

happy hour

MONDAY - FRIDAY
3PM TO 6PM & 9PM TO 12AM

food menu **\$10.99 each**

PREMIUM CHICKEN TENDERS [4]

Golden-fried chicken tenders with choice of a dipping sauce.

MOZZARELLA CHEESE STICKS [10]

Golden-fried cheese sticks with a side of tomato sauce.

HALF ZESTY NACHOS

Tortilla chips freshly cooked and topped with pepper jack queso, cheddar cheese, seasoned nacho meat, fresh pico de gallo and sour cream.

CHICKEN WINGS [8]

Lightly seasoned breaded chicken wings, golden-fried and crispy. Served plain or with Buffalo or BBQ dipping sauce.

CALI CHICKEN BURRITO

Grilled seasoned chicken breast, fresh avocado, pico de gallo, shredded cheese and ranch dressing wrapped in a grilled flour tortilla. Served with freshly cooked tortilla chips and salsa.

TURKEY FEAST SANDWICH

Grilled sandwich on sourdough bread with turkey breast slices, cranberry, stuffing and sliced white cheddar cheese. Served with wavy-cut fries.

FIT FARE BREAKFAST BURRITO

Scrambled egg whites, two strips of turkey bacon, spinach, pico de gallo and shredded cheese wrapped in a grilled flour tortilla. Served with seasonal fruit.

ORIGINAL GRAND SLAM

Two scrambled eggs. Served with two bacon strips, two all pork sausage links and buttermilk pancakes. (No Substitutions*)

TWO CREPES A LA CARTE **\$9.99**

Folded with sweet cream cheese filling and topped with fresh strawberries, strawberry sauce and powdered sugar.

CINNAMON ROLL PANCAKES **\$9.99**

Two buttermilk pancakes cooked with cinnamon crumb topping and topped with sweet cream cheese icing.

Prices do not include 5% GST & 10% PST

drinks

DOMESTIC DRAFT BEER

16oz- \$6.50 20 oz - **\$7.50**

Domestic Draft Pitcher- **\$19.00**

Premium Draft Pitcher-**\$21.00**

DOMESTIC BEER BOTTLE [341 ML]

(Canadian, Coors Light, Kokanee, Budweiser) - **\$5.25**

IMPORTED BEER BOTTLE [330 ML]

(Corona, Heineken)- **\$6.29**

DRAFT LOCAL CIDER [20 OZ] **\$7.50**

CLASSIC COCKTAILS **\$6.29**

(Screwdriver, Mimosa or Caesar)

SMOOTHIES **\$5.29**

(Strawberry Banana, Tropical Green or Mango)