

## APPETIZER



<b>PEI Mussels</b>	<b>20</b>
One pound of steamed mussels, sauteed with garlic, finished with your choice of white wine or marinara sauce served with garlic toast and lemon wedges	
<b>Cajun Prawns</b>	<b>18</b>
7 Tiger prawns sautéed in Cajun spice and served with garlic toast	
<b>House Made Chicken Spring Rolls</b>	<b>19</b>
Asian style marinated chicken spring rolls, deep-fried, served with choice of sweet chili sauce, sweet and sour sauce or plum sauce	
<b>Dry Ribs (GF)</b>	<b>18</b>
7 oz. seasoned bone in pork ribs deep fried and sprinkled with fresh cracked black pepper and kosher salt, served with sweet chili sauce	
<b>Chicken Wings – 1 pound (GF)</b>	<b>18</b>
Our special marinated wings, deep fried to order. Select plain, salt & pepper, BBQ, teriyaki, hot, honey garlic or sweet chili. Served with veggie sticks and choice of ranch dip or blue cheese dressing	
<b>Balsamic Bruschetta (V)</b>	<b>12</b>
Fresh tomato, red onion, fresh basil, oregano, garlic, olive oil and a splash of balsamic vinegar, tossed to order, served with toasted baguette slices	
<b>Shrimp Gyoza</b>	<b>17</b>
8 Asian flavored shrimp stuffed dumplings, steamed, served with choice of sweet chili sauce or soy sauce	
<b>Pita Bread and Veggie Platter (V)</b>	<b>14</b>
Fresh cut veggies served with ranch dip and warm pita bread. Add: 3 oz. guacamole / 4	
<b>Blooming Onion (V)</b>	<b>13</b>
Onion cut to resemble a flower, battered and deep fried, served with chipotle aioli	

### **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 1 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\** 11/23

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<b>BBQ Steak Bites</b>	<b>21</b>
Seasoned and sautéed tender steak pieces tossed with BBQ sauce, topped on bacon, served with ranch dipping sauce and sautéed onions	
<b>Spinach Dip (GF/V)</b>	<b>15</b>
Three-cheese spinach dip made in house, served with corn tortilla chips or warm pita	
<b>Breaded Pickle Spears (V)</b>	<b>16</b>
7 dill pickle spears breaded and deep fried, served with ranch dip	
<b>Cream Cheese Poppers</b>	<b>17</b>
7 cream cheese stuffed jalapeno, breaded and deep fried, served with avocado aioli	
<b>Calamari Bites</b>	<b>19</b>
7 oz seasoned calamari bites, flour dusted and deep fried served with tartar sauce and lemon wedges	
<b>Appetizer Platter for Four People</b>	<b>48</b>
Party platter of wings, pickle spears, deep fried calamari, pork dry ribs, cream cheese poppers, served with sweet chili sauce, tartar sauce and ranch dip	
<b>Fried Mixed Seafood Platter</b>	<b>24</b>
Battered cod fish, tempura prawns, flour dusted calamari, onion rings and served with tartar sauce and lemon wedges	
<b>Nacho Platter (GF) (V)</b>	<b>17</b>
Corn tortilla chips topped with tomatoes, onion and peppers then covered with cheddar cheese and oven baked, served with sour cream and salsa	
<i>Add:</i>	
- 5 oz. tex- mex beef / 8	- 3 oz. banana peppers / 2
- 6 oz. roasted chicken / 11	- 3 oz. black olives / 2
- 3 oz. sour cream / 3	- 3 oz. guacamole / 4
- 3 oz. salsa / 3	- 4 oz. nacho cheese / 6

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## SOUP & SALADS



### Feature Soup

*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

Main / 16

Fresh greens, sliced cucumbers, carrots and tomatoes, served with our classic balsamic vinaigrette or choice of dressing

### Caesar Salad (V)

Starter / 8

Main / 16

Served with parmesan cheese. Garlic toast with Main only. Extra slice / 1

*Add: 6 oz. blackened chicken breast / 12    6 prawns / 11    6 oz. salmon fillet / 16*

### House Salad with Chicken Breast

23

Mixed lettuce, sweet peppers, cucumber, tomatoes, onions, cheddar cheese and diced chicken breast. Served with warm pita bread and ranch dressing

### Taco Bowl Salad

26

Served in a large taco shell, iceberg lettuce, chicken fajita, corn, kidney beans, bell pepper salad, shredded cheddar cheese and a hardboiled egg.

Salsa and sour cream on the side

*Add: 3 oz. guacamole / 4*

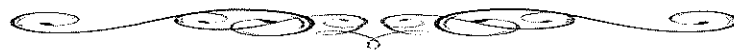
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# PIZZA OVEN



*All pizzas are 12" crust with mild pizza sauce and oven baked.  
Gluten free crust available upon request for \$2 extra*

**Pulled Pork** **27**

Our house made pulled pork, sauteed white onion and pepper, topped with mozzarella and cheddar cheese

**Hawaiian** **25**

Ham and pineapple chunks, topped with mozzarella cheese

**Cowboy** **33**

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

**Pizza Margherita (V)** **23**

Neapolitan style with marinara sauce, sliced fresh tomatoes, baked with mozzarella and parmesan cheese, finished with fresh basil and olive oil

**Vegetarian (V)** **28**

Loaded with tomatoes, bell peppers, mushrooms, baby spinach and onions, topped with oregano, mozzarella and parmesan cheese, finished with fresh basil and olive oil

