

MELANU



STARTERS & SHAREABLES

JAPANESE CHICKEN BITES \$19
Soy & Ginger Marinated Karaage Fried Chicken, Bang Bang Sauce

BUFFALO TEMPURA CAULIFLOWER WINGS \$19
Blue Cheese, Carrots & Celery

CHICKEN WINGS \$20
1 lb of Breaded or Non-Breaded Bone-In Wings Served with Blue Cheese Dip, Carrots & Celery
Choice of Sauce: Crazy Horse BBQ, Medium, Hot, Honey Garlic, XXX, Dry Cajun or Sweet Chili Thai

SHRIMP COCKTAIL \$23
Six Shrimp, Cocktail Sauce & Lemon

VEGETABLE GYOZAS \$16
Teriyaki Dipping Sauce

FRENCH FRIES \$10

PANKO BREADED STEAKHOUSE ONION RINGS \$13
Ranch Dip

SWEET POTATO FRIES \$11
Chipotle Mayo

CRISPY TORPEDO SHRIMP \$18
Bang Bang Sauce

KETTLE FRIED NACHOS \$23
Jalapeños, Tomatoes, Black Olives, Scallions & Three Cheese Blend
Protein Add Ons - \$5 each
BBQ Pulled Pork | Grilled Chicken Breast

CHERRY TOMATO BRUSCHETTA \$19
Rosemary Flatbread, Goat Cheese Pesto, Roasted Peppers, Scallions, Asiago & Balsamic Glaze

CRISPY MOZZARELLA STICKS \$17
Marinara Sauce

BUFFALO CHICKEN STRIPS \$25
Fries, Carrot & Celery, Blue Cheese
Choice of Sauce: Crazy Horse BBQ, Medium, Hot, Honey Garlic, XXX, Dry Cajun or Sweet Chili Thai

FIRE DUSTED CALAMARI \$19
Cilantro, Lime & Garlic Aioli

CHICKEN QUESADILLA \$21
Cajun Cream Cheese, Salsa, Three Cheese Blend, Green Onions & Sour Cream

POTATO & CHEDDAR PEROGIES \$17
Shredded Cheese, Bacon, Green Onions & Sour Cream

HEALTHY PLATTER \$21
Red Pepper Hummus & Guacamole
Crudite, Mini Naan & Rosemary Flat Bread

PICKLE CHIPS \$14
Ranch



SALADS

VALLEY SALAD \$13 GF V

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

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

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 \$24 GF

Shawarma Marinated Chicken, Chickpeas, Grape Tomatoes, Cucumber, Red Onion, Arugula, Organic Sprouts, Tzatziki & Lemon 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 \$17

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

HOUSEMADE SOUP



DAILY INSPIRED SOUP

Garlic Toast \$14

HOUSE-MADE CHICKEN NOODLE SOUP \$14

Prepared with Fresh Herbs, Rotini Noodles & Root Vegetables

SOUP & SALAD

\$15
Daily Inspired Soup with Valley Salad or Caesar Salad & Garlic Toast

FRENCH ONION SOUP \$12

Fresh Thyme, Garlic Croutons, Provolone & Scallions

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

GRILLED BBQ TURKEY BURGER \$25

BBQ Sauce, Mayo, Bacon, Provolone, LTPO & Potato Bun

BLACK BEAN VEGGIE BURGER \$23 V

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

CRAZY HORSE CLUB SANDWICH \$25

Grilled Chicken, Cheddar, Bacon, Lettuce, Tomato & Mayo on Flatbread

GRILLED STEAK SANDWICH \$32

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

FRENCH ONION BEEF DIP \$27

Garlic Baguette, Provolone, Horseradish Aioli & Arugula

NASHVILLE HOT CHICKEN SANDWICH \$24

Coleslaw, Pickles, Garlic Mayonnaise, Potato Bun

HOUSEMADE CHICKEN PARMESAN SANDWICH \$25

Garlic Baguette, Roasted Garlic Aioli, Cheese Blend & Arugula

BUFFALO CRISPY CHICKEN CAESAR WRAP \$23

Bacon, Romaine, Caesar Dressing & Asiago

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



ENTRÉES & FAVOURITES

6OZ CENTER CUT GRILLED BEEF TENDERLOIN \$48 GF

Herb & Garlic Marinade, Cowboy Butter, Roasted Garlic Mashed Potatoes* & Fresh Seasonal Vegetables

NEW YORK STEAK \$48 GF

10 oz Centre Cut AAA Steak
Cowboy Butter, Roasted Garlic Mashed Potatoes* & Fresh Seasonal Vegetables

WILD MUSHROOM RAVIOLI \$30 V

Roasted Peppers, Cherry Tomatoes, Fresh Herbs, Baby Arugula, Asiago, Garlic & White Wine Sauce

SPICY JAMBALAYA PENNE \$35

Peppers, Chicken, Sausage, Shrimp, Cajun Seasoning & Tomato Sauce

CAJUN SPICED GRILLED ATLANTIC SALMON \$35 GF

Basmati Rice, Fresh Vegetables, Tomato-Jalapeno Salsa

BEER BATTERED HADDOCK \$23

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

CRAZY HORSE BBQ RIBS \$40

Full Rack of Grilled Back Ribs Roasted Garlic Mashed Potatoes* & Seasonal Vegetables

CRISPY CHICKEN STRIPS \$23

Six Strips, Plum Sauce & Fries

GRILLED CHICKEN PENNE PASTA \$32

Peppers, Roasted Garlic, White Wine Cream Sauce, Cherry Tomatoes, Arugula & Asiago

**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

CRISPY CHICKEN & RICE BOWL \$26

Peppers, Onions, Scallions, Sweet Chili, Sesame & Ginger Sauce

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

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 \$17
6 Jumbo Shrimp \$14





A selection of our favourite 10" stone baked pizzas. \$23 each

PEPPERONI

Mozzarella, Pepperoni & Vine-Ripened Tomato Sauce

ALOHA

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

DIAVOLO

Spicy Genoa, Hot Peppers, Roasted Peppers, Confit Garlic, Mozzarella, Arugula & 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

CLASSIC NEW YORK CHEESECAKE V

Raspberry Coulis, Whipped Cream & Berries

CRÈME BRÛLÉE GF V

Whipped Cream & Berries

CINNAMON SUGAR CHURROS V

Chocolate Sauce

ROCKSLIDE BROWNIE V

Vanilla Ice Cream, Chocolate Sauce & Berries

SIGNATURE STICKY TOFFEE PUDDING V

Caramel Sauce & Berries

BAILEYS IRISH CREAM CHEESECAKE V

Chocolate Sauce, Whipped Cream & Berries

S'MORES WAFFLE

Nutella, Whipped Marshmallow, Graham Cracker Crumbs & Berries



GF Gluten-Friendly 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.

