

APPETIZER



PEI Mussels	15
One pound of steamed mussels, finished with your choice of white wine or marinara sauce served with garlic toast	
Cajun Prawns	15
7 Tiger prawns sautéed in cajun spice and served with garlic toast	
Chicken Spring Rolls	14
Thai style marinated chicken in spring rolls, deep-fried, served with sweet chili sauce	
Dry Ribs (GF)	14
7 oz. seasoned bone in pork ribs deep-fried and sprinkled with fresh cracked black pepper and sea salt, served with sweet chili sauce	
Chicken Wings – 1 pound (GF)	14
Our special marinated wings, deep fried to order, plain, salt & pepper, BBQ, teriyaki, hot, honey garlic and sweet chili, served with ranch dip or blue cheese dressing	
Balsamic Bruschetta (V)	9
Fresh tomato, red onion, basil, garlic, olive oil and a splash of balsamic vinegar, tossed fresh, served with toasted baguette slices	
Thai Chicken Bites	14
5 Tender chicken bites, marinated with Thai spices, deep-fried, served with sweet chili sauce	



GLUTEN FRIENDLY (GF)

OPTIONS: This menu is offered as a service to our guests to assist with dietary needs. Please be aware that One Restaurant and Lounge is not a GLUTEN FREE establishment and therefore we assume no responsibility as cross contamination may occur. Guests are encouraged to consider this information in light of their individual needs. Please advise your server for Gluten Free preparation.

V- Vegetarian

N- Nuts

prices do not include tax or gratuity

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BBQ Steak

15

Bites

Seasoned and sautéed tender steak pieces marinated with BBQ sauce, served with ranch dipping sauce

Spinach Dip (GF/V)

11

Three cheese spinach dip made in house, served with corn tortilla chips

Breaded Pickle Spears (V)

11

7 dill pickle spears breaded and deep fried, served with ranch dip

Beef Samosa

14

6 individual beef samosa, deep fried and served with sweet chili sauce

The Big One

27

Party platter of wings, pickle spears, chicken wontons, fish sticks, pork dry ribs and served with sweet chili sauce, tartar sauce and ranch dip

Duo Crab Sticks Variety

14

One Portobello mushroom stuffed with crab stick and cream cheese, oven baked with cheddar cheese

plus

One breaded crab stick cake with chipotle mayo and lemon



Nacho Platter

12

Corn tortilla chips topped with tomatoes, onion and peppers then covered with cheddar cheese and oven baked, served with sour cream and salsa

Add: -5 oz. tex-mex beef /5

- 3 oz. banana peppers /2

-6 oz. roasted chicken / 7

- 3 oz. black olives / 2

- 3 oz. extra sour cream or salsa / 3

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SOUP & SALADS

Soup of the Day

Served with
9 oz / 5 14



crackers
oz / 9

Beef Stew

11

Cubed beef sautéed with onions, garlic, carrots, celery, fresh tomatoes, mushrooms and potato, then braised in red wine and beef stock, seasoned with fresh thyme, salt & pepper and served with baguette bread

Tossed Green Salad (GF/V)

Starter / 6.5

Main / 11

Fresh greens, sliced cucumbers, carrots and tomatoes, served with our classic balsamic vinaigrette

Caesar Salad (V)

Starter / 7

Main / 12

Served with garlic bread and parmesan cheese

Add: Blackened 6 oz. chicken / 7

6 Prawns / 8

8 Oz Salmon fillet/ 11

Traditional Greek Salad (GF/V)

14

Diced cucumbers, sweet peppers, tomatoes, onions, black olives, feta cheese and head lettuce tossed in our oregano lemon vinaigrette dressing. Served over romaine lettuce, served with warm pita bread

Cobb Salad

19

Served in a large taco shell, iceberg lettuce, fajita seasoned chicken, corn, kidney beans and bell peppers salad, bacon, shredded jack cheese and a hardboiled egg.

