APPETIZERS

PEI Mussels (GF) **21**
One pound of steamed mussels, finished with your choice of white wine or marinara sauce served with garlic toast

Tempura Prawns **18**
7 tempura battered Prawns Deep fried and served with Tempura sauce

Thai Shrimp Toast **19**
Asian Style Marinated Shrimp, spread on the white bread deep-fried, served with sweet chili sauce and green onion on top

Steak and Potato Bites (GF) **21**
4 oz Steak sauteed with Onion, garlic and Potatoes and served with Ranch dipping sauce

Crab and Cheddar Jalapeno Bites **18**
8 breaded Crab and cheddar bite deep-fried and served with Tartar sauce

Chicken Wings – 1 pound (GF) **19**
Our special marinated wings, deep fried to order, plain, salt & pepper, BBQ, teriyaki, hot, honey garlic and sweet chili, served with ranch dip

Balsamic Bruschetta (V) **14**
Fresh tomato, red onion, basil, garlic, olive oil and a splash of balsamic vinegar, tossed fresh, served with toasted baguette slices

Shrimp Gyoza **17**
7 Asian flavor shrimp stuffed dumpling served with sweet chili sauce

Spinach Tart (V) **15**
4 mini tarts filled with three cheese spinach, Baked with cheddar cheese

Cold Vegetable Bowl (V) (GF) **14**
Fresh cauliflower, carrot, broccoli, celery, cucumber, tomato served with ranch dipping sauce

GLUTEN FRIENDLY (GF)
The (GF) designation on select menu offerings is provided as a service to assist guests with possible dietary needs. However, One Restaurant and Lounge is not a gluten-free establishment, and cross-contamination may occur.

V- Vegetarian *N- Nuts*

Prices do not include tax or gratuity

Soups and Salad

Soup of the Day

Served with crackers

9 oz / 6 **14 oz / 10**

Beef Stew **16**

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 /**8** meal / **16**

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

Caesar Salad (V) ***meal sized served with garlic toast** Starter /**8** meal / **16**

Crisp romaine, creamy Caesar dressing, parmesan, croutons, and fresh lemon.

*Add: 6 oz Roasted chicken /**10** -or- 6 Prawns /**10** -or- 6 oz Salmon fillet /**21***

Chop Chop Salad (GF) **21**

Diced tomato, pepper, cucumber, Kidney bean, corn, chicken, Mix lettuce, feta cheese and Ranch dressing

Quinoa Salad **20**

Steamed quinoa mixed with Onion, Tomato, cucumber, bell peppers, green onion and lemon vinaigrette served with fried onion on top and warm pita bread

Pizza

All pizzas are 12" crust with mild pizza sauce and oven baked.

Gluten free crust available upon request $ 2 extra

South Asian Flavor **34**

Sauteed chicken and Mushroom with butter chicken sauce, baked with Mozzarella and cheddar cheese

Cowboy **33**

Pizza sauce, ham, pepperoni, bacon, and sausage topped with mozzarella cheese

Create your own pizza

12" pizza crust with pizza sauce and cheese **19**

Onion/2	Pepper/ 2	Tomato/3	Mushroom/3
Baby spinach/3	Cheese (3 oz)/5	Slice olive/2	Pineapple/3

Pizza meat/5ea (Ham, Pepperoni, Sausage, chicken (3 oz) or Bacon)

Pasta

All pasta dishes are served with parmesan cheese and garlic toast

Gluten free pasta available upon request $2 extra

Spaghetti Bolognaise **24**

Generous portion of spaghetti and house made meat sauce Add: - **4** Meatballs/ **12**

Penne ala Polo Fungi **26**

Chicken breast sautéed with mushrooms in Alfredo Sauce and tossed with Penne pasta

Spaghetti Seafood Carbonara **35**

Prawns, mussels, mixed seafood sautéed in Butter, white wine, fresh chives, tossed with Spaghetti Pasta and classic carbonara style

Beef Cannellini **25**

2 Beef cannelloni served with Mushroom sauce and parmesan cheese

Gnocchi with Cheese Sauce (V) **25**

Sauteed Chicken, onion, Fresh herbs, cheese sauce Parmesan cheese

Perogies Our Own Way **26**

Sautéed with chorizo sausage, onions, Bell peppers, top with green onions, cheddar cheese and Sour cream on the side

Feature Mains

We feature 21-day aged AAA Canadian Beef

All steaks cooked to order

Prime Rib **10 oz /52** **8 oz /45**

Slow roasted prime rib, cut to order and finished to temperature, Served with horseradish

We can offer a larger cut, please ask your server ***Add per oz /+4***

8 oz Rib Eye (GF) **52**

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

7 oz Beef Striploin (GF) **44**

Charbroiled Alberta beef striploin of your choice of temperature, served with brandy sauce

Atlantic Salmon (GF) **6 oz /35** **8 oz /42**

Salmon filet, Pan seared with maple glaze, served with vegetables and choice of potatoes or rice

Add: 6oz fillet/+21 -or- 8 oz fillet /+28

House Made Salisbury Steak **27**

7 oz charbroiled Salisbury steak served with mashed potatoes and onion mushroom gravy.

Above feature mains serves with seasonal vegetables and
Potatoes of your choice or rice (excluding Salisbury Steak)

House Specialties

All House Specialties are served as described. Extra charges may apply for substitutions.

