



SOUP & SALADS

SOUP OF THE DAY \$10

Prepared in house. Served with a bread roll.

CAESAR SALAD \$17

Crisp romaine lettuce tossed in our signature Caesar vinaigrette, topped with croutons, Gwinner's smoked prosciutto crisps, and Grana Padano cheese.

QUINOA GREEK SALAD \$20

Romaine & iceberg lettuce, quinoa, red pepper, tomatoes, red onion, cucumber, Kalamata olives, and feta cheese, tossed in a red wine vinaigrette.

SUMMER GREENS SALAD \$21

Mixed greens with cucumber, carrot curls, pickled red onion, and apricot dressing. Topped with pumpkin seeds and goat's cheese.

AVOCADO CORN & BEAN SALAD \$22

Corn, edamame, and black beans tossed with romaine, tomato, cucumber, and red onion in avocado lime dressing. Topped with avocado and feta cheese.

SALAD ADD-ONS

Add Chicken Skewer \$7

Add Cajun Shrimp Skewer \$7

Add Seared Salmon \$12

Add Chipotle Black Bean Burger \$7

SIDES

Menu items, excluding our salads and bowls, include a choice of fries, soup or house salad w/ red wine vinaigrette.

Upgrade to:

Caesar Salad \$5

Sweet Potato Fries with Chipotle mayo \$5

Onion Rings with dill dip \$8

Poutine \$8

APPETIZERS

CHICKEN WINGS \$22

Served with fries, carrots and celery, and your choice of sauce and dip.

NACHOS \$16

Seasoned tortilla chips loaded with melted cheese, tomatoes, jalapeños, green onion, and shredded lettuce. Served with salsa and sour cream.

Add BBQ pulled chicken \$7

Add Southwest ground beef \$9

Add Cajun shrimp \$7

JALAPEÑO POPPERS \$14

Cream cheese filled, served with dill ranch.

VEGETABLE SPRING ROLLS \$12

Served with sweet and spicy dip.

WAGYU BEEF GYOZA \$14

DUMPLINGS

Served crispy with sesame soy dip, green onion, and sesame seeds.

GARLIC BREAD WITH CHEESE \$14

Served with dill ranch.

SIGNATURES

FISH & CHIPS 1 piece \$17 2 piece \$30

Haddock in our local OT Mountain Standard Golden Ale batter, fried until golden; served with tarter sauce and lemon.

CHICKEN TENDERS \$21

Four crispy breaded chicken breast strips served with plum, ranch or hot dipping sauce. Strips can also be tossed in your choice of wing sauce.

CHICKEN SOUVLAKI BOWL \$24

Marinated chicken skewer, grilled, with tzatziki, pita, tomato cucumber salad, and pickled red onions. Served with rice or quinoa.

COCONUT LIME SHRIMP BOWL \$24

Grilled shrimp skewer with mango salsa, coconut lime sauce, steamed snap peas, and toasted coconut. Served with rice or quinoa.

MAPLE WHISKY SALMON BOWL \$26

Seared salmon, steamed broccoli and red pepper with garlic butter, and maple whisky sauce. Served with rice or quinoa.

BURGERS

Served on a toasted sesame bun with lettuce, tomato, pickles, red onion, and choice of side

Alberta CAB ground beef, made in house and seasoned with salt and pepper. **\$20**

Chipotle, corn, and black bean vegetarian patty. **\$16**

Grilled chicken breast. **\$18**

BURGER ADD-ONS

Cheddar or Swiss cheese \$1.5

Feta \$1.75

Soft goat's cheese \$2.5

Pickled red onion \$1.25

Pickled jalapenos \$1

Bacon \$3

Peameal Bacon \$3.75

Avocado \$5.50

HANDHELDS

TURKEY CLUBHOUSE \$21

Smoked turkey breast, bacon, lettuce, tomato, and mayo on toasted sourdough or multigrain bread.

CHICKEN QUESADILLA \$22

Melted cheeses and BBQ pulled chicken with diced tomatoes, green onion, and jalapeños, dusted with Cajun spice. Served with sour cream and salsa.

BREAKFAST SANDWICH \$14

Served with bacon, peameal, or ham, with egg, lettuce, tomato, and cheddar on a toasted sesame bun.

THE PROZIE WRAP \$21

Smoked turkey breast, bacon, cheddar cheese, pickles, & chipotle mayo grilled in a flour tortilla.

BUFFALO CHICKEN SANDWICH \$21

Crispy chicken breast tossed in spicy Buffalo sauce with cheddar, shredded lettuce, tomato, and dill ranch on a toasted sesame bun.

MONTREAL SMOKED MEAT SANDWICH \$25

Thinly sliced Montreal style smoked brisket, Swiss cheese, tomato, pickles, and craft beer mustard on a toasted ciabatta bun.