

ACAFFEINE & LEAVES (ALL HOT DRINKS CAN BE ICED!)

KICKING HORSE ORGANIC FAIRLY TRADED COFFEE	2.50
CAPPUCCINO	3.75
CAFE LATTE	4.25
MAPLE CARAMEL LATTE	4.50
HOT CHOCOLATE WITH MARSHMALLOWS & WHIP	3.75
KICKING HORSE ORGANIC INDIAN SPICED CHAI LATTE	4.50
BLACK, GREEN OR HERBAL LOOSE LEAF TEA	2.50

BLACK: EARL GREY, ENGLISH BREAKFAST, BRANDIED APPLE, ORGANIC ASSAM, ORGANIC DARJEELING

GREEN: JASMINE, SENCHA, GEN MAI CHA, ORGANIC KYOTO CHERRY

HERBAL: CHAMOMILE-LEMONGRASS, VERY BERRY, PEPPERMINT, ORGANIC SPEARMINT, ROOIBOS, MADAGASCAR SPICE

CLASSIC BREAKFAST

CURPS & WHEY

GRILLED RUBY RED GRAPEFRUIT WITH ROSEMARY SYRUP	4.25
WARM ORGANIC BARLEY & FRESH VANILLA BEAN CREAM CEREAL	6.25
DINER GRANOLA WITH MIXED BERRIES & SHEEP'S YOGURT	6.50
JOHNNY CAKE WITH BERRY COMPOTE (BAKED TO ORDER, TAKES EXTRA TIME)	6.75
MAPLE FRIED OATMEAL WITH LEMON CURD & VANILLA BEAN CREAM	6.75

EGGS FREE RUN COMES WITH MULTIGRAIN TOAST & HASH BROWNS

TWO EGGS ANY STYLE	7.95
TWO EGGS WITH PERFECT BACON OR SAUSAGE	8.95
FOREST MUSHROOM, SUNDRIED TOMATO, SPINACH, GREEN ONION & FETA OMELETTE	10.25
SOUTHWEST SCRAMBLE ON TORTILLA WITH JALAPENO JACK, SALSA & CILANTRO SOUR CREAM	10.95
FRIED EGG, CHORIZO SAUSAGE & WHITE CHEDDAR BREAKFAST SANDWICH ON CIABATTA	10.95
CANDIED SALMON, ROASTED RED PEPPER, GREEN ONION & AGED CHEDDAR FRITTATA	11.95
AAA NEW YORK 5 OZ STRIPLOIN STEAK & EGGS	15.95

* SW SCRAMBLE COMES WITH TORTILLA INSTEAD OF TOAST

THE BEST EGGS BENEDICT SERVED UNTIL 3:00 PM

GARDEN BENNY	10.95
CANADIAN BACON	11.95
SMOKED SALMON	11.95
GRILLED CHORIZO & AVOCADO	12.95

FROM THE GRIDDLE

BUCKWHEAT MUESLI PANCAKES TOPPED WITH MAPLE SQUASH BUTTER	9.50
URBAN'S CHOCOLATE SOURDOUGH FRENCH TOAST WITH GRILLED BANANA	10.25
YUKON GOLD POTATO PANCAKE WITH CILANTRO SOUR CREAM & CHOICE OF DOUBLE SMOKED PORK CHOP OR CHICKEN, CHORIZO OR PORK SAUSAGE	11.50
SOURDOUGH FRENCH TOAST STUFFED WITH CANADIAN BACON & SYLVAN STAR GOUDA	10.95

SIDE STUFF

ONE EGG	1.75
ONE BUCKWHEAT MUESLI PANCAKE	3.75
ADD MIXED BERRIES OR SQUASH BUTTER	0.95
PERFECT STRIP BACON, CANADIAN BACON OR FARMER'S PORK SAUSAGE	3.75
FREE RANGE MAPLE CHICKEN OR CHORIZO SAUSAGE	4.50
DOUBLE SMOKED PORK CHOP	5.95
MULTIGRAIN TOAST & HOUSE MADE PRESERVES	2.95
MAPLE BAKED BEANS	3.25
YUKON GOLD POTATO HASH BROWNS OR WEDGES	3.25
FRIED ROMA TOMATOES	3.75
SIDE TOMATO CILANTRO SALSA, CILANTRO SOUR CREAM, PEPPERCORN MAYO	0.95

