

Starters

- Fried Brussel Sprouts | 13** - Crispy brussel sprouts, gruyere cheese, candied bacon, jalapeño ranch
- Vegetarian Samosas | 11** - 2 hand-made samosas, tamarind chutney
- Bruschetta | 13** - Garlic pretzel bun crostini, fresh bruschetta, parmesan, Maldon salt
- Homemade Dry Ribs | 13** - 24-hour brined rib tips, lightly fried, signature ranch, lemon wedge
- Chicken Gyoza | 14** - Pan fried gyoza with ponzu chili dip and scallions
- Breaded Chicken Wings | 17** – Crispy gluten free breaded wings with your choice of hot, BBQ, teriyaki, salt and pepper, lemon pepper, Korean sweet-chili, honey garlic, honey hot. Add homemade ranch: \$0.75
- Crispy Chicken Fingers | 12** - Breaded chicken fingers, plum sauce. Add side: \$4.50
- Carne Asada Street Tacos | 16** - Corn or flour tortillas, sirloin cut, salsa taquera, fresh cilantro and onions, lime wedge. Add fresh guac - \$2
- Chips and Guac | 11** - Fresh guacamole daily made, cajun seasoned corn tortilla chips
- Japanese Steak Bites | 14** - Ginger-soy glaze, garlic butter, sesame sauce, steamed rice, scallions
- Baja Tempura Prawn Tacos | 16** - Corn or flour tortillas, crispy prawns, cabbage, fresh avocado, popcorn rice, valentina crema
- Nachos | half 14; full 21** – Cajun seasoned local corn tortilla fried in house, tomatoes, red onions, black olives, bell peppers, jalapeño, Alberta Nacho Cheese, sour cream, salsa
- Add spicy beef | 5 Add seasoned chicken | 5 Add guac | 3

Soups and Salads

- Bowl Soup du Jour | 7** - Served with bun and butter
- Tomato Soup Bowl | 7** - Croutons, parmesan crisp, bun and butter
- Chicken Pecan Salad | 18** - Pecan crusted chicken, artisan greens, avocado, goat cheese, candied pecans, apples, pea shoots, strawberries, maple dressing
- Chimichurri Steak Salad | 20** – 7oz sirloin center cut grilled to your liking, artisan greens, cherry tomatoes, fresh avocado, feta, chimichurri vinaigrette
- The Cobb | half 14; full 19** - Roasted chicken, cherry tomatoes, fresh avocado, egg, bacon bits, stilton cheese, iceberg lettuce, grainy mustard dressing
- Classic Caesar Salad | half 9; full 13** – Chopped romaine, house-made creamy Caesar dressing, bacon bits, brioche croutons, parmesan shaves, lemon wedge
- Garden Salad | half 8; full 12** – Cherry tomato, cucumber, artisan greens, shredded carrots, choice of dressing
- Add steak | 7 Add grilled chicken | 5 Add sauteed garlic prawns | 6**



Sandwiches and Burgers

All burgers and sandwiches come with your choice of fries, soup, house salad, Caesar salad, or homestyle chips with dip. Upgrade to truffle fries, yam fries with dip or onion rings: \$2

Alberta Chuck Hand-Made Beef Burger | 19 - Beef chuck patty, cheddar cheese, bacon, lettuce, tomato, onions, mayo, and mustard on our homemade brioche bun

Buffalo Chicken Burger | 19 - Crispy buffalo chicken, buffalo sauce, lettuce, tomatoes, onions and ranch on our homemade brioche bun

Beyond Burger | 20 – Beyond meat patty, cheddar cheese, lettuce, tomato, onions, mayo, and mustard on our homemade brioche bun. Add avocado: \$2

Blackened Chicken Sandwich | 18 - Swiss cheese, spicy mayo, lettuce, tomato, red onion, avocado, toasted ciabatta

Souvlaki Wrap | 17 - Marinated chicken, tzatziki, lettuce, onions, tomatoes, jalapeños, naan bread

Roasted Chicken Quesadilla | 18 – Charred peppers, onions, sundried tomatoes, roasted oven chicken, cheese blend, lime-cilantro sour cream, salsa

