

MENU



STARTERS & SHAREABLES

GUACAMOLE & CHIPS with House Pico de Gallo	\$16  	KETTLE FRIED NACHOS Jalapeños, Tomatoes, Black Olives, Scallions & Three Cheese Blend Protein Add Ons - \$5 each BBQ Pulled Pork Grilled Chicken Breast	\$23  
BUFFALO TEMPURA CAULIFLOWER WINGS Blue Cheese, Carrots & Celery	\$19 	CHERRY TOMATO BRUSCHETTA	\$19 
CHICKEN WINGS 1 lb of Breaded or Non-Breaded Bone-In Wings Served with Blue Cheese Dip, Carrots & Celery <i>Choice of Sauce: Crazy Horse BBQ, Medium, Hot, Honey Garlic, XXX, Dry Cajun or Sweet Chili Thai</i>	\$20	CRISPY MOZZARELLA STICKS Marinara Sauce	\$14 
SHRIMP COCKTAIL Six Shrimp, Cocktail Sauce & Lemon	\$20 	FIRE DUSTED CALAMARI Cilantro, Lime & Garlic Aioli	\$19
VEGETABLE GYOZAS Teriyaki Dipping Sauce	\$16 	VEGGIE SAMOSAS Tzatziki	\$16 
FRENCH FRIES	\$10  	CHICKEN QUESADILLA Cajun Cream Cheese, Salsa, Three Cheese Blend, Green Onions & Sour Cream	\$21
PANKO BREADED STEAKHOUSE ONION RINGS Ranch Dip	\$13 	POTATO & CHEDDAR PEROGIES Shredded Cheese, Bacon, Green Onions & Sour Cream	\$17
SWEET POTATO FRIES Chipotle Mayo	\$11  	HEALTHY PLATTER Hummus, Guacamole, Veggies, Naan, Pita Chips & Tostadas	\$21 
CRISPY TORPEDO SHRIMP Bang Bang Sauce	\$18	TEX MEX SPICED MEXICAN STREET CORN RIBS Fried Seasoned Corn Cob Quarters & Avocado-Poblano Ranch	\$18 
		PICKLE CHIPS Tzatziki	\$14 
		FRENCH ONION SOUP Fresh Thyme, Garlic Croutons, Provolone & Scallions	\$12
		DAILY INSPIRED SOUP Garlic Toast	\$14

SALADS

VALLEY SALAD

\$13 GF V

Mixed Greens, Cucumbers, Cherry Tomatoes, Shredded Root Vegetables & Choice of Vinaigrette

SUMMER BERRY SALAD

\$18 V

Heritage Greens, Baby Arugula, Strawberries, Blueberries, Goat Cheese, Toasted Almonds & Honey-Feta Dressing

TRADITIONAL CAESAR SALAD

\$15

Romaine, Asiago, Bacon, Garlic-Parmesan Dressing & Herb Croutons

LEMON GRILLED CHICKEN CAESAR SALAD

\$24

Romaine, Asiago, Bacon, Garlic-Parmesan Dressing & Herb Croutons

SOUP & SALAD

\$15

Daily Inspired Soup with Valley Salad or Caesar Salad & Garlic Toast

SUPER FOOD SALAD

\$20 GF V

Heritage Greens, Quinoa, Almonds, Chickpeas, Dried Cranberries, Edamame, Shredded Carrot, Dried Apricots, Cherry Tomatoes, Watermelon Radish & Lemon-Oregano Vinaigrette

EASTERN MEDITERRANEAN SALAD

\$18 GF

Shawarma Marinated Chicken, Chickpeas, Grape Tomatoes, Cucumber, Red Onion, Arugula, Organic Sprouts, Tzatziki & Lemon Vinaigrette

GREEK SALAD

\$18 GF V

Romaine, Heritage Greens, Feta, Black Olives, Grape Tomatoes, Red Onions, Cucumbers & Greek Vinaigrette

