

# APPETIZERS

## CHEESY TOT TOWER

Crisp potato puffs, topped with cheddar cheese and queso cheese sauce, garnished with green onions. 7½

## LOADED BBQ CHICKEN TOTS

Crispy potato puffs, topped with cheddar cheese, roasted chicken, diced red onion, pickled jalapeños and our spicy southern BBQ sauce. 9

## THAI CHILI CHICKEN BITES

Crispy breaded chicken bites tossed in chili-ginger sauce and garnished with toasted sesame seeds and green onions. 13¼

## 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. 17¼

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. 14

## DEEP FRIED PICKLES

Dill pickle spears lightly coated with a dill flavoured breading. Served with creamy cilantro lime sauce. 8½

## CHICK-UN NUGGETS OR TENDERS

Choose from Natera's premium seasoned plant-based Chick-un bite-sized nuggets or full Chick-un tenders with choice of dipping sauce.

**NUGGETS** Eight 11 • Four 6  
**TENDERS** Five 14¾

## ONION RINGS

Crispy breaded onion rings served golden brown with a side of chipotle mayo. 7¾

## SWEET POTATO FRIES

Fried and seasoned to perfection and served with a side of chipotle mayo. 7½

## DRY GARLIC RIBS

Boneless pork rib bites tossed in Montreal Steak Spice. 13

## 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. 14

## CLASSIC POUTINE

Fries smothered with rich beef gravy and cheese curds. 7½

## 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. 16¾

## SIGNATURE WINGS

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

# SALADS

## HOUSE SALAD

Sliced cucumbers, grape tomatoes, cheddar cheese and croutons atop a bed of iceberg mix. Served with the dressing of your choice. 10¼

Half order 6¼ Add chicken 5½ • Add salmon 7½

## CAESAR SALAD

Bacon crumbles and Italian cheeses on fresh Romaine lettuce tossed with Caesar dressing. 10¾

Half order 6¾ Add chicken 5½ • Add salmon 7½

## ULTIMATE COBB SALAD

Tender prime rib, bacon, fresh avocado, grape tomatoes, cheddar cheese, hard-boiled egg and potato sticks on iceberg mix. Served with your choice of dressing. 17

Ask your server about our daily soup selection.

Bowl 6½ • Cup 4¾

# HANDHELDS

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

Substitute Caesar salad 3½ • Substitute tater tots 2  
Substitute poutine 4

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

## BAR ONE BURGER

Our 100% beef patty, burger sauce, lettuce, tomatoes, red onion and pickles. 15

## MILE HIGH BURGER

Our 100% beef patty topped with bacon, aged white cheddar cheese, sautéed onions and mushrooms, burger sauce, lettuce, tomatoes, pickles and red onion. 17¾

## JALAPEÑO KICKER BURGER

Our 100% beef patty, Swiss cheese, spicy southern barbeque sauce, cucumber slices, lettuce and jalapeños. Watch out! 16¾

Add sautéed onions or mushrooms 1½

Add bacon, aged white cheddar, Mozza, or Swiss cheese 1¾

## SIRLOIN STEAK SANDWICH

Seasoned 6oz sirloin seared and served on toasted garlic ciabatta, topped with an onion ring. 19¼

## TRADITIONAL TURKEY CLUB

Roast turkey breast, bacon, mayo, lettuce, and tomatoes on your choice of bread. 15¼

## CAJUN CHICKEN BURGER

Grilled chicken breast seasoned with cajun spices, aged white cheddar cheese, crispy bacon strips, burger sauce, lettuce and tomatoes. 16¾

# 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. 16

## 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. 15¾

## FISH & CHIPS

Battered Haddock, fried until golden brown, served with seasoned fries and coleslaw. 16¾

## BAKED SPAGHETTI

Spaghetti in our rich marinara sauce. Baked with shredded Italian cheeses and garlic toasted ciabatta. 15¾

Add three meatballs 3¾

## CAJUN CHICKEN DINNER

Blackened full breast of chicken, served with seasoned fries and coleslaw. 17½

# 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. 7¼

### 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. 10¼

### 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 6¾ • 8oz 9¾  
1/2 litre 19½

#### MERLOT

Jackson-Triggs Proprietors' Selection  
5oz 6¾ • 8oz 9¾  
1/2 litre 19½

### WHITE

#### PINOT GRIGIO

Jackson-Triggs Proprietors' Selection  
5oz 6¾ • 8oz 9¾  
1/2 litre 19½

#### CHARDONNAY

Jackson-Triggs Proprietors' Selection  
5oz 6¾ • 8oz 9¾  
1/2 litre 19½

### ROSÉ

Jackson-Triggs Proprietors' Selection  
5oz 6¾ • 8oz 9¾  
1/2 litre 19½

## 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

All prices are subject to applicable taxes.