Honey Sriracha Wrap | 16 - Breaded chicken, honey-sriracha sauce, lettuce, tomato, cheddar cheese

Winston Club Sandwich | half 13; full 17 - 2 slices of toasted bread, roasted turkey, ham, candied bacon, lettuce, tomato, cheddar cheese, mayo

Classic Reuben | 18 – Pastrami, swiss, sauerkraut, dijonnaise, panini pressed on rye bread

TM

Bowls

Butter Chicken | 20 - Homemade butter chicken, rice, grilled naan bread, fresh cilantro

Shanghai Kung Pao | 20 - Choice of chicken or shrimp with sauteed bell peppers, mushrooms, bok choy, carrots, onions, and Sichuan sauce with your choice of egg noodles or rice. Topped with cashews and scallions

Japanese Power bowl | 20 - Ahi tuna, rice, fresh avocado, roasted red peppers, mango, cucumber, cherry tomato, radish, miso vinaigrette, togarashi fried onions, pickled ginger

Hakata Ramen | 20 - Hakata style ramen, local handmade noodles, rich broth, char siu pork, rayu (chili oil), egg, seeds, togarashi, scallions

Mains

Steak Frites | 22 – 7oz sirloin center cut, garlic baguette, sauteed mushrooms, fries, maldon salt

Baby Back Ribs | half 19; full 23 - Braised baby back ribs, whiskey BBQ sauce, fries

Spaghetti Chicken Parmigiana | 22 - Parmesan crusted chicken, San Marzano tomato ragu, spaghetti, and garlic baguette

Gnocchi & Beef Tenderloin Tips | 18 - Potato gnocchi, port jus, garlic sage cream sauce, blistered cherry tomatoes, garlic bread, parmesan, fried basil

Rustic Pizza (12")

All Meat | 21 – San Marzano tomato sauce, pepperoni, bacon, salami, ham, mozzarella

Buffalo Chicken Ranch | 21 – Crispy chicken, house-made ranch, buffalo sauce, mozzarella, scallions

Spicy Chorizo Pizza | 21 – Home-made Mexican chorizo, red onions, jalapeños, nacho and mozzarella mix cheese, fresh cilantro, crema drizzle

Veggie and Herb | 20 – Pineapple, jalapeños, onions, peppers, mushrooms, dry basil, dry oregano, mozzarella

BBQ Philly Steak | 21 – Shaved beef, mushrooms, red onions, bell peppers, nacho and mozzarella cheese

Vegan/ Vegetarian

Vegan Japanese Power Bowl | 16 - Rice, fresh avocado, roasted red peppers, mango, cucumber, cherry tomato, radish, miso vinaigrette, togarashi fried onions, pickled ginger

Vegetarian Kung Pao | 18 - Stir fried tofu, sauteed bell peppers, mushrooms, bok choy, carrots, onions, and Sichuan sauce with egg noodles or rice (vegan option). Topped with cashews and scallions

Vegan Mushroom Taco's | 15 - Choice of corn or flour tortilla, sauteed mushrooms, salsa taquera, popcorn rice, avocado, cabbage, cilantro

Vegan Butter "Chicken" | 19 - Homemade dairy free butter chicken sauce, tofu, rice, toasted baguette, fresh cilantro

Breakfast

(Served until noon weekdays and 2pm on weekends)

The Regal | 14 – Two vita eggs cooked your way, choice of bacon, ham, or sausages. Served with toast and choice of fresh tomato slices or hash browns

Brioche Egg Sandwich | 9 - Toasted homemade brioche bun, fried egg, choice of bacon or ham, cheddar cheese, lettuce, tomato, mayo

French Omelette | 15 - 3 vita egg omelette with cheddar and three of the following fillings: sausage, bacon, ham, onions, peppers, mushrooms, avocado, spinach, tomatoes. Served with toast and choice of fresh tomato slices or hash browns. Additional fillings: \$1.25 each

Avocado Toast | 9 - Soft poached eggs, toasted baguette, avocado, sauteed mushrooms, micro greens