NEAT DRINKS

ORANGE, APPLE, CRANBERRY, GRAPEFRUIT, PINEAPPLE OR TOMATO JUICE _____	3.25
HAPPY PLANET SUNSET STRAWBERRY, LOST LAGOON MANGO, OR EXTREME GREEN SMOOTHIE _____	3.95
NANTON SPARKLING WATER _____	2.75
BREWED STRAWBERRY ICED TEA (SWEETENED OR UNSWEETENED) _____	2.75
BLACK CURRANT SPRITZER _____	2.95
LAVENDER LEMONADE _____	2.95
CLASSIC COKE, DIET COKE, SPRITE OR GINGERALE _____	2.95
DAD'S ROOT BEER, CREAM SODA _____	3.50
MAKE IT A FLOAT! _____	4.50
HANK'S GOURMET BLACK CHERRY SODA OR ORANGE CREAM SODA _____	3.95
MILKSHAKES MADE WITH OUR OWN HOUSE-CHURNED ICE CREAM _____	4.95
MIMOSA _____	7.00

DINER FARE (available after 11:00 am)

SOUP, SALADS & STARTERS

THE MELTING POT; HOUSE MADE DAILY _____	CUP 4.50 / BOWL 6.50
ROASTED YAM WEDGES WITH PINK PEPPERCORN MAYO _____	6.50
ICEBERG LETTUCE WEDGE WITH MIXED GREENS & CREAMY PARMESAN DRESSING _____	6.50
SMOKED MAPLE SALMON NUGGETS WITH VEGGIES & DIP _____	8.25
SPINACH GREENS WITH CITRUS ROSEMARY VINAIGRETTE _____	7.25
DINNER SIZE SPINACH AND ROASTED VEGGIE SALAD WITH HERBED FETA CHEESE _____	10.95
ADD STEELHEAD TROUT FILET OR CHICKEN BREAST _____	5.75

DELUXE SANDWICHES

WITH CHOICE OF ROASTED POTATO WEDGES, SOUP, HERBED RICE, BAKED BEANS,

SPINACH OR MIXED GREENS SALAD OR YAM WEDGES FOR \$1.50 EXTRA

THE GRILLED CHEESE ON URBAN'S ROSEMARY SOURDOUGH _____	9.50
ADD PERFECT BACON _____	1.50
ADD TOMATO _____	0.75
VEGGIE BURGER WITH PEA SHOOTS, ROASTED RED PEPPERS, DIJON DILL MAYO & OKA CHEESE _____	10.95
CLASSIC ALBERTA BEEF BURGER WITH CANADIAN BACON & WHITE CHEDDAR _____	11.95
SLOW ROASTED PULLED PORK WITH CHIPOTLE B.B.Q. & PICKLED RED ONION ON CIABATTA _____	11.95
SEARED STEELHEAD TROUT SANDWICH WITH LEMON CAPER MAYO & GOUDA CHEESE ON SOURDOUGH _____	11.95
GRILLED CHICKEN BREAST ON CIABATTA WITH DIJON DILL MAYO & GOUDA CHEESE _____	12.50
ALBERTA BUFFALO BURGER WITH CARAMELIZED ONIONS & JALAPENO JACK CHEESE _____	12.50

CLASSIC MAINS

BAKED MACARONI WITH SUNDRIED TOMATO, BASIL PESTO & WHITE CHEDDAR CHEESE _____	12.95
YEAL MEATLOAF WITH DIJON MASHED POTATOES, GRILLED VEGGIES, PAN GRAVY & RED PEPPER JELLY _____	15.95
CORN CRUSTED MANITOBA PICKEREL WITH LEMON CAPER MAYO & GRILLED VEG & HERBED RICE PILAF _____	16.95
BRAISED LAMB SHANK WITH HORSE RADISH DIJON & MASHED POTATOES & GRILLED SEASONAL VEG _____	16.95
GRILLED 7 OZ AAA NEW YORK STRIPLOIN WITH CARAMELIZED ONIONS & POTATO WEDGES & GRILLED VEG _____	17.95

BECAUSE WE ARE SUCH A BUSY LITTLE PLACE...

THE KITCHEN MAY NOT ALWAYS BE ABLE TO ACCOMMODATE SPECIAL REQUESTS OR MODIFICATIONS.
TO KEEP THE WEE ONES SAFE, PLEASE ENSURE THAT YOUR CHILDREN STAY SEATED AT THE TABLE WITH YOU.
UNATTENDED CHILDREN WILL BE FED SHOTS OF ESPRESSO.

ABOUT US

ALL DISHES ARE SEASONED WITH SALT & PEPPER AND COOKED WITH REAL BUTTER.
WE SUPPORT LOCAL FARMERS AND MAKE ALMOST EVERYTHING FROM SCRATCH!
DUE TO THE COMPLEXITY OF OUR RECIPES, NOT ALL INGREDIENTS ARE LISTED. PLEASE INFORM US OF ANY ALLERGIES OR DIETARY RESTRICTIONS PRIOR TO ORDERING.
ONE CHECK PER TABLE. A GRATUITY OF 18% WILL BE ADDED TO GROUPS OF SIX OR MORE.