**BBQ Chicken** **32**

Crème fraîche base with BBQ chicken, sautéed onions and mushrooms, topped with mozzarella cheese

**Philly Steak Pizza** **32**

Roasted beef, sauteed peppers and onions, thyme, mozzarella cheese and cream cheese

*Add extra cheese per pizza 4oz / 5*

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## PASTA



*All pasta dishes are served with parmesan cheese and garlic toast  
Gluten free pasta available upon request for \$2 extra*

### **Spaghetti Bolognese** **24**

Generous portion of spaghetti and house made meat sauce  
Add 5 Meat balls / 10

### **Chicken Linguine** **26**

Chicken breast sautéed with mushrooms in alfredo sauce  
and tossed with linguine pasta

### **Seafood Aglio Olio** **35**

Prawns, mussels, salmon and mixed seafood sautéed in olive oil, garlic,  
crushed red chili, fresh tomatoes, asparagus, white wine,  
fresh basil and baby spinach, tossed with linguine pasta

### **Cheese Tortellini (V)** **25**

Tortellini stuffed with cheese, mixed with rose sauce and topped with  
cheddar and parmesan cheese then oven baked

### **Gnocchi with Clams** **25**

1 pound of clams, garlic, asparagus, tomato and spinach, sauteed  
with olive oil and white wine tossed with fresh house made gnocchi

### **Perogies Our Own Way** **26**

8 potato and cheddar cheese perogies, sautéed with chicken,  
chorizo sausage, onions, bell peppers and bacon bits, topped with  
cheddar cheese and green onion, served with 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. / 49**

**8 oz. / 43**

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

*We also offer larger cuts, please ask your server. Per oz add / 4*

### **8 oz. Rib Eye**

**49**

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

### **7 oz. Beef Striploin**

**42**

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

*Above feature mains served with seasonal vegetables and  
choice of potatoes, rice or side salad*

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## MAINS



### **Grilled Pork Chops (GF) 32**

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) 8 oz. / 38 6 oz. / 32**

Salmon fillet, pan seared, house made crème fraiche on the side and served with vegetables, choice of potatoes

*Add 8 oz. fillet / 21 6 oz. fillet / 16*

### **Braised Lamb Shanks 2 piece / 45 1 piece / 31**

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

### **Butter Chicken (GF) 27**

6 oz. tender chicken breast, simmered in a butter chicken sauce. Served with mixed Asian green salad, herb rice or pita *bread*  
Add \$2 for both rice and pita bread

### **Chicken Parmegiana 28**

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

### **German Meatloaf 29**

8 oz house made German style meatloaf, served with sauteed vegetables, mashed potatoes and gravy

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## MAINS



**Fish and Chips**      **Half order / 15**      **Full order / 23**

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

*Add single piece of fish / 9*

**Ginger Beef Stir Fry**      **26**

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**      **24**

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

**Healthy Veggie Stir Fry (V)**      **22**

Fresh vegetables sautéed with soy sauce and served with rice or rice noodles  
We suggest adding a 6 oz salmon fillet /16, 6 oz chicken breast /11 or 6 prawns /11.

**Noodle and Prawn Stir Fry (N)**      **29**

Udon noodles sautéed with 5 tiger prawns, onions, bell peppers, carrots, cabbage, baby spinach and stir-fry sauce then topped with green onion, crushed roasted peanuts and roasted sesame seeds

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## SANDWICHES & WRAPS



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

*Veggie wraps and sandwiches available upon request*

**8 oz. AAA Strip Loin Steak Sandwich 32**

Charbroiled, served with sautéed onions, grilled tomato and two slices of garlic toast

**Oven Baked Beef Sandwich 22**

Toasted baguette with butter and sliced roast beef, topped with sautéed mushrooms and onions, oven baked with cheddar or swiss cheese  
And served with Au Jus on the side

**Prime Rib Burger with Cheddar Cheese 20**

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

Served with coleslaw. Exchange cheddar cheese for swiss cheese / 2

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

*Extra Cheese- Cheddar / 2 Swiss / 4 Sautéed onions or mushrooms / 3 Bacon / 3*

**Single Chicken Club House 20**

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

**Grilled Vegetable and Chicken Wrap 20**

6 oz breaded chicken breast and grilled Mediterranean vegetables, then wrapped in a warm 12" flour tortilla, served with ranch dip on the side

**Buffalo Chicken Wrap 20**

Breaded chicken tenders deep fried and tossed in hot sauce, with romaine lettuce, tomato, swiss cheese and wrapped in a warm 12" flour tortilla

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## SIDE ORDERS



yam fries	8	baby potato	4
house hand cut fries	5	baked potato	4
mashed potato	6	rice	3
onion ring	9	slice garlic toast	1
sautéed onion	3	chicken breast	11
slice tomatoes	3	6 prawns	11
gravy	3	guacamole 3 oz	4
sautéed mushroom	4	sour cream or salsa 3 oz	3
vegetables	4	sour cream or salsa 2 oz	2
parmesan cheese	3	pita bread	2
swiss cheese	4	cheddar cheese	3

extra dips each 1.50

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



## BEVERAGES

coffee	\$ 2.75
tea	\$ 2.50
hot chocolate	\$3.00
specialty tea	\$ 2.85
milk	\$ 3.00
pop	\$ 3.00
juice	\$ 3.00
➤ apple	
➤ orange	
➤ cranberry	
➤ tomato	
➤ clamato	

11/23

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