PICKLED GOLDEN BEET & GOAT CHEESE SALAD

\$20 GF V

Heritage Greens, Cherry Tomatoes, Maple Toffee Walnuts & Maple Vinaigrette

SALAD ADD-ONS

5 oz Grilled Chicken Breast \$9
6 oz Grilled New York Steak \$14
6 oz Mahi Mahi \$14

6 oz Grilled Salmon Fillet \$14
6 Jumbo Shrimp \$14

HANDHELDS

Handhelds are served with French fries or Valley Salad. Substitute to Caesar salad or sweet potato fries for \$3.50

LTPO: Lettuce, Tomato, Pickle & Onion

CRISPY FISH TACOS

\$25

Battered Haddock, Coleslaw, Chipotle Ranch, Pico de Gallo & Lime

CRAZY HORSE BURGER

\$25

Potato Bun with LTPO
Add Cheese or Bacon for \$2

GREAT CANADIAN BURGER

\$29

Peameal Bacon, Cheddar, Crazy Horse BBQ Sauce & LTPO, Potato Bun

FALAFEL WRAP

\$24 V

Hummus, Greens, Cucumbers, Cherry Tomatoes, Tzatziki & Pickled Red Onions

BLACK BEAN VEGGIE BURGER

\$23 V

Provolone, Guacamole, Hummus, Roasted Peppers & LTPO, Potato Bun

BUFFALO CRISPY CHICKEN CAESAR WRAP

\$23

Bacon, Romaine, Caesar Dressing & Asiago

**substitute chicken for cauliflower bites and remove bacon to make it vegetarian*

HOUSEMADE CHICKEN PARMESAN SANDWICH

\$25

Garlic Baguette, Roasted Garlic Aioli, Cheese Blend & Arugula

SANTA FE GRILLED CHICKEN SANDWICH

\$25

Bacon, Cheddar, Guacamole, Roasted Peppers, Mayo, Lettuce & Tomato, Toasted Garlic Baguette

GRILLED STEAK SANDWICH

\$30

Roasted Peppers, Garlic Mayo, Crazy Horse BBQ Sauce, Arugula & Provolone, Toasted Garlic Baguette

FRENCH ONION BEEF DIP

\$24

Garlic Baguette, Provolone, Horseradish Aioli & Arugula

CRISPY CHICKEN BACON RANCH SANDWICH

\$24

Lettuce, Tomato & Cheddar, Potato Bun

PULLED PORK SANDWICH

\$23

Jalapeno Havarti, Coleslaw & Pickles

CAJUN GRILLED MAHI MAHI SANDWICH

\$25

Chipotle Ranch, Lettuce Tomato, Pickle & Coleslaw





ENTRÉES & FAVOURITES

NEW YORK STEAK \$40 GF
10 oz Centre Cut AAA Steak
Cowboy Butter, Roasted Garlic Mashed Potatoes*
& Fresh Seasonal Vegetables

CRISPY CHICKEN PARMESAN \$29
Tomato Sauce, Cheese Blend,
Buttered Linguine & Asiago

**GRILLED CHICKEN
PENNE PASTA** \$32
Peppers, Roasted Garlic, White
Wine Cream Sauce, Cherry
Tomatoes, Arugula & Asiago

**6OZ CENTER CUT
GRILLED BEEF TENDERLOIN** \$40 GF
Herb & Garlic Marinade, Cowboy Butter,
Roasted Garlic Mashed Potatoes* & Fresh
Seasonal Vegetables

**MANGO-HABANERO GLAZED
10OZ SMOKED PORK CHOP** \$28 GF
Roasted Garlic Mashed Potatoes*,
Seasonal Vegetables, Tomato Salsa

CAJUN SPICE GRILLED FISH \$35 GF
Choice of Atlantic Salmon or Mahi Mahi
Basmati Rice, Fresh Vegetables & Pico
de Gallo

BEER BATTERED HADDOCK \$23
8 oz Fish Filet
Lemon, Tartar Sauce & Fries
Extra Piece of Fish \$12

