

## PREGAME

### CHICKEN WINGS <sup>GF</sup> 18

Crisp chicken wings tossed in your choice of sauce served with veggies and ranch dip.

### VEGGIE SPRING ROLLS 13

Mini spring rolls stuffed with fresh veggies and served with plum sauce.

### CHICKEN TENDERS 16

Plump Chicken Fillets served with plum sauce fries and coleslaw.

### PEPPER PRAWNS <sup>GF</sup> 19

Crisp fried jumbo prawns sauteed in butter, ginger, garlic, and black pepper with fresh lemon wedges.

### DRY RIBS 12

Tender boneless pork bites lightly seasoned garnished with green onions and sweet chili dip.

### FRIED MACARONI AND CHEESE BITES 15

Elbow macaroni and a blend of four cheeses in a light crispy breading, tossed with fresh parmesan cheese, with buffalo ranch dip.

### BUFFALO CAULIFLOWER BITES <sup>GF</sup> <sup>V</sup> 15

Battered, cauliflower florets, tossed in our house hot sauce, with carrots, celery, and ranch dressing.

## GAME ON GREENS

### FIRE GRILLED STEAK & ARUGULA SALAD <sup>GF</sup> 19

6oz Sirloin steak, baby arugula, grape tomatoes, crumbled goat cheese, toasted walnuts and balsamic herb vinaigrette topped with crispy frazzled onions.  
Upgrade to 8oz NY Steak (\$8)

### CAESAR SALAD <sup>GF</sup> <sup>V</sup> MEAL 13 | STARTER 10

Artisan romaine lettuce tossed with Caesar dressing and topped with thick cut bacon, parmesan cheese and lemon wedge. Served with garlic toast.

### QUINOA POWER BOWL 15

Fresh shredded brussel sprouts, roasted maple squash, cherry tomatoes, toasted pumpkin seeds, and crisp chickpeas with maple balsamic dressing.

### ROASTED BEET AND GOAT CHEESE BOWL 15

With fresh arugula, walnuts and balsamic dressing.

### TERIYAKI SALMON BOWL <sup>GF</sup> 22

Grilled salmon Fillet finished in our house teriyaki sauce, served on top of jasmine rice with, fresh cucumber, carrot matchsticks, radish, snow peas, bean sprouts and wonton crisps.

## HANDHELDS

### BLACKENED CHICKEN SANDWICH <sup>GF</sup> 19

Plump, boneless chicken breast coated and then seared in our house blackening spice blend. Served on a brioche bun with mayo, lettuce, tomatoes, and a pickle.

### BBQ CHICKEN QUESADILLA 14

Grilled flour tortillas stuffed with cheese, green onions and BBQ chicken. Served with salsa and sour cream.

### THE CLASSIC ALBERTA BEEF DIP 17

Slow cooked AB AAA Sirloin served on a fresh onion roll with crispy onion tangles and Aujus for dipping.

### TRIPLE DECKER CLUBHOUSE 15

Roast Turkey breast, crisp bacon, cheddar cheese, mayo, lettuce, and tomatoes on your choice of white or whole wheat toast with a dill pickle.

### THE MERIDIAN BURGER <sup>GF</sup> 19

Signature Item! Two 5oz beef chuck patties topped with caramelized onions, crisp bacon, and cheddar cheese on a toasted brioche bun with all the groceries.

### MY WAY BURGER 12

5oz beef chuck patty, served on a toasted brioche bun with all the groceries.

Make it your way by adding any of the following:

- Full chicken grilled breast (\$5)
- Extra beef patty (\$3 each)
- Cheddar or Swiss cheese, crisp bacon, sautéed mushrooms, caramelized onions, grilled black forest ham or a fried egg (\$2 each)

### HONEY MUSTARD CHICKEN CLUB 20

Fresh broiled chicken breast topped with honey mustard, black forest ham and Swiss cheese. Served on a brioche bun with mayo, lettuce, and tomato.

