

Starters

Blackened Tilapia Tacos | 18 - Corn or flour tortillas, blackened tilapia, cabbage, avocado - mango salsa, cotija cheese, spicy sriracha mayo, lime, cilantro

Fried Brussel Sprouts | 15 - Crispy sprouts, gruyere cheese, candied bacon, jalapeño ranch

Chicken Karaage | 16 - 24-hour brined, lightly fried crispy chicken, spicy mayo, lemon, scallions

Ribeye Steak Burrata | 19 - Sous-vide steak, pretzel garlic crostini, burrata cheese, basil bruschetta

Japanese Steak Bites | 15 - Ginger-soy glaze, garlic butter, sesame sauce, steamed rice, scallions

Vegetarian Spring Rolls | 14 - Hand rolled vegetable filled spring rolls, fried, and served with nouc cham dipping sauce (Vietnamese) and scallions

Chicken Gyoza | 15 - Pan fried gyoza with ponzu chili dip and scallions

Hamachi Ceviche | 18 - Hamachi, leche de tigre, salsa macha, wonton chips, togarahsi

Breaded Chicken Wings | 18 - Crispy gluten free breaded wings, ranch and your choice of hot, BBQ, teriyaki, salt and pepper, lemon pepper, Korean sweet-chili, honey garlic, honey hot

Nachos | half 16; full 24 - 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

Crispy Chicken Fingers | 13 - Breaded chicken fingers, plum sauce. Add side: \$4.50

Soups and Salads

Daily Soup Bowl | 7 - Served with bun and butter

Tomato Soup Bowl | 7 - Croutons, parmesan crisp, bun and butter

Salmon Salad | 20 - Pan fried salmon, artisan greens, red onion, candied pecans, avocado, feta cheese, cherry tomatoes, roasted fingerling potatoes, white balsamic 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

Add steak | 8 Add grilled chicken | 6 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: \$2.50

Classic Beef Dip | 20 - *Shaved roast beef, swiss cheese, artisan baguette, homemade jus*

Alberta Chuck Hand-Made Beef Burger | 21 - *Beef chuck patty, cheddar cheese, bacon, lettuce, tomato, onions, mayo, and mustard on our homemade brioche bun. Sub beyond patty | 2*

Buffalo Chicken Wrap | 19 - *Crispy chicken, house-made ranch, buffalo sauce, cheddar, lettuce, tomatoes, flour tortilla*

Blackened Chicken Sandwich | 19 - *Swiss cheese, spicy mayo, lettuce, tomato, red onion, avocado, toasted ciabatta*

Roasted Chicken Quesadilla | 19 - *Charred peppers, onions, sundried tomatoes, roasted oven chicken, cheese blend, sour cream, salsa*

Winston Club Sandwich | half 15; full 19 - *2 slices of toasted bread, roasted turkey, ham, candied bacon, lettuce, tomato, cheddar cheese, mayo*

Rustic Pizza (12")

Pesto Margarita | 20 - *Pesto, cherry tomatoes, bocconcini, basil chiffonade*

All Meat | 23 - *San Marzano tomato sauce, pepperoni, bacon, salami, ham, mozzarella*

Buffalo Chicken Ranch | 22 - *Crispy chicken, house-made ranch, buffalo sauce, mozzarella, scallions*

Classic Hawaiian | 22 - *San Marzano tomato sauce, ham, pineapple, mozzarella*

Pepperoni and Mushroom | 22 - *Pepperoni, mushrooms, mozzarella cheese*

Bowls and Mains

Halibut & Chips | 21 - 6oz fried halibut, coleslaw, tartar sauce, fries, lemon. Add 1 more |7

Prawn Pesto Spaghetti | 22 - Sauteed garlic prawns, blistered cherry tomatoes, spaghetti, pesto sauce, garlic bread, fried basil, parmesan. Inquire about GF alternatives

Shanghai Kung Pao | 21 - Choice of chicken, tofu or prawns 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 | 21 - Ahi tuna, rice, fresh avocado, roasted red peppers, mango, cucumber, cherry tomato, radish, miso vinaigrette, togarashi fried onions, pickled ginger

No tuna, sub tofu |18

Desserts

New York Style Cheesecake | 7 - Classic cheesecake, blueberry coulis, strawberries

Sugar Donuts | 6 - Three sugar donuts

Warm Chocolate Brownie | 8 - Warm chocolate brownie, vanilla ice cream, blueberry coulis, whipped cream

Breakfast

(Served until noon weekdays and 2pm on weekends)

Choice of multigrain, white, or brown bread

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 - 2 Soft poached eggs, toasted baguette, avocado, sauteed mushrooms, micro greens

All Day Breakfast | 14 - Two vita scrambled eggs, bacon, hash browns, your choice of toast. There are no substitutions available for the all day breakfast

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