



---

lunch

---

small & shareable

<b>MEDITERRANEAN HUMMUS DIP</b> <i>(GF avail.) DF V</i> 15	<b>DUCK CONFIT CROQUETTES</b> (3) <i>GF</i> 22
Chickpea, Tahini, Sesame & Activated Charcoal, Crudités & Crackers	Pickled Cauliflower, Balsamic Glaze, Cauliflower Puree
<b>TUNA TATAKI</b> <i>GF DF</i> 19	<b>SPICED HUMBOLDT SQUID</b> <i>GF</i> 18
Seared Albacore Tuna, Yuzu Ponzu Sauce, Green Oil, Nori, Rice Crisps	Buttermilk-Marinaded, Crispy Cornmeal Breading, Cucumber & Yogurt Dressing, Charred Lemon
<b>KOREAN FRIED CHICKEN BITES</b> <i>DF</i> 18	<b>ALBERTA BEEF MEATBALLS</b> (3) <i>GF</i> 21
Sweet Gochujang, Crushed Peanuts, House Pickles	Tomato Sauce, Parmesan, Cheese Crisp, Fried Basil
<b>SHRIMP MAKI ROLL</b> <i>GF DF</i> 18	<b>CHARCUTERIE BOARD</b> 35
Brown Rice, Smoked Cucumber, Wasabi Aioli, Soy Sauce • <i>Substitute</i> Snow Crab +3	Chef Selected Cured Meats & Artisan Cheeses, Assorted Pickles, House Preserves

---

soup & salad

---

<b>CHEF'S DAILY SOUP</b> cup 8	<b>CAESAR</b> 22
House-made, Everyday bowl 12	Candied Bacon, Warm Crouton, Romaine, Parmesan, Anchovy & Lemon Dressing
<b>MIXED GREENS</b> <i>GF DF V</i> 16	<b>SHAVED CUCUMBER SALAD</b> <i>GF DF V</i> 15
Baby Kale & Swiss Chard, Candied Hazelnuts, Dried Cranberries, Apple Cider & Cold Pressed Canola Vinaigrette	Soy Gochutgaru Dressing, Toasted Sesame, Crispy Onions
<b>COBB SALAD</b> <i>GF</i> 25	<b>ITALIAN BURRATA</b> <i>GF option +2</i> 25
Romaine, Cherry Tomato, Grilled Chicken, Bacon, Boiled Egg, Avocado, Blue Cheese Foam, Red Wine Vinaigrette	10 Year Balsamic Marinated Tomatoes, Basil, Grilled Sourdough, Olive Oil

Add:

Avocado +3 | Bacon +3 | Grilled Chicken +5 | Seared Salmon +7 | Grilled Sirloin +12



## sandwiches

Choice of Side:

House Fries, Soup, Mixed Greens | Exchange Side: Caesar +2 | Sub **GF** Gluten-Free Bun +2

<b>CHICKEN CLUB WRAP</b> <b>DF</b>	24	<b>ALBERTA BEEF BURGER</b>	22
Bacon, Iceberg Lettuce, Tomato, Gochujang Aioli, Spinach Tortilla • Choice of Crispy <i>or</i> Grilled Chicken		Two Smashed Patties, Iceberg Lettuce, Tomato, Aged Cheddar, Lemon Aioli, Brioche Bun • <i>Add</i> Bacon +3 • <i>Substitute</i> Vegan Patty (Contains Nuts) <b>V</b>	
<b>STEAK SANDWICH</b>	27	<b>FILET-O-COD</b>	23
6oz Alberta Beef Sirloin, Roasted Garlic & Chili Butter, Pea Shoot & Mustard Greens, Wasabi Aioli, Herbed Focaccia		Guinness Battered Cod, Braised Red Cabbage, House Tartar Sauce, Brioche Bun	

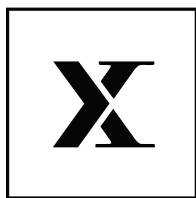
**FEATURE SANDWICH**

MKT

Our chefs are always creating something new and delicious.  
Ask your server about today's feature sandwich.

## large plates & bowls

<b>POKE BOWL</b> <b>GF DF</b>	25
Smoked Salmon Crudo, Avocado, Cherry Tomato, Cucumber, Kale & Swiss Chard, Brown Rice, Sesame & Soy Dressing	
<b>TAGLIATELLE BOLOGNESE</b>	27
House-Made Beef & Pork Ragout, Handmade Noodles, Parmesan, Fried Basil, Nefiss Divine Olive Oil	
<b>HIGHWOOD CROSSING ORGANIC GRAIN BOWL</b> <b>GF option available / DF</b>	23
Cherry Marinated Pork, Farro, Quinoa, Red Fife, Baby Spinach, Shoots, Cherry Tomato, Avocado, Red Onion, Yuzu Vinaigrette • <i>Substitute</i> Grilled Chicken +3	
<b>MISO GLAZED ATLANTIC SALMON</b>	33
Sour Cream & Edgar's Pea Dressing, Brown Butter Roasted Baby Potatoes, Brown Butter Crumb	
<b>BRAISED ALBERTA BEEF SHORT RIB</b>	35
Barley Risotto, House Made Kimchi, Roasted Mushrooms	
<b>HAND ROLLED RAVIOLI</b> <b>V</b>	25
Spiced & Roasted Squash, Sage, Toasted Hazelnut, Kale, Nefiss Divine Olive Oil	



## — junior member's —

All Junior Member Meals Include:  
Your Choice of House Fries, Salad, Crudités, or Fruit,  
Plus Your Choice of Pop or Juice

### **SPAGHETTI** 13

Choice of: Marinara Sauce, Cheese Sauce or Butter

• *Add* Meatballs +4

### **CHICKEN STRIPS** *DF* 15

Honey Mustard Sauce

### **MOZZA STICKS** *V* 13

Marinara Sauce

### **GRILLED CHICKEN BREAST** *DF GF* 16

Roasted Seasonal Vegetables

### **GRILLED CHEESE** *GF option +2* 12

Choice of: White or Multigrain Bread

• *Add* Bacon +3

### **BURGER** *GF option +2* 15

Brioche Bun, Lettuce, Tomato, Cheddar, Ketchup

### **QUESADILLA** 14

Mixed Cheese, Tomatoes, Green Onions, Korean  
BBQ Sauce, Sour Cream

• *Add* Chicken +5

## — drinks —

**JUICE** Orange, Apple, Pineapple, Cranberry, Grapefruit

**FOUNTAIN POP** Pepsi, Diet Pepsi, Orange Crush,  
7up, Ginger Ale, Root Beer, Dr. Pepper

---

*GF* Gluten Friendly / *DF* Dairy Free / *V* Vegetarian. Please  
inform your server of any food allergies or dietary modifications.