











# Appetizers

<b>Thai Chili Chicken Bites</b>	11.75	<b>Sweet Potato Fries</b> 	7.00
Crispy breaded chicken bites tossed in chili-ginger sauce and garnished with toasted sesame seeds and green onions.			
<b>Loaded Nachos</b> 	16.50	<b>Deep Fried Pickles</b> 	8.00
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			
<b>Onion Rings</b> 	7.25	<b>Chipotle Lime Chicken Tacos (2)</b> 	13.50
Crispy breaded onion rings served golden brown with a side of chipotle mayo.			
<b>Chicken Strips</b>	13.00	<b>Classic Poutine</b>	7.00
Tender breaded strips of chicken served straight up or tossed in buffalo sauce with your choice of dipping sauce.			
<b>Dry Garlic Ribs</b>	11.25	<b>Steak Bites</b> 	15.50
Boneless pork rib bites tossed in Montreal Steak Spice.			
		<b>Kimchi Potstickers (5)</b>	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

<b>House Salad</b>  	10.00	<b>Chef's Salad</b>	15.50
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			
<b>Caesar Salad</b> 	10.00	<b>Ultimate Cobb Salad</b>	16.25
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			

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.

<b>Bar One Burger</b> ☆	13.50	<b>Buffalo Chicken Burger</b>	14.50
Our 6oz beef patty, ONE sauce, lettuce, tomatoes, red onion and pickles.		Grilled seasoned chicken breast tossed in buffalo sauce with ONE sauce, lettuce, tomatoes, red onion and pickles.	
<b>Mile High Burger</b>	16.50	<b>Cajun Chicken Burger</b>	15.50
Our 6oz beef patty topped with bacon, Cheddar cheese, sautéed onions and mushrooms, ONE sauce, lettuce, tomatoes, pickles and red onion.		Grilled chicken breast seasoned with cajun spices, with Cheddar cheese, crispy bacon strips, ONE Sauce, lettuce and tomatoes.	
<b>Jalapeño Kicker Burger</b>	15.00	<b>Haddock Chipotle Burger</b> ☆	14.00
Our 6oz beef patty, Swiss cheese, spicy southern barbeque sauce, cucumber slices, lettuce and jalapeños. Watch out!		Battered Haddock, deep fried and topped with Cheddar cheese, chipotle mayo, lettuce, red onion and tomatoes.	
<b>Sirloin Steak Sandwich</b>	17.75	<b>Chicken Philly Sandwich</b>	14.75
Seasoned 8 oz. sirloin seared and served on toasted garlic ciabatta, topped with an onion ring.		Grilled, seasoned chicken breast, sauteed mushrooms, fire-roasted bell peppers and onions, Italian cheese blend and zesty cheese sauce served open faced on a hoagie roll.	
<b>Traditional Turkey Club</b>	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

<b>Curry Coconut Rice Bowl</b>	14.25	<b>Baked Spaghetti</b>	14.75
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.		Spaghetti in our rich, meaty bolognese sauce. Baked with shredded Italian cheeses and garlic toasted ciabatta. Add three meatballs 3.50	
<b>Chili-Lime Chicken Rice Bowl</b> ☆	14.25	<b>Baked Lasagna</b>	15.75
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.		Meat lasagna with savoury Bolognese sauce topped with melted Italian cheeses and served with garlic toast.	
<b>Fish &amp; Chips</b>	15.75	<b>Sirloin Steak</b>	20.75
Battered Haddock, fried until golden brown, served with seasoned fries and coleslaw.		An 8 oz. seasoned sirloin steak cooked to perfection. Served with seasoned fries and coleslaw.	

# Desserts

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

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