

LUNCH

Available from 12pm to 2pm

LIGHTER FARE

Soup of the Day 8

Made fresh daily. Please ask your server for details.

French Onion Soup 11

French baguette with Gruyère cheese

Teller's Salad 8

Mesclun mix, grape tomatoes, cucumbers, served with balsamic vinaigrette

Caesar Salad 12

Baby red & green romaine salad; with home made croutons and hand-cut bacon bits

King Cobb Salad 15

Egg, avocado, tomato, chicken, scallions, bacon, Blue cheese on a bed of rocket & romaine, served with red wine vinaigrette

Shaved Beef Salad 15

Marinated sirloin, seared & served with baby pea shoot, Napa cabbage slaw, Edamame, toasted cashews, crispy taro and green papaya dressing

Salmon Spinach Salad 15

Atlantic salmon on bed of spinach with Goat cheese, blistered grapes, roasted pecans, with a Sherry vinaigrette

Build Your Own Pizza 15

Your choice of four toppings:

Bruschetta | bacon | peppers | mushrooms

Parmigiano Reggiano | pepperoni | prosciutto | onions

Goat cheese | pineapple | sausage | shrimp | pesto chicken

SANDWICHES

Reuben Sandwich 15

Buttered rye bread with sauerkraut, Gruyère cheese and Montréal smoked meat

TOWER Club Sandwich 15

Grilled chicken with Canadian back bacon, lettuce, oven-roasted tomatoes,
on a Ciabatta bun

Beef Brisket Sandwich 14

Slow braised beef brisket on a Ciabatta bun topped with jalapeño, Havarti,
roasted peppers & onion rings

Salmon Burger 19

Salmon paillard topped with grilled pineapple, arugula, tomato salad, jalapeño,
lemon sour cream and pineapple BBQ drizzle

Bistro Burger 17

6 oz. Alberta sirloin beef patty topped with your choice of two:
Swiss | cheddar | roasted peppers | avocado | bacon
sautéed mushrooms | caramelized onions

ENTREES

Spinach & Cheddar Omelet 12

Four egg omelet served with choice of fries or salad

Butter Chicken 16

Creamy curry-spiced tender chicken bites with basmati rice or naan;
served with cucumber raita

Three Mushroom Pasta 15

Penne with a trio of mushrooms & fresh basil and
your choice of Arrabiata or cream sauce

MEAL ENHANCEMENTS

shaved ginger beef | grilled garlic chicken | grilled calamari 7
pesto Tiger shrimp 3 each

LUNCH BOX

Served with soup or salad

The Chairman's Fish & Chips 15.95

Tempura crusted halibut with house-made tartar sauce

Or

Greek Chicken Wrap with Fries 15.95

Grilled chicken with roasted peppers,
onions, tomato, cucumber, olives & Feta

HEALTHY FAVOURITES

Healthy Salad 14

Baby spinach, blue berries, shredded beets, green apples,
Edamame and a poppy seed avocado dressing

Spicy Tempeh Salad 14

Macerated zucchini, peppers, Napa cabbage, cashew nut, raisin, quinoa
and kale with a green curry cashew cream and spicy tempeh crisps

Raw Noodle Bowl 14

Shirataki noodles tossed in Tibetan spicy sauce with julienned carrot,
green apple, cucumber, cilantro, mint, and drizzled with ginger soy Agave

MEAL ENHANCEMENTS

shaved ginger beef | grilled garlic chicken | grilled calamari 7
pesto Tiger shrimp 3 each