

APPETIZERS

CHEESY TOT TOWER

Crisp potato puffs, topped with cheddar cheese and queso cheese sauce, garnished with green onions. 7¾

LOADED BBQ CHICKEN TOTS

Crispy potato puffs, topped with cheddar cheese, roasted chicken, diced red onion, pickled jalapeños and our spicy southern BBQ sauce. 9¼

THAI CHILI CHICKEN BITES

Crispy breaded chicken bites tossed in chili-ginger sauce and garnished with toasted sesame seeds and green onions. 13¾

CHICKEN STRIPS

Tender breaded strips of chicken served straight up or tossed in buffalo sauce with your choice of dipping sauce. 14¼

DEEP FRIED PICKLES

Dill pickle spears lightly coated with a dill flavoured breading. Served with creamy cilantro lime sauce. 9

ONION RINGS

Crispy breaded onion rings served golden brown with a side of chipotle mayo. 8

NEW! MINI BEEF SLIDERS (3)

Topped with lettuce, pickles, burger sauce and white cheddar cheese. 13

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. 17½

Add grilled chicken 4

Add seasoned nacho meat 4

DRY GARLIC RIBS

Boneless pork rib bites tossed in Montreal Steak Spice. 13½

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 seasoned red potatoes, dressed with balsamic glaze and green onions. 16¾

HANDHELDS

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

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. 16

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. 18¾

JALAPEÑO KICKER BURGER

Our 100% beef patty, Swiss cheese, spicy southern barbeque sauce, cucumber slices, lettuce and jalapeños. Watch out! 17¾

SIRLOIN STEAK SANDWICH

Seasoned 8oz sirloin seared and served on toasted garlic ciabatta, topped with an onion ring. 19½

Add sautéed onions or mushrooms 1¾

Add bacon, aged white cheddar, Mozza, or Swiss cheese 2

TRADITIONAL CLUB

Roast turkey breast, bacon, mayo, lettuce, and tomatoes on your choice of bread. 16

CAJUN CHICKEN BURGER

Grilled chicken breast seasoned with Cajun spices, aged white cheddar cheese, crispy bacon strips, burger sauce, lettuce and tomatoes. 17

NEW! CRISPY CHICKEN SANDWICH

Crispy breaded chicken breast served on a rosemary focaccia bun. Topped with coleslaw, burger sauce and pickles. 14

NEW! STUFFED DIPPER

Tender roasted beef, sautéed mushrooms, onions, and our Italian cheese blend, all stuffed into a rosemary focaccia bun + au jus for dipping. 19

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. 10¾

Half order 6¼ Add chicken 5½ • Add salmon 7¾

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. 17½

Ask your server about our daily soup selection.

Bowl 6¾ • Cup 5

MAINS

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. 16½

NEW! POWER BOWL

Cajun chicken, whole grain rice, sweet corn, pico de gallo, avocado, green onion and creamy lime sauce. 17½

FISH & CHIPS

Battered Haddock, fried until golden brown, served with seasoned fries and coleslaw. 17½

BAKED SPAGHETTI

Spaghetti in our rich marinara sauce, baked with shredded Italian cheeses and served with garlic herb toast. 16

Add three meatballs 4

NEW! VEGGIE MAC

Creamy white mac 'n' cheese, tossed with steamed zucchini, squash, and broccoli. Topped with an Italian cheese blend and baked it until golden brown. Served with garlic herb toast. 16

NEW! MAC 'N' MORE

Creamy white mac 'n' cheese, tossed with sweet corn and bacon. Topped with an Italian cheese blend and a grilled Cajun chicken breast, then baked to perfection. Served with garlic herb toast. 20

BAR ONE

☆ signature dish 🌿 vegetarian Ⓜ️ gluten-free

All prices are subject to applicable taxes.