Pork Schnitzel **27**
Breaded 8 oz pork schnitzel Served with tossed salad and Pan roasted Potatoes

Butter Chicken (GF) **27**
6 oz tender chicken breast simmer in house made butter chicken sauce, served with Asian green salad and rice or pita bread

Chicken Parmigiana **28**
Butterflied chicken breast, lightly battered with egg, Parmesan, and herbs, pan-fried, then oven-baked with tomato sauce, mozzarella, and Parmesan. Served with spaghetti Napolitana and garlic toast.

Fish and Chips Half order /**15** Full order /**24**
Two pieces of cod, hand dipped in our own batter, deep fried and served with our house made coleslaw, tartar sauce, lemon wedges and Hand Cut fries

Add single piece of fish /+9

Ginger Beef Stir Fry **27**
Tender strips of lightly battered beef, sautéed with seasonal vegetables and fresh ginger sauce, served with choice of rice or rice noodles

Stir fry pork bites **26**
Tender lightly battered pork strip deep fry and tossed seasonal vegetables and stir fry sauce, Served with choice of rice or rice noodles

Chicken Teriyaki Stir Fry **25**
Sliced chicken breast, sautéed with seasonal vegetables, teriyaki sauce, served with choice of rice or rice noodles

We offer a Veggie Stir Fry option for $23 — please ask your server for details.
Enhance your dish by adding a salmon fillet (+$21), chicken breast (+$10), or tiger prawns (+$10).

1 Lounge Favorites

Served with your choice of soup of the day, Hand cut fries, green salad or Caesar salad

7 oz AAA Strip Loin Steak Sandwich **32**
Charbroiled and served with sautéed onions and garlic toast

Ruben Sandwich **20**
Ray bread, thousand island dressing, sliced corn beef, sauerkraut, Swiss cheese and toasted on panini grill.

Roasted Beef Sandwich **22**

Toasted Baguette with butter and slice roast beef, Sautéed mushroom & onion, baked with cheddar or Swiss cheese, Served with au jus

Prime Rib Burger **20**

7 oz prime rib patty, charbroiled and served on a toasted sesame bun with mayo, lettuce, tomatoes, onions and a pickles

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

Add: Sautéed onion or mushrooms /+3 -Bacon /+3 -Swiss cheese /+3 -Cheddar cheese/+2

Simple Chicken Club **21**

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

Buffalo Chicken Wrap **20**

6 oz breaded chicken breast and grilled Mediterranean grill vegetable wrapped with 12" flour tortilla, served with ranch dipping sauce

Chicken Fingers **21**

Four crispy breaded chicken fingers served with golden fries and plum sauce for dipping—simple, satisfying, delicious.

Veggie wrap and sandwich available upon request

Side Selections

Homestyle Choices:

Hand cut fries	**5**	Mashed potato	**6**
poutine	**8**	Baked potato	**4**
rice	**3**	onion rings	**9**
Cole slaw	**2**	gravy	**3**

Breads:

garlic toast (per slice)	**1**	pita bread (per slice)	**2**

Veggies:

vegetables	**5**	slice tomatoes	**3**
sautéed onion	**3**	sautéed mushroom	**4**

Proteins:

Salmon fillet 6oz	**21**	6 prawns	**10**
chicken breast 6oz	**10**	Bacon bits	**4**

Add-ons:

salsa 2oz	**2**	sour cream 2oz	**2**
parmesan cheese	**3**	extra sauce	**1.50**ea

- ***ranch / sweet chili / Caesar / balsamic /***
- ***sweet and sour / BBQ / honey garlic/ hot***

BEVERAGES

Woodlands Custom Mocktails - 5.50

Spike any of our Mocktails with the suggested spirit, or add your favorite spirit from the Well & Premium spirits menu (Mocktail price + price of spirit from spirits menu)

Island Fizz (Spike with White Rum)

A tropical burst of pineapple and citrus with a refreshing soda finish.

Citrus Zing (Spike with Vodka or Tequilla)

Bright and zesty blend of orange and cranberry with a bubbly twist.

Apple Mule (Spike with Bourbon or Spiced Rum)

Crisp apple and lime meet the kick of ginger beer.

Maple Sunrise (Spike with Vodka or Tequilla)

Sweet and tangy layers with a maple finish.

Cherry Temple (Spike with Whiskey or Vodka)

A grown-up take on a classic with a gingery kick.

Tropical Tonic (Spike with Gin)

Light and botanical, with the sweetness of pineapple and crispness of tonic.

Cran Citrus Cooler (Spike with Vodka or White Rum)

A tangy and fizzy refresher with cranberry and orange.

Garden Fizz (Spike with Gin)

A bright, citrusy blend with herbal notes and tonic, perfect for gin lovers—even without the gin.

Diverse Soft Drinks (ask your server for selection):		**12oz/4.00**
Diverse juices (ask your server for selection):	**8oz/3.00**	**12oz: 4.50**
Fresh milk:	**8oz/3.00**	**12oz/4.00**

Coffee/ Tea:	**3.25**	**Specialty Tea:**	**3.25**
Hot chocolate	**3.50**	**chocolate milk**	**4.00**

WOODLANDS
INN & SUITES