

# LUNCH

## SOUPS & APPETIZERS

<b>CHEF'S FEATURE SOUP</b>	10
seasonally inspired	
<b>CLAM CHOWDER</b>	12
New England style	
<b>"NAGYMAMA'S" PEROGIES</b>	14
stuffed with potatoes and cheese, topped with caramelized onions, double smoked bacon, chive and garlic sour cream	
<b>CALAMARI</b>	16
lightly dusted, lemon and dill tzatziki	
<b>STEAK AND BLUE FLATBREAD</b>	18
grilled flank steak, boursin, crumbled blue cheese, figs, pickled red onions, arugula	
<b>CHICKEN WINGS</b>	16
choice of hot, salt & pepper, honey garlic, Crown Royal ® whiskey bbq served with carrots & ranch dip	
<b>CRISPY CAULIFLOWER GRATIN (V)</b>	14
pecan romesco, arugula salad	
<b>YAM FRIES (V)</b>	10
served with chipotle mayo	
<b>CHICKEN PARM BITES</b>	16
panko crusted chicken, mango-berry salsa	
<b>HALO NACHOS (V)</b>	15
Sylvan Star cheese blend, tomatoes, olives, jalapeño peppers, green onions, pickled red onions, salsa, sour cream and guacamole	

## SALADS

<b>KALE, APPLE &amp; QUINOA (V/GF)</b>	17
baby kale, quinoa, apples, Mandarin oranges, sunflower seeds, roasted peppers, almonds, feta, homemade citrus dressing	
<b>HALO CAESAR</b>	16
classic Caesar dressing, thick cut bacon bits, focaccia croutons, shaved parmesan, lemon	
<b>ASIAN GLASS NOODLE (V)</b>	16
rice noodles, crispy vegetables, shiitake mushrooms	
<b>GOAT CHEESE (V)</b>	16
Tuscan greens, cherry tomatoes, Mandarin oranges, candied pecans, dried cranberries, passion fruit dressing	
<b>NICOISE SALAD</b>	21
pan-seared albacore tuna, confit herb potatoes, olives, hard-boiled egg, capers, French green beans, homemade lemon vinaigrette	

## ADD ONS

8

**4oz GRILLED CHICKEN**

**4oz GRILLED SALMON**

**4 PCS GRILLED PRAWNS**

**4oz GRILLED FLANK STEAK**

**4oz GROUND BEEF**

**4oz TERIYAKI BEEF**

**4oz FRIED TOFU**

**4oz PAN SEARED ALBACORE TUNA**

V — Vegetarian

GF — Gluten Free

Prices are in Canadian dollars, taxes or gratuities are not included

16% gratuity is added to groups of 7 or more

## SANDWICHES

All sandwiches served with a choice of fries, soup, vegetable chips, Caesar salad or green salad

**\*\*Upgrade to bacon mac & cheese \$8, yam fries \$3, add gravy \$2, add poutine \$5\*\***

### **HALO BURGER** 21

house-made 100% chuck patty, bacon, lettuce, tomato, onion, mayo & cheddar served on a brioche bun

**\*\*Add an extra patty for \$9**

**\*\*Gluten-free bun \$3**

### **TANDOORI CHICKEN NAAN-WICH** 19

marinated chicken tikka, mango-mint chutney, cucumber, tomato, onion slaw served in warm naan bread

### **SHRIMP TACOS** 23

spicy marinated shrimp, crispy onions, peppers, pico de gallo, guacamole served in a grilled flour tortilla

### **TOMATO BOCCONCINI PANINI (V)** 18

sundried tomato & olive tapenade, roasted peppers, bocconcini served in a ciabatta bun

### **SMOKED PASTRAMI PANINI** 19

beef pastrami, sauerkraut, Swiss cheese, homemade aioli sauce served in pressed rye bread

### **CANADIAN BISON DONAIR** 19

house-made donair meat, lettuce, tomatoes, sliced red onions, sweet sauce served in a warm pita

### **BUTTERMILK FRIED TURKEY CLUB** 19

turkey breast, crispy bacon, lettuce, tomato, onion, sweet pickles, avocado, mayo served in a ciabatta bun

### **CRISPY FRIED CHICKEN WAFFLE-WICH** 19

Cajun crispy chicken, spiced mango-berry salsa served on waffle squares

## MAINS

### **FISH AND CHIPS** 22

house-made beer battered cod fillet, fries, house-made tartar sauce

### **MUSHROOM RAVIOLI (V)** 24

sundried tomato cream sauce, crispy parmesan served with garlic toast

### **SALMON FILLET (GF)** 26

blackened salmon, quinoa salad, seasonal vegetables, pea shoots

### **ALBERTA BEEF STEAK SANDWICH** 25

6oz grilled New York AAA beef, caramelized onions, sautéed mushrooms, truffle butter

### **BUTTER CHICKEN** 28

steamed basmati rice, cucumber raita, cilantro served with garlic naan bread

### **PAN-ASIAN STIR FRY (V)** 22

chow mein noodles, crispy vegetables, chili, garlic, green onions, sweet soy sauce

### **EGGPLANT ROLLATINI (V/GF)** 24

artichoke risotto, roasted tomato puree, chickpea parmesan crust

V — Vegetarian

GF — Gluten Free

Prices are in Canadian dollars, taxes or gratuities are not included

16% gratuity is added to groups of 7 or more