

## MAINS & RICE BOWLS

### FISH & CHIPS | half \$11 full \$15

Battered fish, fries, apple fennel slaw, tarter sauce

### SMOKED MAC & CHEESE | \$15

Signature smoked gouda cheese sauce, jalopeno cheddar smoked sausage, bacon, penne, golden brown panko crust

### RICE BOWL | \$15

Tempura chicken or sautéed shrimp, broccoli, edamame, jasmine rice, sesame ginger soy sauce

### KUNG PAO CHICKEN | \$15

Spicy stir fry of chicken, rice noodles, peppers, onions, fresh ginger, peanuts, spring roll, glazed soy-chili sauce

### PEROGIES & SAUSAGE | half \$11 full \$15

Fried perogies, caramelized onions, sour cream, andouille sausage, green onions

### MEDITERRANEAN LINGUINI | \$12

Add Grilled Chicken \$4, Sautéed Shrimp \$6  
Linguini noodles, sautéed spinach, blistered tomatoes, parmesan, garlic bread

### CURRY RICE BOWL | \$15

Grilled chicken, peppers, onions, jasmine rice, cauliflower, zucchini, red curry sauce, coconut milk

## DESSERT

### CHOCOLATE BROWNIE | \$6

Warm chocolate brownie, vanilla ice cream

### BROWN BUTTER BANANAS | \$6

Vanilla ice cream, brown butter sauce, bananas

### ICE CREAM | \$5.25

2 scoops vanilla ice cream, berries, chocolate sauce

## JUNIORS (10 & UNDER)

### GRILLED CHEESE | \$8

Served with choice of side and pop or juice

### JR BURGER | \$8

Served with choice of side and pop or juice

### KIDS CHICKEN FINGERS | \$8

Served with plum sauce, choice of side and pop or juice

## BREAKFAST

Breakfast Served until Noon Weekdays and 2:00pm on Weekends

### REGAL BREAKFAST | \$9.25

Served all day.

Two eggs cooked your way, toast, choice of bacon, ham, or sausage and choice of breakfast potato or fresh tomato slices

### BREAKFAST SANDWICH | \$4.25

Served all day.

Fried egg, cheddar, bacon, ham or sausage on a toasted english muffin, bagel or in a wrap

### SCRAMBLER | half \$10 full \$14

Scrambled eggs, cheddar, bacon, peppers, onions, mushrooms and tomatoes on home-style potatoes with side toast

### OMELETTE | \$14

Three egg omelette with cheddar and choice of 3 of the following fillings: sausage, bacon, ham, white onion, green onion, mushrooms, peppers, spinach, avocado, salsa, or tomatoes. Served with toast and choice of breakfast potato or fresh tomato slices. **Additional fillings: \$1 each**

### TARDY BREAKFAST | \$6.50

Served all day. No substitutions.

Scrambled eggs, choice of bacon, ham, or sausage, home-style breakfast potato, one piece of toast

### EGGS BENEDICT | half \$9 full \$12

Two poached eggs, ham, english muffin, hollandaise sauce, fresh fruit

### SMOOTHIE BOWL | \$7

Granola, greek yogurt, fresh mixed berries, fresh mint, warm banana bread

### FRENCH TOAST | half \$8 full \$11

Stack of french toast, fresh berries, butter, real maple syrup, fresh fruit

### BLUEBERRY PANCAKES | half \$8 full \$11

Buttermilk pancakes, fresh blueberries, butter, real maple syrup, fresh fruit

## BREAKFAST SIDES

Fruit | \$3.50

Toast | \$1.75

Breakfast Potatoes | \$3.25

Two Pancakes with Syrup | \$4.50

Bacon, Ham or Sausage | \$3.75

Bagel with Cream Cheese | \$2.50

## Weekly Specials

### SUNDAY

3 FOR 2 APPETIZERS

\$5.50 CAESAR

### MONDAY

\$11 CHEDDAR BACON BURGER

\$5 DOMESTIC BEER BOTTLE

### TUESDAY

\$2.50 FISH TACO

\$9 WINE (9oz)

\$5.50 CORONA BOTTLE

### WEDNESDAY

\$11 STEAK SANDWICH

\$18 JUG DRAFT

### THURSDAY

\$13 FULL NACHOS

\$6 WINSTON COCKTAIL (1oz)

### FRIDAY

\$11 FISH & CHIPS

\$9 DOUBLE HIBALL

\$5 OFF WINGS (1LB.)

### SATURDAY

\$5 OFF DRY RIBS

\$15 OFF BOTTLE OF WINE

## APPETIZERS

### POTSTICKERS | \$12

Pan seared chicken & pork potstickers, garlic ginger vinaigrette

### SPRING ROLLS | \$11

Vegetable spring rolls, plum sauce

### CHICKEN TENDERS | \$10

Chicken tenders, apple fennel slaw, plum sauce. Add side: \$3.50

### SPICY EDAMAME | \$10

Steamed and salted, served with ginger chili dipping sauce

### VEGETABLES & CHIPS | \$12

Seasonal raw vegetables, tortilla chips, ranch, hummus, guacamole

### SAMOSAS | \$12

Curry, spinach, onion, mango chutney

### NACHOS | half \$12 full \$17

Crispy corn tortillas, all the fixin's, salsa, sour cream, guacamole. Add beef or chicken: \$5.00

### BONELESS DRY GARLIC RIBS | \$13

Pork ribs, salt and pepper, carrots, celery, ranch

### POUND OF WINGS | \$13

Breaded with your choice of flavor, carrots, celery, ranch

### WING AND CAULIFLOWER WING FLAVORS

Hot  
BBQ  
Teriyaki  
Sweet Chili  
Salt & Pepper  
Lemon Pepper  
House (BBQ, Teriyaki, Hot)

