



## Appetizers

**Classic Poutine - \$12.00**

Fries / St. Albert cheese curds / Beef gravy / Green onions

**Wings - \$15.00**

1 lb. wings / fries / choice of sauce : Forty Creek BBQ, Mild, Medium, Hot, Honey Garlic, Honey-Hot, Cajun, Jerk, Sweet Chili, Lemon Pepper, Salt & Pepper, Suicide

**Firecracker Calamari - \$15.00**

Served with garlic dill aioli

**Fish Bites - \$15.00**

Sea salt malt vinegar crusted fish bites / tartar sauce

**Nachos - \$15.00 \*add chicken(\$6.00) or beef(\$4.00) or guacamole(\$2.00)**

Corn chips / salsa / tomato / onion / shredded cheese / jalapeno / sour cream

**Popcorn Curds - \$13.00**

Breaded St. Albert cheese curds / ranch dressing

**Zucchini Sticks - \$13.00**

Deep fried zucchini / ranch dressing

**Deep Fried Pickles - \$13.00**

Seasoned breaded pickle spears / ranch dressing

**Perogies - \$12.00**

Perogies / sautéed onion / chopped bacon / gravy / sour cream

**Salt & Pepper Dry Ribs - \$12.00**

Seasoned dry ribs / sweet chili sauce

**Chicken Fingers - \$14.00**

Four chicken fingers / fries / plum sauce

## Salads

**Garden Salad - \$10.00**

Mixed greens / garden vegetables / choice of dressing: balsamic, ranch, blue cheese, Italian, or southwest ranch

**Caesar Salad - \$10.00**

Romaine lettuce / bacon / parmesan / croutons / Caesar dressing

**Greek Salad - \$12.00**

Romaine lettuce / cucumber / onion / peppers / olives / tomato / feta / Oregano / balsamic dressing

**Taco Salad - \$15.00**

Mixed greens / cucumbers / green onion / pico de gallo / shredded cheese / tortilla chips / salsa / southwest ranch

*\*To any salad, add chicken (\$6.00) or guacamole (\$2.00)*

## **Sandwiches, Burgers & Wraps**

*All sandwiches & wraps are served with a choice of fries or salad*

*Upgrade to Caesar salad, Greek salad, sweet potato fries or poutine for \$2.50*

### **Smoked Meat - \$14.50**

Montreal style smoked meat / pretzel bun / swiss

### **Philly Cheesesteak - \$14.00**

Philly style steak / onion / mushroom / peppers / shredded cheese /  
French style baguette

### **Veggie Wrap - \$13.00**

Sautéed seasonal vegetables / whole grain rice / red cabbage /  
shredded cheese / ranch dressing

### **Chicken Bacon Club - \$14.00**

White or brown toast / grilled chicken breast / bacon / lettuce/ tomato /  
cheddar cheese / mayo

### **Buffalo Wrap - \$14.00**

Breaded chicken / hot sauce / lettuce / tomato / onion / cheese / ranch

### **Caesar wrap - \$14.00**

Breaded chicken / romaine lettuce / bacon / parmesan / Caesar dressing

### **The Mill Burger - \$16.00**

Two beef patties / brie / pickled onion / bacon / lettuce / tomato / chipotle mayo

### **Veggie Burger - \$14.00**

5oz vegetable patty / lettuce / tomato / onion

## **Mains**

### **Fish & Chips - \$16.00 \*Add fish for \$6.00**

Sea salt & malt vinegar crusted / battered fish / fries / lemon / tartar

### **Fish Tacos - \$17.50**

Sea salt & malt vinegar / battered fish / lettuce / bruschetta / jalapeno /  
dill aioli / guacamole / shredded carrots / red cabbage / pickled onion

### **Shepherd's Pie - \$16.00**

Savoury ground beef / corn / peas / mashed potatoes / garlic bread

### **Chicken Curry and Rice - \$17.00**

Onions / peppers / celery / carrots / chicken / coconut milk curry sauce /  
wholegrain rice / grilled pita

### **Mac n Cheese - \$13.50**

Elbow macaroni / White cheddar sauce / panko / shredded cheese

*\*Add Bacon (\$3.00) Add chicken (\$6.00)*

### **Powerbowl - \$15.00**

Mixed greens / green onion / bruschetta / beets / roasted squash /  
feta / wheatberry / lentil / rice / mung bean / adzuki bean / pearly barley /  
navy bean