CRISPY CHICKEN STRIPS \$23
Six Strips, Plum Sauce & Fries
Add Buffalo Wing Sauce \$1.50

CRAZY HORSE BBQ RIBS \$40
Full Rack of Grilled Back Ribs Roasted Garlic
Mashed Potatoes* & Seasonal Vegetables

**Mashed potatoes available as a side after 4pm for dinner service.*

BIG BOWLS

**COCONUT THAI
GREEN CURRY** \$25 GF
Basmati Rice, Peppers, Root Vegetable
Slaw, Broccoli, Baby Corn & Cilantro

**HOUSE-MADE
CHICKEN NOODLE SOUP** \$14
Prepared with Fresh Herbs, Rotini
Noodles & Root Vegetables

DAILY INSPIRED SOUP \$14
Garlic Toast

CHICKEN SHAWARMA BOWL \$26 GF
Basmati Rice, Grape Tomatoes, Peppers
Cucumbers, Feta, Red Onion & Tzatziki

**CHILLED QUINOA
POWER BOWL** \$25 GF V
Honey Miso Dressing, Chickpea, Edamame,
Root Veggies, Cucumber, Pickled Red
Onion, Pickled Beets, Peppers, Feta,
Tomato, Arugula & Sprouts

BUTTER CHICKEN \$26
Basmati Rice & Naan

BURRITO BOWL ** \$25 V
Tex Mex Spiced Rice, Peppers, Red Onions,
Cherry Tomatoes, Corn & Black Bean Salsa,
Guacamole, Cilantro, Lime Aioli, Scallions &
Lime, Fried Flour Tortilla
**for gluten free, order without fried tortilla*

**** Protein Add Ons**
5 oz Grilled Chicken Breast \$9
6 oz Grilled Salmon Fillet \$14
6 oz Grilled New York Steak \$14
6 Jumbo Shrimp \$14
6 oz Mahi Mahi \$14





A selection of our favourite 10” stone baked pizzas. \$22 each

PEPPERONI

Mozzarella, Pepperoni & Vine-Ripened Tomato Sauce

DIABOLO

Spicy Genoa, Hot Peppers, Roasted Peppers, Confit Garlic, Mozzarella, Arugula & Vine-Ripened Tomato Sauce

ALOHA

Pineapple, Ham, Smoked Bacon, Mozzarella, Apple Butter BBQ Drizzle & Vine-Ripened Tomato Sauce

CANADIAN

Mozzarella, Pepperoni, Mushrooms, Smoked Bacon & Vine-Ripened Tomato Sauce

POUTINERIE

VALLEY POUTINE

Fresh Fries, Cheese Curds & Gravy

\$17 GF V

SOUTHERN POUTINE

Pulled Pork, Fresh Fries, Cheese Curds & Gravy

\$20 GF

CRISPY CHICKEN POUTINE

Crispy Chicken, Fresh Fries, Cheese Curds & Gravy

\$21

PEROGY POUTINE

Potato & Cheddar Perogies, Cheese Curds & Gravy

\$22 V

SWEETS

\$12 each

CINNAMON SUGAR CHURROS V

Chocolate Sauce

ROCKSLIDE BROWNIE V

Vanilla Ice Cream, Chocolate Sauce & Berries

CRÈME BRÛLÉE GF V

Whipped Cream & Berries

CLASSIC NEW YORK CHEESECAKE V

Raspberry Coulis, Whipped Cream & Berries

SIGNATURE STICKY TOFFEE PUDDING V

Caramel Sauce & Berries

BAILEYS IRISH CREAM CHEESECAKE V

Chocolate Sauce, Whipped Cream & Berries

GF Gluten-Free V Vegetarian V Vegan

Please inform your server if you have an allergy or dietary concerns. It is important to note that we cannot control or eliminate the possibility of cross-contamination in our kitchen or products supplied to us by our vendors.