### BRUSSEL SPROUTS | \$12

Fried with crispy bacon, maple syrup

### GINGER BEEF | \$12

Shredded carrots, green onions, jasmine rice

### JALAPEÑO POPPERS | \$13

Jalapeño, cream cheese, wonton wrapped, cilantro lime dip

### QUESADILLA | \$12

Grilled chicken, tomatoes, cheese, peppers, onions, sour cream, salsa, guacamole. Add side: \$3.50

### WEST COAST FISH TACOS | \$12

Battered cod, flour tortilla, lettuce, tomato, guacamole, jalapeño lime sauce, fresh cilantro

### TEMPURA CHICKEN BITES | \$12

Marinated chicken strips, tempura battered, Filipino adobo sauce

### COCONUT SHRIMP | \$13

Battered and butterflied, mango dip

### CAULIFLOWER WINGS | \$12

Your choice of flavor, carrots, celery, ranch

## BURGERS

All burgers, paninis, wraps and sandwiches come with your choice of garden salad, edamame, fries, homestyle chips and dip, soup, apple fennel slaw or rice.

Gluten free options available by request.

**Upgrade to yam fries & dip, onion rings or ceasar salad for \$2**

### AVOCADO BACON BURGER | \$16

Our fresh ground beef patty, jalapeño havarti cheese, avocado, bacon, lettuce, tomato, onion, pickle, mayo

### JOHN DALY BURGER | \$17

Our fresh ground beef patty, maple BBQ sauce, onion rings, brie, sautéed portabello mushrooms, bacon, lettuce, tomato, onion, pickle, mayo

### CHEDDAR BACON BURGER | \$16

Our fresh ground beef patty, cheddar cheese, bacon, maple BBQ sauce, lettuce, tomato, onion, pickle, mayo

### TURKEY BURGER | \$15

Seasoned ground turkey patty, cheddar cheese, lettuce, tomato, chipotle aioli

### SALMON BURGER | \$16

Grilled salmon patty, lettuce, tomato, lemon caper sauce, crispy green onions

### CRISPY CHICKEN BURGER | \$16

Battered chicken breast, cheddar cheese, lettuce, tomato, onion, mayo

### PORTABELLO PATTY | \$15

Roasted marinated portabello mushroom cap, roasted red peppers, lettuce, remoulade

## PANINIS & WRAPS

All paninis and wraps are served in a white tortilla

### PHILLY STEAK WRAP | \$14

Seasoned flat iron steak, grilled onion and peppers, swiss cheese, sautéed mushrooms

### CHICKEN PANINI WRAP | \$14

Avocado, bacon, chicken, spinach, tomato, mayo

### THAI BEEF WRAP | \$14

Warm shaved beef, carrots, cucumber, red onion, rice noodles, sweet chili

### TURKEY BRIE WRAP | \$14

Roasted turkey, artisan greens, strawberries, brie, mayo

### HONEY SRIRACHA WRAP | \$14

Breaded chicken, honey-sriracha sauce, lettuce, tomato, cheese

### VEGGIE WRAP | \$13

Spinach, cucumber, tomato, avocado, roasted red peppers, zucchini, hummus

### CHICKEN CLUB WRAP | \$14

Grilled and sliced chicken, bacon, lettuce, tomato, cheddar, mayo

## SANDWICHES

### BISTRO REUBEN | half \$11 full \$14

Grilled rye bread, pastrami, sauerkraut, swiss, dijonnaise

### BEEF DIP | half \$12 full \$15

Smoked beef, horseradish mayo, caramelized onions, sautéed mushrooms, melted gouda

### REGAL STEAK SANDWICH | \$16

AAA Alberta flat iron, garlic bread, sautéed mushrooms, onion rings

### BLT | \$13

Bacon, lettuce, tomato, gouda, avocado, mayo, toasted bagel

### TURKEY CLUB | half \$11 full \$14

Triple stacked; roasted turkey, bacon, lettuce, tomato, cheddar, mayo

### MEATLOAF SANDWICH | \$15

Home made meatloaf (ground beef and turkey), sautéed onions, gravy, open faced on baguette

### BLACKENED CHICKEN | \$15

Grilled and blackened chicken, white cheddar, warm apple jam, roasted garlic aioli, arugula, tomatoes; on a baguette

## SOUP & SALADS

### SOUP KETTLE | \$6.50

Bottomless bowls of two house-made daily soup with buns

### COBB SALAD | half \$12 full \$16

Grilled chicken or chilled shrimp, egg, heirloom tomatoes, crumbled bacon, olives, gorgonzola cheese, iceberg lettuce, poppy seed dressing

### QUINOA SALAD | \$15

Quinoa, spinach, edamame, heirloom tomatoes, feta, avocado, blueberry ginger vinaigrette

### GARDEN SALAD | half \$6 full \$10

Mixed greens, tomatoes, cucumber, carrot slivers, your choice of dressing  
**Add: Grilled Chicken \$4, Steak \$6**

### WAR WONTON SOUP | \$11

Pork wontons, seasonal vegetables, house made chicken broth

### PECAN CHICKEN SALAD | \$16

Pecan crusted chicken, crumbled bacon, tomatoes, avocado, jalapeño havarti cheese, candied pecans, artisan greens, maple vinaigrette

### STEAK SALAD | \$16

Sliced flat iron steak, spinach, carrots, tomatoes, cucumbers, white cheddar, ranch

### CAESAR SALAD | half \$7 full \$11

Romaine, parmesan, croutons, garlic bread  
**Add: Grilled Chicken \$4, Steak \$6**



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