

APPETIZERS

CHEESY TOT TOWER

Crisp potato puffs, topped with cheddar cheese and queso cheese sauce, garnished with green onions. 7¼

LOADED BBQ CHICKEN TOTS

Crispy potato puffs, topped with cheddar cheese, roasted chicken, diced red onion, pickled jalapeños and our spicy southern BBQ sauce. 8¾

THAI CHILI CHICKEN BITES

Crispy breaded chicken bites tossed in chili-ginger sauce and garnished with toasted sesame seeds and green onions. 12

LOADED NACHOS ☆

Crunchy corn tortilla chips loaded with Cheddar and Mozzarella cheeses, zesty cheese sauce, pico de gallo, green onions and jalapeños. Served with sour cream and salsa. 17
Add grilled chicken 4
Add seasoned nacho meat 4

CHICKEN STRIPS

Tender breaded strips of chicken served straight up or tossed in buffalo sauce with your choice of dipping sauce. 13¼

SIGNATURE WINGS ☆ 12½

- Salt & Pepper
- Lemon Pepper
- Honey Garlic
- BBQ
- Bourbon
- Hot
- Spicy Southern Barbeque
- Sweet Chili
- Teriyaki
- Mango Habanero

SALADS

HOUSE SALAD

Sliced cucumbers, grape tomatoes, Cheddar cheese and croutons atop a bed of iceberg mix. Served with the dressing of your choice. 10
Half order 6
Add chicken or salmon 5½

CAESAR SALAD

Bacon crumbles and Italian cheeses on fresh Romaine lettuce tossed with Caesar dressing. 10
Half order 6
Add chicken or salmon 5½

DRY GARLIC RIBS

Boneless pork rib bites tossed in Montreal Steak Spice. 11½

ONION RINGS

Crispy breaded onion rings served golden brown with a side of chipotle mayo. 7½

SWEET POTATO FRIES

Fried and seasoned to perfection and served with a side of chipotle mayo. 7¼

DEEP FRIED PICKLES

Dill pickle spears lightly coated with a dill flavoured breading. Served with creamy cilantro lime sauce. 8¾

CHIPOTLE LIME CHICKEN TACOS (2) ☆

Crispy breaded chicken, shredded cabbage and carrots, Cheddar cheese and pico de gallo in a warm flour tortilla, served with a lime wedge and drizzled with chipotle mayo. 13¾

CLASSIC POUTINE

Fries smothered with rich beef gravy and cheese curds. 7

STEAK BITES ☆

Sirloin bites cooked to medium, tossed in Montreal Steak Spice, and served with red skin potatoes, dressed with balsamic glaze and green onions. 16¼

HANDHELDS

All our handhelds are served with seasoned fries or crisp green salad.

Substitute Caesar salad 3¼ • Substitute tater tots 2

Substitute any burger with a chicken breast NC
Substitute Beyond Meat Burger 2

BAR ONE BURGER ☆

Our 6oz beef patty, ONE sauce, lettuce, tomatoes, red onion and pickles. 14

MILE HIGH BURGER

Our 6oz beef patty topped with bacon, Cheddar cheese, sautéed onions and mushrooms, ONE sauce, lettuce, tomatoes, pickles and red onion. 16¾

JALAPEÑO KICKER BURGER

Our 6oz beef patty, Swiss cheese, spicy southern barbeque sauce, cucumber slices, lettuce and jalapeños. Watch out! 15¾

SIRLOIN STEAK SANDWICH

Seasoned 6oz sirloin seared and served on toasted garlic ciabatta, topped with an onion ring. 19

TRADITIONAL TURKEY CLUB

Roast turkey breast, bacon, mayo, lettuce, and tomatoes on your choice of bread. 14

BUFFALO CHICKEN BURGER

Grilled seasoned chicken breast tossed in buffalo sauce with ONE sauce, lettuce, tomatoes, red onion and pickles. 15

CAJUN CHICKEN BURGER

Grilled chicken breast seasoned with cajun spices, with Cheddar cheese, crispy bacon strips, ONE Sauce, lettuce and tomatoes. 15¾

Add sautéed onions or mushrooms 1½

Add bacon, Cheddar, Mozza, or Swiss cheese 1¾

MAINS

CURRY COCONUT RICE BOWL

Tender grilled chicken and steamed vegetables tossed in our mild coconut curry sauce. Served on a bed of jasmine rice and garnished with diced tomatoes. 15¼

