



# ELECTIVES

## Bang Bang Chicken Tenders | 8

Crispy chicken tenders drizzled with our house made bang bang chilli sauce, topped with toasted sesame seeds and green onions.

## Pickle Spears | 8

Breaded dill pickle spears, deep fried with a ranch dip.

## Garlic Fingers | 10

Garlic flatbread topped with mozzarella and served with donair sauce.  
Add bacon 1.50

## Soup Du Jour | 6

Ask your server for today's soup of the day. (GF)

## Spinach & Artichoke Dip | 10

Spinach and artichoke cream cheese dip, served with pita bread, nacho chips and veggies.

## Nachos | 10

Cheese, diced tomatoes, green onions & jalapenos. (GF)  
Add bacon 1.50 Add chicken 4.00

## Chicken Wings | 7/13

Crispy chicken wings. Choose from buffalo, honey garlic, BBQ or ranch.  
½ pound or 1 pound.

## Caesar Salad Bowl | 6

Romaine lettuce, parmesan, bacon crumble, croutons, and caesar dressing.  
Add chicken 4

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# POUTINERIE

## Poutine | 7

Cheese curds and gravy. (GF)

## Donair Poutine | 10

Donair meat, cheese curds, and gravy. Topped with green onion, tomato, and drizzled with donair sauce.

## The Hangover | 11

Hash browns, bacon, cheese curds, cheddar, buffalo sauce and gravy topped with a sunny side egg. (GF)

## SIDES

Fries | 5 (GF) (V)

Onion Rings | 5 (V)

Sweet Potato Fries | 7 (V) (GF)

Side Salad | 5 (V) (GF)

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# BREAKFAST

Served all day

## The Classic | 8

2 eggs, bacon or sausage and hash browns served with white or whole wheat toast.

## The Vegan | 8

Tofu scramble, seitan, hash browns, and tomato slices served with white or whole wheat toast. (V)

## Chicken & Waffles | 9

Crispy chicken tenders served on Belgian waffles, topped with a sunny side egg and syrup.

## Smoothie | 7

Ask your server for today's options. (V)

## Breakfast Sandwich | 5

Choose from bacon or sausage. Fried egg, cheddar, lettuce, tomato and mayo served on a choice of white or whole wheat.

Bagel | 2 Choose from cream cheese or jam toppings

## Extras

2 Eggs | 2.50

Side of Bacon | 2.50

Toast | 1.5

Side of Sausage | 2.50

# REQUISITES

## Vegetable Ramen Bowl | 11

House made vegetable broth with ramen noodles, tofu, spinach, green onion, sauteed shiitake mushrooms, soft boiled egg, topped with toasted sesame seeds.

Add Chicken 4

Vegan option available

## Tenders and Fries | 10

Bang bang chicken tenders served with fries. (GF)

## F&C Curry

New and improved curry made in house served with basmati rice and pita bread.

Chicken 14

Veggie 11 (V)

## Mac n Cheese | 10

Creamy mac n cheese with a crunchy garlic and herb crumb topping. Served with garlic toast

Ask your server about  
today's special.

Don't forget about Trivia  
on Wednesday nights  
at 8 pm.

## The Vixen | 12\*

Beyond meat patty, lettuce, tomato and pickles, topped with caramelized onions and vegan aioli served in a brioche bun. (V)

## The Wave Burger | 12\*

Beef patty glazed with BBQ sauce on a bed of lettuce, tomato and pickles. Topped with mayo, cheddar, bacon and hickory sticks served on a brioche bun.

## Bang Bang Chicken Burger | 12

Crispy chicken tenders on a bed of spinach topped with crispy noodles, gouda, bang bang sauce, toasted sesame seeds and green onions served in a brioche bun.

## The VLT | 10

Seitan, lettuce, tomato, and vegan aioli served on toasted white or whole wheat bread

## Gouda Grilled Cheese | 9\*

Gouda grilled cheese served on your choice of white or whole wheat.

## The Fox Trot | 11\*

Chicken, bacon, gouda, spinach and mayo served on toasted panini.

\*All burgers and sandwiches are served with a side of fries.

\*Add \$3 for sweet potato fries.

\*Gluten free alternatives are available for some of our burgers and sandwiches.

## DESSERTS

### New York Style Cheesecake | 7

Served with whipped cream and choice of chocolate, caramel, or blueberry sauce.

### Ice Cream Sundae | 5

Served with whipped cream, choice of chocolate, caramel, or blueberry sauce, topped with a maraschino cherry.