

Appetizers

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| Thai Chili Chicken Bites 11.75
Crispy breaded chicken bites tossed in chili-ginger sauce and garnished with toasted sesame seeds and green onions. | Sweet Potato Fries 🌿 7.00
Fried and seasoned to perfection and served with a side of chipotle mayo. |
| Loaded Nachos 🌿 16.75
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.
Add grilled chicken 4
Add seasoned nacho meat 4 | Deep Fried Pickles 🌿 8.00
Dill pickle spears lightly coated with a dill flavoured breading. Served with creamy cilantro lime sauce. |
| Onion Rings 🌿 7.25
Crispy breaded onion rings served golden brown with a side of chipotle mayo. | Chipotle Lime Chicken Tacos (2) ☆ 13.50
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. |
| Chicken Strips 13.25
Tender breaded strips of chicken served straight up or tossed in buffalo sauce with your choice of dipping sauce. | Classic Poutine 7.00
Fries smothered with rich beef gravy and cheese curds. |
| Dry Garlic Ribs 11.25
Boneless pork rib bites tossed in Montreal Steak Spice. | Steak Bites ☆ 15.75
Sirloin bites cooked to medium, tossed in Montreal Steak Spice, and served with red skin potatoes, dressed with balsamic glaze and green onions. |
| | Kimchi Potstickers (5) 8.00
Pork and kimchi potstickers with ponzu sauce, green onion and sesame seeds. |

Wings

- Signature Wings** ☆ 12.25
Salt & Pepper, Lemon Pepper, Hot, BBQ, Honey Garlic, Bourbon, Sweet Chili, Spicy Southern Barbeque, Teriyaki, or Mango Habanero

Salads

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| House Salad 🌿 🍷 10.00
Sliced cucumbers, grape tomatoes, Cheddar cheese and croutons atop a bed of iceberg mix. Served with the dressing of your choice.
Half order 5.50
Add chicken or salmon 5.00 | Chef's Salad 15.50
Sliced turkey and ham, red onion rings, grape tomatoes, sliced cucumbers, Cheddar cheese and hard-boiled egg atop a bed of iceberg mix. Served with the dressing of your choice. |
| Caesar Salad 🌿 10.00
Crisp romaine lettuce, tossed in our creamy garlic Caesar dressing, with our herb-baked croutons and parmesan cheese.
Half order 5.50
Add chicken or salmon 5.00 | Ultimate Cobb Salad 16.50
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. |

Ask your server about our daily soup selection. Bowl 6.00 Cup 4.25

☆ signature dish 🌿 vegetarian 🍷 gluten-free

All prices are subject to applicable taxes.

Sandwiches & Burgers

All our burgers and sandwiches are served with seasoned fries or crisp green salad.

Bar One Burger ☆ 13.50 Our 6oz beef patty, ONE sauce, lettuce, tomatoes, red onion and pickles.	Buffalo Chicken Burger 14.50 Grilled seasoned chicken breast tossed in buffalo sauce with ONE sauce, lettuce, tomatoes, red onion and pickles.
Mile High Burger 16.50 Our 6oz beef patty topped with bacon, Cheddar cheese, sautéed onions and mushrooms, ONE sauce, lettuce, tomatoes, pickles and red onion.	Cajun Chicken Burger 15.50 Grilled chicken breast seasoned with cajun spices, with Cheddar cheese, crispy bacon strips, ONE Sauce, lettuce and tomatoes.
Jalapeño Kicker Burger 15.00 Our 6oz beef patty, Swiss cheese, spicy southern barbeque sauce, cucumber slices, lettuce and jalapeños. Watch out!	Haddock Chipotle Burger ☆ 14.00 Battered Haddock, deep fried and topped with Cheddar cheese, chipotle mayo, lettuce, red onion and tomatoes.
Sirloin Steak Sandwich 18.50 Seasoned 8 oz. sirloin seared and served on toasted garlic ciabatta, topped with an onion ring.	Chicken Philly Sandwich 15.00 Grilled, seasoned chicken breast, sautéed mushrooms, fire-roasted bell peppers and onions, Italian cheese blend and zesty cheese sauce served open faced on a hoagie roll.
Traditional Turkey Club 13.50 Roast turkey breast, bacon, mayo, lettuce, and tomatoes on your choice of bread.	

Substitute Caesar salad 3.25 Add sautéed onions or mushrooms 1.50
Add bacon, Cheddar, Mozza, or Swiss cheese 1.75

Substitute any burger with either a veggie burger patty 🌱 or chicken breast

Entrées

Curry Coconut Rice Bowl 14.50 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.	Baked Spaghetti 15.00 Spaghetti in our rich, meaty bolognese sauce. Baked with shredded Italian cheeses and garlic toasted ciabatta. Add three meatballs 3.50
Chili-Lime Chicken Rice Bowl ☆ 14.25 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.	Baked Lasagna 16.25 Meat lasagna with savoury Bolognese sauce topped with melted Italian cheeses and served with garlic toast.
Fish & Chips 16.00 Battered Haddock, fried until golden brown, served with seasoned fries and coleslaw.	Sirloin Steak 21.00 An 8 oz. seasoned sirloin steak cooked to perfection. Served with seasoned fries and coleslaw.

Desserts

Lemon and White Chocolate Cheesecake 🌱 7.25 Lemon custard and white chocolate cheesecake, baked on a graham cookie base and topped with lemon mousse.	Cookies and Cream Cake 🌱 7.25 Chewy chocolate brownie with cream cheese and chocolate cookie filling, layered with chocolate ganache and cookie mousse.
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