



TAPAS & SHARE PLATES

Kettle Chips GF

Dill seasoned crispy potato chips served with adobo sour cream. \$14.50

Bang-Bang Chicken

Marinated chicken, tomatoes, bell peppers, onions, signature Bang Bang sauce, fresh lime, cilantro and pita bread. \$16.50

Calamari

Baby calamari, banana peppers, ginger roots, frizzled onions, and tzatziki sauce. \$17.50

Mediterranean Shrimp GF

Golden sautéed shrimp, ripe tomatoes, cucumbers, bell peppers, olives, artichoke hearts, smoked paprika, feta, mint, and garlic toast. \$17.50

Bacon-Wrapped Perogies

Crispy bacon hugging warm gooey cheese perogies paired perfectly with our tangy adobo sour cream. \$16.25

Dry Ribs

Boneless pork ribs tossed with oregano and fresh lemon juice served with honey garlic dip and vegetable crudités. \$14.75

Street Tacos GF

Juicy marinated pork, grilled pineapple, caramelized onions, spicy salsa rojas, cilantro, and lime, in soft tortillas. \$15.75

Whipped Feta GF

A perfect blend of whipped local feta and goat cheese, roasted beets, haskap coulies, toasted pumpkin seeds, and pita chips. \$17.75

Chicken Wings

House-breaded, gluten-friendly chicken wings! Choose from our delectable sauces, including real honey garlic, whiskey bbq, mango habanero, traditional hot, lemon pepper, or salt & pepper. \$15.50

Baked Ultimate Poutine

A generous portion of hand-cut fries topped with flank steak, sautéed mushrooms, local cheese curds, light gravy, and frizzled onions. \$21.50

Classic Nachos GF

Homemade corn tortilla chips, melted mozzarella and cheddar cheeses, fresh bell peppers, onions, tomatoes, and jalapeños. Served with pico de gallo and local sour cream. \$18.50

Add-Ons

Spicy Coarse Chuck	+ \$6.00
Cajun Chicken	+ \$6.00
Extra Cheese	+ \$5.50
4oz. Guacamole	+ \$4.50

SALADS

Soup of The Day

House-made, fresh daily. Served with a garlic toast. \$9.00

Tropical Tostadas GF

Crunchy corn tortillas with chiffonade lettuce, your choice of grilled shrimp or chicken, zesty mango salsa, smooth sour cream, and rich avocado purée. \$21.75

Salmon & Beet Salad GF

Oven-roasted salmon, garden greens, pickled beets, cucumber, grape tomatoes, toasted pumpkin seeds, herb cream cheese, honey balsamic dressing, and garlic toast. \$24.50

Baja Steak Salad GF

AAA Center-Cut sirloin, fresh greens, bell peppers, pickled onions, avocado purée, chili-lime dressing, and crunchy tortilla strips. \$24.50

Cobb Salad GF

A blend of romaine and baby spinach, topped with grilled chicken, bacon, sundried cranberries, egg, tomatoes, parmesan, avocado, ranch, and garlic toast. \$22.50

Greek Salad GF

Mediterranean vinaigrette tossed chopped cucumbers, red onions, bell peppers, tomatoes, olives, artichokes, garden greens and local feta with a garlic toast. \$17.50

Add-Ons

Grilled Flank Steak	+ \$6.00
Cajun Chicken	+ \$6.00

GF = Can be made gluten friendly upon request.



BOWLS

Indian Butter Chicken GF

Succulent tandoori-spiced chicken thighs, rich homemade tomato curry sauce, served with aromatic basmati rice and grilled naan bread. \$22.75

Vindaloo options available + \$3.00

Fajita Rice Bowl GF

Tender sautéed flank steak mixed with colorful peppers, red onions, baby spinach, and mushrooms, atop Mexican rice, finished with salsa rojas. \$21.50

Thai Lunch GF

Sautéed breaded chicken, mixed veggies in red curry honey garlic sauce, with lemon, sesame, cilantro, and basmati rice. \$21.50

Chicken Farfalle

Al dente bow-tie pasta with savory mushrooms, grilled chicken, creamy parmesan sauce, accompanied by garlic toast. \$23.50

Monks Diet

This Thai-inspired delicious Tom Yum noodle Bowl features rice noodles, lemongrass and coconut milk broth, mushrooms, fresh vegetables, herbs and your choice of protein (chicken, shrimp, or tofu). \$23.50

HANDHELDS

Meals you can hold in one hand – leaving the other free for your drink. Savor our sandwiches and burgers, accompanied by your choice of hand-cut fries or a refreshing garden salad tossed in our house-made haskap dressing.

