



## Starters

- Market Trio Dips** hummus, ranch, roasted pepper cauliflower/veggies / naan (v) **10**  
**Pork Ribs** garlic soya lemon marinade / carrot and celery sticks / ranch **10**  
**Dumplings** local made / ginger / pork / plum sauce **9**  
**Chicken Wings** hot / honey garlic / teriyaki / bbq / salt and pepper / charcoal mesquite / carrot and celery sticks / ranch dressing **14**  
**Chicken Fingers** crisp breading / fries / plum sauce **13**  
**Quesadilla** cheddar blend / bell peppers / onion / tomato / avocado / corn succotash / chipotle lime dip (v) **10**

## Soups and Salads

- Tomato Soup** grilled cheese bun / smoked ham / smoked applewood cheddar **12**  
**Clam Chowder** New England style **10** add bread bowl **3**  
**Daily Soup Creation** **7**  
**Market Greens** baby lettuce blend / Saskatoon berry vinaigrette / garden vegetables / pine nuts (gf)(v) **9**  
**Caesar** romaine hearts / house dressing / croutons / parmesan **10**  
**California Cobb** turkey / back bacon / avocado / blue cheese / egg / romaine / balsamic vinaigrette (gf)(v) **16**  
**High Energy** spinach / roasted pepper cauliflower blend / quinoa / beets / chickpeas / Greek yogurt dressing (gf)(v) **12**

Add chicken breast **6** tiger prawns **6** sirloin **8** salmon **6**

## Sandwiches

- Blackfoot Burger** lettuce / tomato / onion / pickles / chipotle mayo **14**  
**Reuben** old fashion smoked brisket / sauerkraut / swiss / dijon **15**  
**Alberta Beef Dip** torpedo bun / shaved roast beef / beef au jus **14**  
**Panko Crusted Cod** tartar sauce / house slaw **15**  
**Monte Cristo** turkey breast / shaved ham / swiss / strawberry jam / sour cream **14**  
**Italian Deli** soppressata / genoa / capicola / mozzarella / Italian dressing / Vienna roll **14**  
**Cajun Chicken Wrap** caesar dressing / romaine / parmesan / tomato **14**  
**Denver** scallions / peppers / ham / omega eggs **12**  
**Classic Clubhouse** turkey breast / crisp bacon / cheddar / lettuce / tomato / mayo **15**

Substitute gluten free bread **+1**

## Comfort and Mains

- Haddock and Chips** beer batter / house slaw / tartar sauce **14** additional fish **4**  
**Baked Spaghetti** bolognese sauce / mozzarella / parmesan **14**  
**Pesto Penne** sundried tomato / cream / roasted garlic / white wine (v) **13**  
 Add chicken **6** tiger prawns **6**  
**Asian Fusion Bowl** Korean inspired ginger glaze / jasmine rice / Asian vegetables (gf)(df)(v) **12**  
 Add chicken **6** tiger prawns **6** Korean short rib **7**  
**Pork Tenderloin** whipped potato / balsamic apples / market vegetables (gf) **20**  
**Turkey Pot Pie Deconstructed** whipped potato / garden vegetables / puff pastry **17**  
**Short Rib** braised chuck / red wine reduction / whipped potato / root vegetables (gf) **25**  
**Blackened Salmon** jasmine rice / corn succotash / avocado / market vegetable (gf) **22**  
**Alberta Steaks** spice blend / whipped potato / market vegetables (gf)  
**6oz Top Sirloin** **22** **8oz NY Striploin** **28** **10oz NY Striploin** **34**  
 add peppercorn sauce **3** add garlic mushrooms **4** add prawns **6**