Salsa, sour cream and guacamole on the side



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PIZZA OVEN

*All pizzas are 12" crust with mild pizza sauce and oven baked.
Gluten free crust available upon request*

Greek (V)

22

Red onions, bell peppers, fresh tomatoes, black olives, topped with feta & mozzarella cheese and oregano, drizzled with olive oil



Hawaiian

22

Ham, pineapple chunks and mozzarella cheese

Cowboy

26

Ham, pepperoni, bacon, and sausage topped with mozzarella cheese

Back Yard BBQ

28

Drizzled with BBQ sauce, tender sliced beef, bacon, sautéed onions and with cheddar and mozzarella cheese

mushrooms, topped

Vegetarian (V)

22

Loaded with tomatoes, bell peppers, mushrooms, baby spinach, onions, Topped with mozzarella cheese and oregano

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PASTA

*All pasta dishes are served with parmesan cheese and garlic toast
Gluten free pasta available upon request*

Spaghetti Bolognaise

20

Generous portion of spaghetti and house made meat sauce

Chicken Fettuccine

23

Chicken breast sautéed with portobello mushrooms in alfredo sauce and served over fettuccine

Seafood Aglio Olio

30

Prawns, mussels, salmon and mixed seafood sautéed in olive oil, garlic, fresh tomatoes, asparagus, white wine, fresh basil and baby spinach, tossed with fettuccine



Cheese Tortellini (V)

20

Tortellini shells stuffed with cheese and topped with cheddar cheese then oven baked in a rose sauce

Perogies Our Own Way

22

Sautéed with chicken, chorizo sausage, onions, green onions, bell peppers, bacon bites, top with cheddar cheese, and sour cream on the side

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FEATURE MAINS



*We feature 21 day aged AAA Canadian Beef
All steaks cooked to order*

Prime Rib

10 oz. / 34 8 oz. / 30

Slow roasted prime rib, cut to order and finished in the oven,
served with horseradish

*We can offer a larger cut, please ask your server
Add per oz. / 3*

8 oz. Beef Tenderloin

35

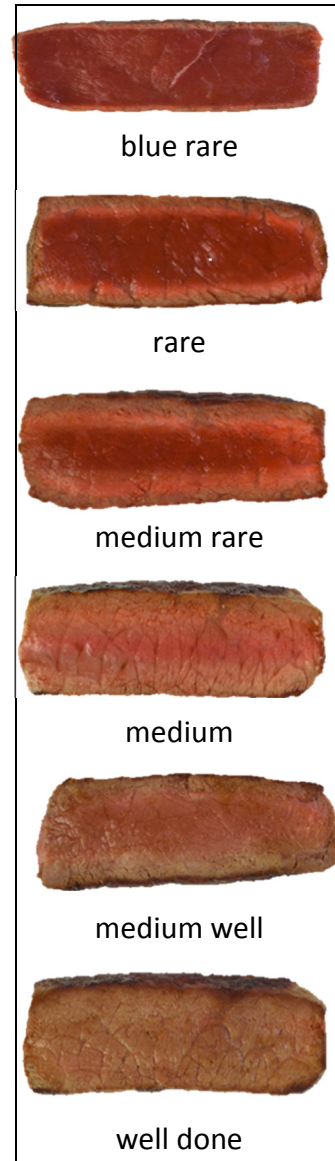
Our most tender cut of beef, bacon wrapped and charbroiled,
served with green peppercorn sauce

8 oz. Rib Eye

32

Tender and flavorful. This boneless cut has extra marbling,
Charbroiled brings out excellent flavor, served with brandy sauce

*Above feature mains serves with seasonal vegetables and
choice of potatoes or rice*



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MAINS



Grilled Pork Chops (GF)

27

Two 6 oz. bone-in grilled pork chops, baked with a creamy mushroom sauce and cheddar cheese, served with sautéed asparagus and baby roasted potatoes



Atlantic Salmon (GF)

27

8 oz. salmon filet, oven seared with maple glaze, served with vegetables and choice of potatoes or rice

Add fillet / 11

Braised Lamb Shanks

2 pieces/30

1 piece/19

Lamb shanks oven braised in red wine and aromatic vegetables, served with garlic-mashed potatoes and sautéed mushrooms

Chicken Curry Two Ways

22

Served with mixed Asian green salad plus herb rice or pita bread

- 6 oz. tender chicken breast, simmered in a curry mango chutney sauce. (GF)
- Traditional curry with boneless leg and breast rich in nuts, yogurt, and cream. (GF) (N)