Steak Sandwich GF

Featuring juicy AAA center-cut sirloin, savory grilled onion, sautéed button mushrooms, and garlic toast. Pure bliss in every bite. \$24.50

Crispy Chicken Burger

Crunchy buttermilk fried chicken, local Gouda, roasted garlic aioli, lettuce, tomatoes, onions, and pickles on a brioche bun. \$21.50

Smoked Rib Sandwich

If you're a BBQ lover in a sandwich mood, this one's for you: pulled smoked short ribs served on a soft brioche bun with house-made apple coleslaw. It's BBQ on a bun. \$19.75

Mission Burrito

Carefully-seasoned locally-sourced flank strips, flour tortilla, grilled assorted peppers, onions, refried beans, grated cheese, salsa Roja and Verde. \$19.75

Protein and Chimichanga options are available. + \$2.00

The Union Clubhouse

A triple-decker toasted sandwich with grilled chicken breast, crispy bacon, cheddar cheese, fried egg, lettuce, tomato, and mayonnaise. \$19.25

Classic Reuben

Shaved Montreal smoked meat, sauerkraut, Swiss cheese, and Dijon mustard. \$20.75

French Dip

Slow roasted beef, caramelised onions, mushrooms, horseradish, toasted baguette with beef au jus. \$20.25

Get it 'Philly Style' with grilled onions, bell peppers, and Swiss cheese + \$4.00

Gourmet Burger

A premium coarse chuck patty layered with smoked bacon, cheddar cheese, sautéed mushrooms, crisp lettuce, fresh tomatoes, onions, and pickles, served in a soft brioche bun. \$19.75

Substitute

Soup of the Day	+ \$3.50
Caesar salad	+ \$4.00
Sweet potato fries	+ \$4.00
Poutine your fries	+ \$5.00
Gluten free bread	+ \$2.50

Add-Ons

Blue cheese / Fresh grilled jalapenos / Fried egg / Smoked bacon / Mushrooms + \$2.00

A taste of Alberta's best.



MAINS

Featuring international recipes, local ingredients, and our chef's signature touch.

béarnaise

Dill-icious Salmon GF

Perfectly seared Atlantic salmon topped with a creamy lemon dill caper sauce, savoury sundried tomatoes, seasonal sautéed vegetables, and chef's potatoes. \$32.50

Jumbo Prawn Scampi GF

Savour the succulent flavours of plump garlic-butter-poached prawns accompanied by seasonal sautéed vegetables, fragrant steamed rice, and a zesty lemon butter sauce. \$29.75

Chicken Neptune GF

Succulent tequila-marinated grilled chicken crowned with jumbo shrimp, luscious béarnaise sauce, fresh asparagus, sautéed vegetables, and chef's potatoes. \$34.50

Fish and Chips

English-style crispy beer-battered haddock fillets served with home-cut fries, zesty tartar sauce, refreshing apple coleslaw, and tangy malt vinegar. A classic favourite! \$21.75

Jägerschnitzel

Our take on this staple German diet comprises hand-breaded classic pork cutlet, creamy mushroom sauce, sauerkraut, and home-cut fries. \$27.50

Chicken Florentine GF

Pan-seared chicken breast, topped with mushroom, spinach and parmesan cream sauce, served with seasonal vegetables and chef's potatoes. \$28.75

Carne Asada GF

Marinated flank steak served with Mexican rice, refried beans, grilled jalapeños, salsa roja, salsa verde, and soft flour tortillas. \$28.50

CHOPS & STEAKS

Served with seasonal vegetables and chef's potatoes unless indicated. Please feel free to ask your server for available substitutions and add-on options.

Add a starter soup or salad to your entree for \$5.75.

Irish Chop

Berkshire pork chop finished in the castiron pan with Irish whiskey mushroom sauce, and house apple chutney. \$31.50

Steak Neptune 6oz.

Flavorful center-cut sirloin topped with Jumbo prawns, béarnaise sauce and asparagus. \$42.50

Peppercorn New York 12oz.

Peppered N.Y striploin, Madagascar whiskey peppercorn sauce. \$42.50

Filet Mignon 8oz.

Fork-tender smoked bacon wrapped served with Merlot Demi-glacé. \$41.50

Surf & Turf 6oz.

AAA sirloin grilled rare or medium rare, topped with garlic jumbo prawns and compound butter. \$40.75

Ribeye Delmonico 16oz.

The steak lover's cut. Thick, rich and juicy boneless ribeye. \$45.50

Steak & Fries 12oz.

N.Y striploin, Madagascar whiskey peppercorn sauce and house-cut fries. \$39.50

Steak Chimichurri 8oz.

Marinated flank steaks, chimichurri sauce, grilled onions and sliced mushrooms. \$33.50

Steak Enhancements

- Garlic Prawns + \$9.75
- Neptune - Jumbo prawns, grilled asparagus, and béarnaise sauce + \$12.50
- Herb and wine sautéed button mushrooms + \$6.50
- Grilled asparagus + \$4.00
- Béarnaise sauce + \$3.00
- Madagascar whiskey peppercorn sauce + \$3.00
- Merlot demi-glacé + \$3.00
- Chimichurri sauce + \$3.00

*Date Night
Special*

\$82.50

Start with individual salads, share a 16 oz Ribeye Delmonico and Garlic Prawns, enjoy sides of mushrooms, asparagus, chef's potatoes, and a shared dessert. A memorable, romantic feast.