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MADE TO ORDER  
Breakfast  
Available from 8am to 11am

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## Grab and Go

- **French Pastry Croissant | \$5**
- **Danish | \$5**  
almond cream cheese | berry compote
- **Granola | \$6**  
honey | coconut oil | vanilla | rolled oats | almonds | pumpkin seeds | sunflower seeds | cranberry | greek yoghurt | white chocolate
- **Daily selection of sandwiches**

## Breakfast Sandwiches & Made Hot

All served with our homemade wedge fries and spicy tomato coulis

- **Thanks to Mum | \$15**  
Mum's thanksgiving sausage stuffing patty | maple fried egg | vieux cheddar cheese | english muffin
- **Breakfast Croissant | \$13**  
fried egg | bacon jam | cheddar cheese
- **Taking it Easy | \$9**  
fried egg | cheddar | english muffin | mayo
- **Full Breakfast | \$15**  
2 fried eggs | bacon or sausage | toast

## Little Something Extra

- **Fried Egg | \$5**  
2 organic egg | chives
- **Candied Bacon | \$5**  
3 pieces of smoked bacon | maple | MTL steak spice
- **Sausage | \$5**  
3 gourmet breakfast sausage



## Soups & Salads & Smalls

• **Soup of the Day | \$9**

whim of the chef

• **Vegan Market salad | \$17**

inspired by current season

• **Hummus | \$11**

olive oil | sesame seeds | lime zest | multigrain bread

## Sandwiches

All served with either our homemade wedge fries or a house salad

• **The Burger | \$24**

ground beef | bacon jam | cheddar mayo | greens | Frankie D's Donuts "Everything"

Donut

• **The Burger | \$21**

ground beef | bacon jam | cheddar mayo | greens | brioche bun

• **Grilled Cheese | \$18**

1608 cheese | tomato | mushroom preserves | orange vinegar | smoked tomato coulis |  
sourdough bread | garlic butter

• **Montreal Smoked Meat Sandwich | \$18**

meat smoked in house | Epi Canmore rye bread | homemade yellow mustard | pickle

• **Daily selection of sandwiches**



## Mains

• **Grandma's Pasta | \$18**

Canmore Pasta Co. Parpadelle | meatballs | grand padano cheese

• **Chicken Wings | \$20**

gf breaded wings | poblano | cilantro | lime | charred onion



• **Mac n' Cheese with Chorizo | \$18**

Canmore Pasta wheels | many cheeses | chorizo

• **Poutine | small \$9 | large \$17**

house potato wedges | Quebec cheese curd | sauce au vin rouge



**Add Montreal Smoked Meat | \$4**



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MADE TO ORDER

Lunch


Available from 11am to 6:30pm

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## Sides

- **Wedge Fries | \$ 4**  
house potato wedges | St-Laurent Salt
- **Edamame | \$ 4**  
steamed edamame | chili lime oil

## Our House Made Sauces | \$1.50

- **Tomato coulis (slightly smokey / spicy ketchup)**
- **Sauce au vin rouge (poutine gravy)** 
- **Cheddar mayo**
- **Chili Lime Oil**

## Dessert

- **Giant Cookie | \$ 6.00**
- **Daily selection of sweet treats**



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## GRAB & GO

WHEREVER YOU ARE, ALL YOU NEED IS A POT  
+ WATER + HEAT SOURCE

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Defrost  
+  
Simmer Water  
+  
Ready in Minutes!

### Mains

- **Pork baby back ribs | \$ 8.25 / 100g**  
mango rhubarb barbecue sauce
- **Beef Brisket | \$ 6 / 100g**  
huckleberry beer jus
- **Lemon Thyme Chicken | \$ 7 / 100g**  
lemon brine | thyme | butter
- **Grandma's Meatballs | \$ 4.50 / 100g**  
Italian sausage | tomato | beef
- **Tomato Sauce | \$ 2.50 / 100g**  
Italian sausage | tomato | beef
- **Pork Chop | \$ 6 / 100g**  
lemon brine | thyme | butter

### Sides

- **Asparagus | \$ 3**  
olive oil | salt+pepper
- **Green Beans | \$ 3**  
olive oil | salt+pepper
- **Potato Mash | \$ 2**  
potato | cream | butter
- **Rice with Veggies | \$ 2**  
long grain white rice | garlic seasoning
- **Roasted Potato | \$ 6**  
baby potato | olive oil | seasoning



## Coffee - 12oz | 16oz

Our coffee is lovingly crafted by [Zab Café](#)

Flavor shot \$1 - [Drop Caramel](#), house made vanilla syrup, maple syrup, or peppermint syrup

- **Filter - \$3 | \$3.50**  
coffee, hot water
- **Double Espresso - \$3.50**  
double shot
- **Americano - \$3.75 (12oz)**  
espresso, hot water
- **Cappuccino - \$4.50 (12oz)**  
espresso, steamed milk, milk foam
- **Latte - \$4.50 | \$5.25**  
espresso, steamed milk
- **Flat White - \$4.50 | \$5.25**  
espresso, steamed milk
- **Mocha \$ 5 | \$5.75**  
espresso, steamed chocolate milk

## Tea - 12oz | 16oz

All Teas provided by [Canmore Tea Co.](#)

- **Chai Latte - \$5.75 | \$6**  
Chai tea, steamed milk, cinnamon
- **Organic Peppermint - \$3 | \$3.50**
- **Canmore Sutra Chai - \$3 | \$3.50**
- **Earl Grey - \$3 | \$3.50**
- **Total Body Wellness - \$3 | \$3.50**

## Hot Chocolate - 12oz | 16oz

- **Hot Chocolate - \$4.50 | \$5.00**  
chocolate, steamed milk



## Cans from Sheepdog Brewing

- Kolsch 4.4% | \$11
- Long Travel Pale 5% | \$11
- Juicy Rumour NEIPA 6.5% | \$11
- Kelsey's West Coast IPA 6.7% | \$11
- Coconut Porter 4.7% | \$11

## Specialty

- Peach Bellini Cocktail 250 ml | \$ 15



## BAR MENU

### White Wine

		5oz	9oz	Bottle
Chateau Grand Jean 2020 Sauvignon Blanc, Semillon	France	\$10	\$18	\$49
Barnard Griffin 2019 Chardonnay	USA	\$10	\$19	\$52

### Red Wine

		5oz	9oz	Bottle
Two Tradesmen 2017 Cabernet Sauvignon	USA	\$10	\$18	\$50
Black Market Wine Co. 2019 Secret Society Red Blend	Canada	\$13	\$24	\$66
Casarena 2020 505 Malbec	Argentina	\$11	\$19	\$53

### Rose

		5oz	9oz	Bottle
Borsao 2021	Spain	\$7	\$13	\$36

### Sparkling

		5oz	9oz	Bottle
Canella Prosecco Superiore Brut 200 ml	Italy	N/A	N/A	\$18



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## OFF SALES MENU

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### White Wine

- **Chateau Grand Jean 2020** | Sauvignon Blanc, Semillon | France | **\$49**
- **Barnard Griffin 2019** | Chardonnay | USA | **\$62**

### Red Wine

- **Two Tradesmen 2017** | Cabernet Sauvignon | USA | **\$50**
- **Black Market Wine Co. 2019** | Secret Society Red Blend | Canada | **\$66**
- **Casarena 2020** | 505 Malbec | Argentina | **\$53**

### Rose

- **Borsao** | Rose | Spain | **\$36**

### Sparkling Wine

- **Canella 2020 200 ml** | Prosecco Superiore Brut | Italy | **\$18**

