

## Appetizers

**SOUP OF THE DAY** \$7.00

**JALAPENO & PICKLE POPPERS**

\$11.95

Jalapenos filled with cream cheese, breaded dill pickle accompanied with tomato jam and ranch. *vg*

**SPRING ROLL & PORK SHUMAI**

\$13.95

Pork & vegetables, wonton wrapper. Vegetables in a spring roll wrapper. Served with ginger soy dip.

**BAKED CHEESE** \$14.95

Creamy Brie goat cheese. Served with demi baguette and tomato jam.

**CRISPY CHICKEN WINGS** \$18.50

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

BBQ, Gochujang mayo, sweet 'n' tangy, garlic Parmesan, salt & pepper, hot buffalo.

**STEAK BITES** \$18.95

Marinated beef tenderloin in delicious bite-sized pieces on a cast-iron skillet with steak sauce. *gf*

**PULLED PORK NACHOS** \$21.95

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

**NACHOS ONLY** \$17.95

**BRAISED PORK POUTINE** \$16.95

Fries, gravy, pork brisket, onion, tomato, mushroom, Tex-Mex cheese and cheese curds. Finished with Gochujang mayo drizzle.

## Salads

**HARVEST BOWL** \$14.95

Quinoa, heritage greens, cucumber, tomato, carrot, pickled beet, avocado, pumpkin seed, orange & ginger dressing. *gf / v*

**GRILLED CHICKEN CAESAR** \$19.95

Romaine, tortilla chips, croutons, chicken, Parmesan cheese and bacon tossed in anchovy & garlic dressing.

**ADD TO ANY SALAD**

6 oz Chicken breast *gf* \$8.00

4 oz Salmon *gf* \$8.00

Falafel *vg* \$5.00



Harvest Bowl



Jalapeno & Pickle Poppers, Pork Shumai & Spring Rolls

## Pasta

**BRAISED BEEF LINGUINE** \$17.95

Linguine tossed with mushrooms, braised beef, cream, marinara sauce and Parmesan cheese. Served with garlic bread.

**LINGUINE PRIMAVERA** \$17.50

Linguine tossed with mushrooms, red pepper, onion, marinara sauce and Parmesan cheese. Served with garlic bread.

## Alpha Mains

**THAI CURRY BOWL** \$17.95

Green curry with coconut sauce and vegetables. Served with Jasmine rice and greens. *v / gf*

Add 6 oz Chicken breast *gf* \$8.00

Add 4 oz Salmon *gf* \$8.00

**BUTTER CHICKEN** \$22.50

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

**BANGERS & MASH** \$19.95

Roasted pepper and pesto chicken banger, mashed potato, sautéed onion & peppers. Served with mushroom gravy.

**SCHNITZEL** \$22.95

Panko crusted pork tenderloin, creamy mashed potato and seasonal vegetables. Served with creamy mushroom sauce.

**GREEK SALMON** \$24.95

Greek spiced salmon, soy ginger rice, mango & avocado salsa and salad.

**BEEF BRISKET** \$29.95

Slow braised beef brisket served with creamy mashed potato and seasonal vegetables.

## Pizza

All pizzas are 12" and cooked in a stone oven.

**ROCKY MOUNTAIN** \$19.95

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

**FARMER'S PIZZA** \$17.95

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

**HAWAIIAN PIZZA** \$17.95

Mozzarella cheese, ham, pineapple and tomato sauce.

**CLASSIQUE PEPPERONI** \$17.95

Pepperoni, mozzarella cheese and tomato sauce.

**BUTTER CHICKEN PIZZA** \$18.95

Mozzarella cheese, red onion, tomato, red pepper, tandoori chicken, chili flakes and tomato sauce.

**SUBSTITUTE**

GLUTEN FREE CRUST \$3.50

EXTRA CHEESE \$3.50

*vg* vegetarian *gf* gluten-free

## Burgers, Wraps & Sandwiches

Served with a choice of fries, soup or salad.

**BOW VALLEY BURGER** \$21.95

6 oz AAA chuck beef, cheddar cheese, bacon, lettuce, tomato, pickles, onion rings with a soft bun dressed with Gochujang mayo.

**SALMON & BRIE** \$20.95

Atlantic salmon, double smoked bacon, avocado, lettuce, tomato, onion and brie cheese in a tortilla wrap dressed with tequila lime sauce.

**TANDOORI CHICKEN TACOS** \$20.50

Chicken thigh, lettuce, tomato, onion, cucumber and avocado in a flour tortilla dressed with creamy chimichurri and spicy mayo.

**LOADED GRILLED CHEESE** \$17.95

Cheddar, Brie, Mozzarella, Edam cheeses, tomato jam on French bread dressed with mayo & butter. *vg*

**FALAFEL & QUINOA WRAP** \$17.50

House made falafel, quinoa, tomato, onion, lettuce, mango avocado salsa and balsamic glaze in a tortilla wrap. *v*

**SUBSTITUTE**

GLUTEN FREE BUN *gf* \$2.75

ONION RINGS \$3.25

SWEET POTATO FRIES *gf* \$3.00

## Sides

French Fries	\$5.95
Sweet Potato Fries	\$6.25
Onion Rings	\$6.00
Chicken Breast <i>gf</i>	\$8.00
Garlic and Cheese Toast	\$6.50
Sliced cheese	\$2.00
Ranch, mayo, bbq, or hot sauce	\$2.00
Jasmine rice	\$4.50
1/2 Avocado slice	\$2.50
Naan bread	\$2.50
Sour cream or salsa	\$2.50
Gravy	\$4.00

## Desserts

**CHOCOLATE BROWNIE** \$10.99

Chocolate, coco, vanilla ice-cream, berries, whipped cream.

**BERRY CHEESECAKE** \$10.99

Cheesecake topped with berries, compote and whipped cream. *gf*

**ICE CREAM** \$5.00

Choice of vanilla or chocolate. *gf*



Berry Cheesecake

## Refreshments

Coffee & Tea	\$3.95
Hot chocolate	\$4.00
Milk	\$3.50
Chocolate Milk	\$3.75
Juice orange, apple, cranberry	\$3.15
Pop Pepsi, Diet Pepsi, 7-up, Iced Tea, Ginger ale	\$3.00

## Wolf Pups Menu

**CHOICE OF ENTREE, DESSERT AND DRINK \$12.00**

**KIDS BURGER WITH FRIES  
PEPPERONI PIZZA  
CHICKEN FINGERS WITH FRIES  
LINGUINE MARINARA**

**JUICE** - Apple, Orange, Cranberry

**ICE CREAM** - Vanilla or Chocolate *gf*

