

all day



(DF) = dairy free (V) = vegetarian (GF) = gluten free

Share

- Vegetable Plate** tzatziki / red pepper hummus / ranch / local vegetables / garlic pita **14** (V)
- Pork Ribs** garlic soya lemon marinade / carrot and celery sticks / sesame aioli **14**
- Chicken Wings** hot / honey garlic / teriyaki / BBQ / sweet chili / lemon dill / Tahiti lime / carrot and celery sticks / ranch dressing **16**
- Quesadilla** cheddar blend / bell peppers / onions / tomatoes / avocado / chipotle lime **12** (V)
- Baked Brie** brie almond spring roll / honey / preserves / berries **14** (V)
- Coconut Shrimp Soft Taco** house slaw / avocado / mango salsa / sweet chili **16**
- Avocado Toast** mashed avocado / candied tomato / feta / cheddar cheese bun / balsamic glaze **12**
- Blackfoot Nachos** mesquite flavoured chips / cheddar jalapeno cheese blend / jalapenos / black olives / tomatoes / green onions / salsa / sour cream **25** (GF)
 - Add taco beef **4** / cajun chicken **4**
 - Add salsa / sour cream / guacamole **3**

Flatbreads

- Spinach Artichoke** roasted peppers / feta **18**
- Canadian** Montreal smoked meat / back bacon / mushrooms / red onions **18**
- Inglewood** spiced Italian sausage / roasted peppers / balsamic glaze **18**

Soups and Salads

- Tomato Soup** grilled cheese bun / smoked ham / smoked gouda **15**
- Clam Chowder** New England style **12** add bread bowl **3**
- Daily Creation 8**
- Market Greens** baby lettuce blend / garden vegetables / dried fruit / pumpkin seeds / Saskatoon berry vinaigrette **11** (GF)(V)
- Caesar** romaine hearts / house dressing / croutons / parmesan **12** (V)
- California Cobb** turkey / back bacon / avocado / blue cheese / egg / romaine / balsamic vinaigrette **18** (GF)
- Greek Power Bowl** quinoa / cucumber / spinach / feta / artichokes / grape tomato / red onion / green goddess dressing **14**
- Kale Quinoa Salad** lemon white balsamic dressing / avocado / grape tomatoes / chickpeas / bell peppers **14** (GF)(V)
 - Add chicken breast **6** / tiger prawns **6** / sirloin **10** / salmon **10**

Sandwiches

- Greek Wrap** roasted peppers / cucumber / lettuce blend / quinoa / chickpeas / tomatoes / feta / green goddess **14**
- “Z” Burger** cheddar / lettuce / sweet pickle / burger sauce **17**
- Chicken Filone** roasted peppers / smoked gouda / kale / garlic aioli **18**
- Beef Donair** garlic pita / sweet sauce / lettuce / tomato **18**
- Classic Clubhouse** turkey breast / crisp bacon / cheddar / lettuce / tomato / mayo **17**
- French Dip** filone / shaved roast beef / roasted garlic aioli / natural au jus **17**
- Reuben** old fashion smoked brisket / sauerkraut / swiss / dijon **18**
- Monte Cristo** turkey breast / shaved ham / swiss / strawberry jam / sour cream **20**

More

- Korean Fusion Bowl** ginger glaze / jasmine rice / Asian vegetables **14** (GF)(DF)
 - Add chicken **6** / tiger prawns **6**
- Rigatoni** crumbled sausage / blistered tomato / parmesan / basil **21**
- Tuscan Kale Fettuccini** roasted peppers / kale / candied tomatoes / parmesan / pesto **15** (V)
 - Add chicken **6** / tiger prawns **6**
- Pad Thai Bowl** coconut Thai blend / vegetables / rice noodles **16**
 - Add chicken **6** / tiger prawns **6**
- Blackened Salmon** turmeric quinoa / mashed avocado / market vegetables / grape tomato / torn basil / lemon essence **28** (GF)
- 10oz New York Striploin AAA** / new potatoes / market vegetables / peppercorn sauce **35**

Sweets

- Chocolate Caramel Dome** fresh berries / finishing salt **10**
- Vanilla Crème Brûlée** whipped cream / seasonal coulis / fresh berries **8**
- NY Cheese Cake** seasonal coulis / whipped cream / fresh berries **10**