Pineapple

PUP DESSERT

ICE CREAM - Vanilla and Chocolate \$5.00

SORBET - Lemon, mango or strawberry \$6.00