### GRILLED TUNA CHEDDAR PANINI 17

Tuna salad, red onions, tomatoes, and hot sauce, grilled with cheddar cheese on marble rye with a pickle



<sup>GF</sup> Gluten Friendly

<sup>V</sup> Vegetarian

## FORK & KNIFE

**STEAK SANDWICH** <sup>GF</sup> 19  
Charbroiled Alberta AAA 6oz Center Cut Top Sirloin topped with onion tangles and served with onion garlic toast and fries. Upgrade to NY Steak (\$8)

**FETTUCINI ALFREDO** 24  
With your choice of blackened chicken breast, Cajun shrimp, or primavera, finished with fresh Arugula, parmesan cheese and garlic toast.

**VEAL CUTLETS** 18  
Tender breaded cutlets topped with sautéed mushrooms and beef gravy served with seasonal vegetables and red skinned garlic mashed potatoes.

**FISH & CHIPS** 18  
Two pieces of battered haddock served on a bed of fries with tartar sauce, coleslaw, and lemon.

## EAST MEETS WEST

**WOR WONTON BOWL** <sup>GF</sup> REG 13 | LRG 19  
Shrimp, chicken, BBQ pork, with suey choy, carrots and broccoli with pork & veggie wontons in a chicken broth.

**BEEF BRISKET NOODLE SOUP** 16  
Slow braised beef brisket served with Bok choy, ginger, green onions and flat rice noodles.

**YANG CHOW FRIED RICE** 13  
Wok fried rice in soy and sesame oil with, peas, carrots, shrimp, BBQ pork, green onions, and eggs.

**BRAISED BEEF BRISKET** 16  
Our slow braised beef brisket served with jasmine rice and steamed Bok Choy.

**SINGAPORE NOODLES** <sup>GF</sup> 13  
Rice Noodles wok fried with curry, baby shrimp, BBQ pork and vegetables, topped with egg and green onions.

**BUTTER CHICKEN** 18  
Marinated chicken breast stewed in our authentic Indian butter sauce served with steamed rice and naan bread.

## ASIAN EXPRESS

**BLACK PEPPER CHICKEN** 16.88  
Crispy chicken thighs, served with egg fried rice and steamed veggies with Black Pepper sauce on the side.

**CONGEE** 8.88  
Chicken or Seafood Congee, garnished with peanuts and green onions. Served with warm Chinese Donuts.

**CRISPY NOODLES** 8.88  
Egg noodles, carrots, bean sprouts, green onions stir fried in soy sauce and sesame oil.

**SPECIAL HOUSE FRIED NOODLES** 8.88  
Rice noodles wok fried with red peppers, carrots, bean sprouts, green onion, egg and BBQ pork in a dark soy and sesame sauce.

**STIR-FRIED BABY BOK CHOY** 8.88  
Fresh baby bok choy bulbs sauteed in nutty sesame oil and finished with a dash of soya sauce and crisp fried garlic.

**BEEF HO FAN** 14.88  
Thinly sliced marinated beef wok fried with bean sprouts green onion and noodles.

## ALL DAY BREAKFAST

**TWO EGG BREAKFAST** 10  
Two eggs any style, your choice of bacon, ham or sausage, smashed browns, and toast.

**DEALERS OMELET** 10  
A Fluffy three egg & cheese omelet with smashed browns and toast. **\$1 each additional filling:** ham, bacon, sausage, green onions, tomatoes, spinach, or mushrooms.

**STEAK AND EGGS** 20  
6oz Alberta top sirloin steak, served with two eggs any style, toast and smashed browns.

## DESSERTS

**CHEESECAKE** 9  
Manhattan style cheesecake with graham cookie crumb crust; served with fruit or chocolate sauce and whipped cream.

**WARM TRIPLE CHOCOLATE BROWNIE** 9  
Chocolate crumb crust with a fudgy, chocolate chunk brownie topped with brownie pieces, and chocolatey drizzles served warm with vanilla ice cream.

**WARM APPLE CRUMBLE WITH ICE CREAM** 9  
Caramelized granny smith apples with a brown betty crumble topping served warm with French vanilla ice cream and caramel sauce.

**PURE**  
REWARDS

**Members Receive 10% OFF**  
Regular Priced Menu Items

Present your PURE Rewards 10% discount voucher to your server for your discount. Vouchers can be printed from any Pure Rewards kiosk.

Discount may only be applied to regular priced menu items.  
Cannot be combined with other promotional offers or specials.  
Asian Express items are excluded.