Sausage Bratwurst

21

Pan seared bratwurst sausage, served with braised red cabbage, garlic mashed potatoes and onion gravy

Chicken Parmegiana

24

Butterflied chicken breast, lightly battered with egg, parmesan cheese and herbs, pan fried, topped with tomato sauce and mozzarella cheese, oven baked and served with spaghetti napolitana and garlic toast

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MAINS



Fish and Chips

Half order /13

Full order /20

Two pieces of cod, hand dipped in our own batter, deep fried and served with our house made coleslaw, tartar sauce, lemon wedges and fries

Add single piece of fish / 7

Ginger Beef Stir Fry

20

Tender strips of lightly battered beef, sautéed with seasonal vegetables and fresh ginger sauce, served with choice of rice or rice noodles

Chicken Teriyaki Stir Fry

20

Sliced chicken breast, sautéed with seasonal vegetables, teriyaki sauce, served with choice of rice or rice noodles

Healthy Veggie Stir Fry (V)

18

Fresh vegetables sautéed and served over rice or rice noodles. We suggest adding salmon filet, chicken breast or tiger prawns. Please ask your servers



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SANDWICHES & WRAPS

*Served with your choice of soup of the day, french fries, onion rings,
green salad or caesar salad*

Veggie wraps and sandwich available upon request

8 oz. AAA strip loin Steak Sandwich

25

Charbroiled and served with sautéed onions and garlic toast

Philly Cheese Steak Sandwich

18

Baguette with cream cheese and fresh thyme spread, slice roast beef, sautéed onions and bell peppers, baked with mozzarella cheese

Prime Rib Burger

15

8 oz. prime rib patty, charbroiled and served on a toasted sesame bun
lettuce, tomatoes, onions and a pickles

Add one or more of your favorites and have it your way

Sautéed onion or mushrooms / 3 Bacon / 2 Swiss cheese / 3 Cheddar cheese / 1.5

with mayo,

Single Chicken Club House

Texas toast with mayo, lettuce, tomatoes, cheddar
sliced grilled chicken breast and bacon slices

15

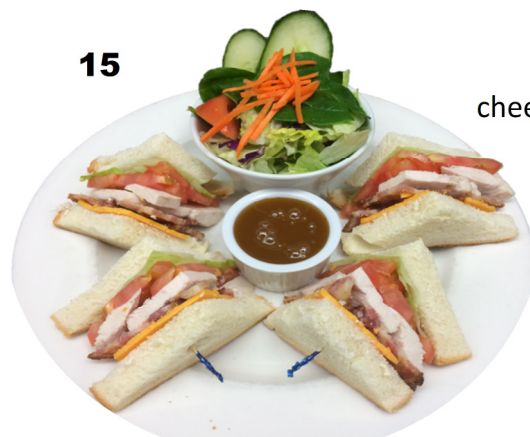
cheese,

Caesar Chicken Wrap

18

Grilled chicken breast, diced and tossed in Caesar
wrapped in a 12" flour tortilla

salad,



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SIDE ORDERS



yam fries	\$ 7	mashed potato	\$ 5
french fries	\$ 5	baked potato	\$ 4
poutine	\$ 8	rice	\$ 3
onion ring	\$ 7	1 piece garlic toast	\$ 1
sautéed onion	\$ 3	chicken breast	\$ 7
slice tomatoes	\$ 3	6 prawns	\$ 8
baby potato	\$ 4	gravy	\$ 3
sautéed mushroom	\$ 4	sour cream	\$ 3
vegetables	\$ 4	salsa	\$ 3
cole slaw	\$ 2	parmesan cheese	\$ 3
braised red cabbage	\$ 5	pita bread	\$ 2
extra sauce	\$ 1.50		

➤ *ranch / sweet chili / caesar / balsamic / sweet and sour / bbq / honey garlic/ hot*

BEVERAGES



coffee	\$ 2.50
tea	\$ 2.50
hot chocolate	\$3.00
specialty tea	\$ 2.85
milk	\$ 3.00
milk shake	\$ 6.00
pop	\$ 3.00
juice	\$ 3.00
➤ apple	
➤ orange	
➤ cranberry	
➤ tomato	
➤ clamato	

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