

LUNCH & DINNER

APPETIZERS

Chicken Wings.....\$11 (8 pieces)/\$14 (12 pieces)

Choose from:

Hot—our hot is really hot

Lemon paprika

Olive oil parmesan

Soy chipotle

Prawn Quesadilla\$12

Baby prawns, scallions, 3 cheese blend and sautéed peppers. Served with sour cream, and salsa

Flatbread\$9

Red lentil hummus, fresh jalapeño, garlic butter, and mozzarella

Cauli 65\$10

Golden battered cauliflower, Thai chili sauce, sesame seeds, and fresh parsley

Prosciutto Broccoli\$12

Roasted broccoli, honey mustard, shaved Parmesan, sliced Prosciutto, and truffle oil

Japanese Fried Chicken\$13

Chicken thighs, potato flour, and ginger onion slaw served with lemon garlic aioli

Calamari with Za'atar\$12

Crushed pepper dusted calamari served with za'atar tzatziki

Potato Cakes\$8

Green peas stuffed potato cakes, Dijon cream, and bacon relish

Bison Meatball\$12

Alberta bison and fresh basil served with smoky marinara sauce

Bread and Butter\$7

House made olive tomato bread served with Himalayan salt churned butter

SOUP & SALADS

Soup du Jour\$6

Spinach Mango Salad\$8

Sunflower seeds, grape tomatoes, strawberry, spinach, mango, balsamic vinaigrette, and shredded Gouda

Kale and Roasted Veg.....\$8

Seasoned kale, chev cheese, zucchini, broccoli, carrots, and parsnip

Caesar Salad.....\$8

Shaved Parmesan, romaine lettuce, and smoked Caesar dressing

7 Grain Salad\$8

Fennel, apple, spinach, 7 grains, and grape tomatoes

Add 4 oz Salmon.....\$6

Add Chicken Breast\$6

SANDWICHES & BURGERS

Served with choice of soup or salad or fries

Ham 'n' Cheese.....\$13

Provolone and Gouda cheese, smoked ham, hot and sweet mustard and chipotle mayo

Roasted Chicken\$13

Slow roasted chicken, harissa, spinach, Swiss cheese, and pickle

Veggie Panini\$13

Grilled zucchini, eggplant roasted peppers, Havarti cheese, and garlic aioli

Turkey Panini.....\$14

Roasted turkey breast, Camembert cheese, crispy bacon, tomatoes, lettuce, and grainy mustard

LUNCH & DINNER

Guru Burger.....\$15

Alberta beef, jalapeno aioli, Provolone cheese, caramelized onions, butterleaf lettuce, and tomato served on a brioche bun

Vegetarian Burger.....\$13

Portobello, herb Havarti, hot and sweet mustard, spinach, and semi-dried tomato served on a brioche bun

Flatbread of the Day.....\$13

PIZZA

All pizzas are 12" thin crust

Pizza of the Day.....\$14

Chef specialty

Veggie Greek Pizza.....\$13

Harissa hummus, feta, red onion, zucchini, olives, tomatoes, and mozzarella

Sicilian Pizza.....\$14

Mozzarella, hot capicola, marinara sauce, arugula, and shaved Parmesan

PASTA

Served with garlic bread

Ravioli.....\$12

Stuffed pasta with orange chili nage, shaved Parmesan, black whole olives, and crispy sage

Penne.....\$13

Penne with mushroom Alfredo sauce and Italian sausage

ENTRÉES

Duck Breast.....\$19

Pan-seared duck breast served with squash and parsnip purée, charred vegetables, and crispy potatoes

Pork Ribs.....\$22

Half rack of 4-hour braised ribs glazed with chili soy maple marinade, served with cheese-baked potato and coleslaw

Strip Loin.....\$22

6 oz. strip loin, served with potato pavé, charred broccoli and carrots, and a cognac green pepper cream sauce

Fresh Trout.....\$20

Seared trout brushed with dill beurre blanc, served with 7-grain rice pilaf and seasonal vegetables

Wild Mushroom Risotto.....\$16

Saffron infused risotto and sautéed wild mushroom, served with buttered beans and Parmesan tuile

Add chicken.....\$6

Coconut Veg Thai Bowl.....\$16

Thai yellow curry with assorted vegetables, coconut milk, lemon grass, and lime leaf, served with jasmine rice

Add chicken.....\$6

DESSERTS

Earl Grey Crème Brûlée.....\$8

Brown sugar crust, Earl Gray tea infusion, and fresh berries

Mango Cheesecake.....\$8

Fresh mango, graham cookie, and mascarpone cheese

Chocolate Mousse.....\$8

Bernard Callebaut chocolate with fresh berries and pistachio biscotti

Pavlova.....\$8

Vanilla flavoured pavlova with maple Anglaise and fresh berries