

BAR ONE

food & drinks

APPETIZERS

Thai Chili Chicken Bites

Crispy breaded chicken bites tossed in chili-ginger sauce and garnished with toasted sesame seeds and green onions. 11.75

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. 16.75
Add grilled chicken 4 • Add seasoned nacho meat 4

Onion Rings

Crispy breaded onion rings served golden brown with a side of chipotle mayo. 7.25

Chicken Strips

Tender breaded strips of chicken served straight up or tossed in buffalo sauce with your choice of dipping sauce. 13.25

Dry Garlic Ribs

Boneless pork rib bites tossed in Montreal Steak Spice. 11.25

Sweet Potato Fries

Fried and seasoned to perfection and served with a side of chipotle mayo. 7.00

Deep Fried Pickles

Dill pickle spears lightly coated with a dill flavoured breading. Served with creamy cilantro lime sauce. 8.00

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. 13.50

Classic Poutine

Fries smothered with rich beef gravy and cheese curds. 7.00

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. 15.75

Kimchi Potstickers (5)

Pork and kimchi potstickers with ponzu sauce, green onion and sesame seeds. 8.00

WINGS

Signature Wings

Salt & Pepper, Lemon Pepper, Hot, BBQ, Honey Garlic, Bourbon, Sweet Chili, Spicy Southern Barbeque, Teriyaki, or Mango Habanero. 12.25

SALADS

House Salad

Sliced cucumbers, grape tomatoes, Cheddar cheese and croutons atop a bed of iceberg mix. Served with the dressing of your choice. 10.00 • Half order 5.50 • Add chicken or salmon 5.00

Caesar Salad

Crisp romaine lettuce, tossed in our creamy garlic Caesar dressing, with our herb-baked croutons and parmesan cheese. 10.00 • Half order 5.50 • Add chicken or salmon 5.00

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. 16.50

Ask your server about our daily soup selection.

Bowl 6.00 • Cup 4.25

SANDWICHES & BURGERS

All our burgers and sandwiches are served with seasoned fries or crisp green salad. • Substitute any burger with a chicken breast.

Bar One Burger

Our 6oz beef patty, ONE sauce, lettuce, tomatoes, red onion and pickles. 13.50

Mile High Burger

Our 6oz beef patty topped with bacon, Cheddar cheese, sautéed onions and mushrooms, ONE sauce, lettuce, tomatoes, pickles and red onion. 16.50

Jalapeño Kicker Burger

Our 6oz beef patty, Swiss cheese, spicy southern barbeque sauce, cucumber slices, lettuce and jalapeños. Watch out! 15.00

Sirloin Steak Sandwich

Seasoned 8 oz. sirloin seared and served on toasted garlic ciabatta, topped with an onion ring. 18.50

Traditional Turkey Club

Roast turkey breast, bacon, mayo, lettuce, and tomatoes on your choice of bread. 13.50

Buffalo Chicken Burger

Grilled seasoned chicken breast tossed in buffalo sauce with ONE sauce, lettuce, tomatoes, red onion and pickles. 14.50

Cajun Chicken Burger

Grilled chicken breast seasoned with cajun spices, with Cheddar cheese, crispy bacon strips, ONE Sauce, lettuce and tomatoes. 15.50

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

ENTRÉES

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. 14.50

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. 14.25

Fish & Chips

Battered Haddock, fried until golden brown, served with seasoned fries and coleslaw. 16.00

Baked Spaghetti

Spaghetti in our rich, meaty bolognese sauce. Baked with shredded Italian cheeses and garlic toasted ciabatta. 15.00
Add three meatballs 3.50

Baked Lasagna

Meat lasagna with savoury Bolognese sauce topped with melted Italian cheeses and served with garlic toast. 16.25

DESSERTS

Lemon and White Chocolate Cheesecake

Lemon custard and white chocolate cheesecake, baked on a graham cookie base and topped with lemon mousse. 7.25

Cookies and Cream Cake

Chewy chocolate brownie with cream cheese and chocolate cookie filling, layered with chocolate ganache and cookie mousse. 7.25

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BEER

Domestic Bottles

Canadian, Budweiser, Coors Light, Bud Light. 341ml \$6.00

Premium Bottles

MGD, Alexander Keith's. 341ml – 355ml \$6.50

Import Bottles

Sol, Corona, Stella, Heineken. 330ml \$7.00

Coolers & Ciders

Mike's Hard, Smirnoff Ice, Strongbow. 330ml – 500ml \$6.50 – \$8.00

COCKTAILS

All cocktails contain 1 oz of alcohol (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. \$7.00

Moscow Mule

Tito's Handmade vodka, ginger beer, fresh lime juice. \$8.00

Rosé Spritzer

3oz of Jackson Triggs Rosé, agave syrup, muddled strawberry, club soda, lemon. \$6.75

Cucumber Cooler

Bombay Sapphire East gin, muddled cucumber, agave syrup, fresh lime juice, tonic water. \$8.50

A True Gentleman

Gentleman Jack Daniels, lemonade, fresh lime juice, fresh cracked black pepper. \$8.00

Long Island Spiced Tea

Bacardi Oakheart Spiced rum, Cointreau, fresh lemon juice, Coke. \$7.00

MARTINIS

All martinis contain 2 ozs of alcohol

Classic

Hendricks gin, touch of dry vermouth, garnished with an olive. Shaken or stirred. \$10.25

Crispy Crunch

Frangelico, Crème de Cacao, Butter Ripple Schnapps. \$10.00

Apple Martini

Tito's Handmade vodka, Smirnoff Apple vodka, unfiltered apple juice, lemon juice. \$10.00

Velvet Elvis

Jack Daniels, Chambord, fresh lemon and lime juice. \$10.00

French Martini

Tito's Handmade vodka, Chambord, pineapple juice. \$10.00

RED WINE

Shiraz

Jackson-Triggs Proprietors' Selection
5oz \$6.00 • 8oz \$9.50
1/2 litre \$19.00

Merlot

Jackson-Triggs Proprietors' Selection
5oz \$6.00 • 8oz \$9.50
1/2 litre \$19.00

WHITE WINE

Pinot Grigio

Jackson-Triggs Proprietors' Selection
5oz \$6.00 • 8oz \$9.50
1/2 litre \$19.00

Chardonnay

Jackson-Triggs Proprietors' Selection
5oz \$6.00 • 8oz \$9.50
1/2 litre \$19.00

ROSÉ WINE

Jackson-Triggs Proprietors' Selection
5oz \$6.00 • 8oz \$9.50
1/2 litre \$19.00

SPECIALTY COFFEES

All specialty coffees contain 1 oz of alcohol

Polar Bear

Piping hot coffee, Peppermint Schnapps, Baileys, whipped cream, and a sugar rim. \$6.50

Monte Cristo

Piping hot coffee, Kahlua, Grand Marnier, whipped cream, and a sugar rim. \$6.50

Café Don Juan

Piping hot coffee, Bacardi Black rum, Kahlua, whipped cream, and a sugar rim. \$6.50

B-52

Piping hot coffee, Kahlua, Baileys, Grand Marnier, whipped cream, and a sugar rim. \$6.50

Blueberry Tea

Hot black tea, Grand Marnier, Amaretto, and a sugar rim. \$6.50