CHILI-LIME CHICKEN RICE BOWL ☆

Fire roasted peppers, mushrooms and onions, steamed broccoli and tender grilled chicken, tossed in our Thai style chili-lime sauce on a bed of jasmine rice. Garnished with grape tomatoes and green onions. 15

FISH & CHIPS

Battered Haddock, fried until golden brown, served with seasoned fries and coleslaw. 16

BAKED SPAGHETTI

Spaghetti in our rich marinara sauce. Baked with shredded Italian cheeses and garlic toasted ciabatta. 15
Add three meatballs 3½

DESSERT

LEMON AND WHITE CHOCOLATE CHEESECAKE

Lemon custard and white chocolate cheesecake, baked on a graham cookie base and topped with lemon mousse. 7½

COOKIES AND CREAM CAKE

Chewy chocolate brownie with cream cheese and chocolate cookie filling, layered with chocolate ganache and cookie mousse. 7½

BAR ONE

☆ signature dish 🌿 vegetarian Ⓜ️ gluten-free

All prices are subject to applicable taxes.

BAR ONE

BEER

DOMESTIC BOTTLES

Canadian, Budweiser, Coors Light, Bud Light. 341ml 6

PREMIUM BOTTLES

MGD, Alexander Keith's. 341ml - 355ml 6½

IMPORT BOTTLES

Corona, Stella, Heineken. 330ml 7

COOLERS & CIDERS

Mike's Hard, Smirnoff Ice, Strongbow. 330ml - 500ml 6½ - 8

COCKTAILS

1 oz

(unless otherwise stated)

CLASSIC CAESAR

Tito's Handmade vodka, Mott's Clamato juice, Tabasco, Worcestershire, salt, pepper, celery salt rim, garnished with a celery stick. 7

MOSCOW MULE

Tito's Handmade vodka, ginger beer, fresh lime juice. 8

ROSÉ SPRITZER

3oz of Jackson Triggs Rosé, agave syrup, muddled strawberry, club soda, lemon. 6¾

CUCUMBER COOLER

Bombay Sapphire East gin, muddled cucumber, agave syrup, fresh lime juice, tonic water. 8½

A TRUE GENTLEMAN

Gentleman Jack Daniels, lemonade, fresh lime juice, fresh cracked black pepper. 8

MARTINIS

2 oz

CLASSIC

Hendricks gin, touch of dry vermouth, garnished with an olive. Shaken or stirred. 10¾

CRISPY CRUNCH

Frangelico, Crème de Cacao, Butter Ripple Schnapps. 10

APPLE MARTINI

Tito's Handmade vodka, Smirnoff Apple vodka, apple juice, lemon juice. 10

VELVET ELVIS

Jack Daniels, Chambord, fresh lemon and lime juice. 10

FRENCH MARTINI

Tito's Handmade vodka, Chambord, pineapple juice. 10

WINE

RED

SHIRAZ

Jackson-Triggs Proprietors' Selection
5oz 6 • 8oz 9½
1/2 litre 19

MERLOT

Jackson-Triggs Proprietors' Selection
5oz 6 • 8oz 9½
1/2 litre 19

WHITE

PINOT GRIGIO

Jackson-Triggs Proprietors' Selection
5oz 6 • 8oz 9½
1/2 litre 19

CHARDONNAY

Jackson-Triggs Proprietors' Selection
5oz 6 • 8oz 9½
1/2 litre 19

ROSÉ

Jackson-Triggs Proprietors' Selection
5oz 6 • 8oz 9½
1/2 litre 19

SPECIALTY COFFEES

1 oz

POLAR BEAR

Piping hot coffee, Peppermint Schnapps, Baileys, whipped cream, and a sugar rim. 6½

MONTE CRISTO

Piping hot coffee, Kahlua, Grand Marnier, whipped cream, and a sugar rim. 6½

CAFÉ DON JUAN

Piping hot coffee, Bacardi Black rum, Kahlua, whipped cream, and a sugar rim. 6½

B-52

Piping hot coffee, Kahlua, Baileys, Grand Marnier, whipped cream, and a sugar rim. 6½

BLUEBERRY TEA

Hot black tea, Grand Marnier, Amaretto, and a sugar rim. 6½

HAPPY HOUR

3PM - 5PM & 9PM - CLOSE

SNACK

\$5 CHEESY TOT TOWER

\$6 LOADED BBQ TOTS

\$7 DRY GARLIC RIBS
THAI CHICKEN BITES

\$4¾ HOUSE DRAFT 16 OZ
JACKSON TRIGGS WINE 5 OZ

\$6 ROSÉ SPRITZER

\$7 MOSCOW MULE

SIP

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