

roy's

LOUNGE

STARTERS

- CHIPOTLE CHICKEN TACOS** ^{SuperFoods Rx} 11
pulled chicken, pepper jack cheese, roasted red peppers, chipotle aioli, lettuce, salsa and guacamole
- COASTAL CRAB CAKES** ^{SuperFoods Rx} 18
3 crab cakes, sautéed garlic spinach, sriracha sauce
- STEAMED MUSSELS** 15
local craft beer, tomato, red onion, edamame, fresh herbs, garlic butter
- DEEP-FRIED PICKLES** 9
dill & garlic sour cream dip
- NACHOS** 17
tortilla chips, tomato, green onion, jalapenos, olives, mixed cheddar cheese, salsa and sour cream

LOAD IT UP - ADD ANY OF THE FOLLOWING FOR 6
*ground beef/
 simply grilled salt and pepper chicken*

- CHICKEN WINGS** 16
1 pound of breaded wings served with carrots, celery and smoky bacon ranch.

SAUCE IT UP - CHOOSE YOUR WING FLAVOUR
salt and pepper, lemon pepper, cajun, Franks red hot, honey garlic, maple bourbon bbq, hot peppercorn ranch or sweet chilli.
 EXTRA SAUCES \$1

- SWEET POTATO FRIES** 7
chipotle mayo
- ONION RINGS** 8
- FRESH CUT FRENCH FRIES** 5

SOUPS & SALADS

- SEAFOOD CHOWDER** 13
scallop, salmon, haddock, mussels
- RUSTIC TOMATO SOUP** ^{SuperFoods Rx} GF 9
basil / greek yogurt
- BEEFSTEAK CAPRESE SALAD** ^{SuperFoods Rx} GF 13
vine ripened tomato, fresh mozzarella, basil pesto, arugula, pickled red onion, olive oil and balsamic drizzle
- CAESAR SALAD** 11
maple bacon, balsamic croutons, parmesan
- KALE AND SPINACH SALAD** ^{SuperFoods Rx} GF 14
arugula, tomato, cucumber, carrot, radish, edamame, feta, almonds and green herb vinaigrette

MAKE ANY SALAD AN ENTRÉE BY ADDING:

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|---|---|---|
| <i>simply grilled salt and pepper chicken</i> | 6 | |
| <i>garlic baked 5oz top sirloin</i> | | 8 |
| <i>cajun buttered shrimp</i> | 8 | |
| <i>lemon herb salmon</i> | | 8 |



These nutritional powerhouse foods can help extend your health span—the extent of time you have to be healthy, vigorous and vital.” Dr. Steven Pratt, author of SuperFoods Rx: Fourteen Foods That Will Change Your Life

THE POUTINERIE

FRIES

fresh-cut, skin-on and fried twice

CHEESE

imported fresh from Quebec

GRAVY

made in-house and perfectly seasoned with veal bones and fresh vegetables

CHEF CRAFTED POUTINES

TRADITIONAL 10

fries, cheese curds, gravy

MAPLE BACON 12

fries, cheese curds, gravy and crispy maple bacon

BUFFALO CHICKEN 14

fries, cheese curds, gravy, spicy buffalo chicken and green onion

VEGGIE 12

fries, cheese curds, parmesan cream sauce and sautéed vegetables

CHEF TIKA'S 14

fries, cheese curds, butter chicken curry, cucumber raita and fresh cilantro

FAVOURITES

served with your choice of fresh-cut fries, garden salad or wedge of watermelon.

UPGRADE YOUR SIDE

*poutine 3.5 / sweet potato fries 2 /
onion rings 3 / caesar salad 2*

ALBERTA BEEF BURGER 16.5

aged cheddar, bacon, lettuce, tomato, onion and garlic aioli on a buttered kaiser bun

*add sautéed mushrooms 1.5 /
caramelized onions 1.5*

CHICKEN CLUBHOUSE 16

traditional 3 layers with sliced chicken, maple bacon, a fried egg, garlic aioli, lettuce, tomato on toasted wholegrain

REUBEN SANDWICH 15

shaved corned beef, sauerkraut, swiss cheese, russian dressing, toasted marble rye

FISH-WICH 16

craft beer battered haddock, cabbage slaw and caper remoulade served on a toasted kaiser bun

SIGNATURE BOWLS

CHEF TIKA'S BUTTER CHICKEN 19

basmati rice, cucumber raita, naan bread, crispy pappadum

MAC AND CHEESE 16

onion, garlic, cauliflower, aged cheddar, monterey jack, mozzarella, chives and gold fish cracker crust

ADD ANY OF THE FOLLOWING

<i>simply grilled salt and pepper chicken</i>	6
<i>garlic basted 5oz top sirloin</i>	8
<i>bbq pulled pork</i>	6
<i>cajun buttered shrimp</i>	8
<i>lemon herb salmon</i>	8

QUINOA PAELLA GF 19

artichoke, bell pepper, kidney beans, zucchini, saffron, cumin, cayenne

MAINS

STEAK FRITES

19

5oz top sirloin with fresh-cut fries, amish ketchup and house-made gravy

add sautéed mushrooms 1.5 / caramelized onions 1.5 / cajun buttered shrimp 7.5

NOVA SCOTIA CRAFT BEER

BATTERED FISH & CHIPS

one piece 15 / two piece 18

cabbage slaw, caper remoulade, fresh-cut fries

WHOLE WHEAT PASTA & SHRIMP POMODORO

19

sautéed shrimp, broccoli florets, asparagus, tomato sauce, parmesan

SuperGreens

DESSERT

FLOURLESS CHOCOLATE

ORANGE CAKE GF

10

raspberry coulis

MARKET FRUITS & BERRIES GF

10

fresh fruit, greek yogurt, cherry honey and fresh mint

STRAWBERRIES AND CHOCOLATE

10

fresh strawberries, whipped cream and chocolate sauce

STICKY TOFFEE PUDDING

10

Caramel sauce

RHUBARB CRISP

10

Vanilla ice cream and wild berry compote

LOCAL CRAFT BEER

Pair up your Canadian crafted meal with one of our local craft on tap! Ask your server for more details about these local brewing companies.



