

Breakfast

Served between 9:00 am and 11:30 am Monday to Saturday
and until 2:00 pm on Sunday.

OMELETTE \$8.25

Served with a fresh fruit cup and your choice of toast.

Choose any two of the following fillings: Julienned Smoked Ham ·

Mushrooms · Blend of mozzarella, cheddar and swiss cheese ·

Chorizo Sausage · Spinach · Onion & Sweet Peppers · Tomato Toscana ·

Crisp Bacon · Scallions · *Extra fillings .75 each.*

POTATO WEDGES

\$2.25

House-made with red
potatoes.

FRESH FRUIT BOWL

\$5.25

Add granola and
vanilla yogurt for \$1.00

FRESH FRUIT CUP

\$2.50

FRENCH TOAST \$7.75

Caramelized bananas sandwiched between thick-sliced French bread, dipped in
egg and grilled. Served with fresh fruit cup. *Available all day.*

PRAIRIE INK BREAKFAST \$8.75

Two eggs any style with choice of side bacon, back bacon or Italian sausage.
Accompanied with fresh fruit cup and your choice of toast.

EGGS BENEDICT \$8.75

Two poached eggs served on a toasted English Muffin, with Canadian back
bacon and topped with hollandaise sauce. Served with a fresh fruit cup.

VEGGIE BENNY \$7.50

Grilled bell peppers and portabello mushroom replace the bacon on this twist
of the classic original.

QUICHE OF THE DAY \$9.25

Ask your server for today's selection. Served with fresh fruit cup, or prairie
salad. *Available all day.*

BREAKFAST BAGEL \$6.50

A fried egg with Canadian back bacon and cheese. Served on a plain or whole-
wheat bagel with a fruit cup.

BAGEL AND CREAM CHEESE \$3.50

Your choice of toasted plain or whole-wheat bagel, served with cream cheese.

"Oh God above, if heaven has a taste it must be an egg with butter and salt." — Frank McCourt

Starters

QUESADILLAS \$9.95

Mozzarella, cheddar and swiss cheese with diced tomatoes, bell peppers, onions. Served with sour cream & salsa on the side.
Add diced chicken, beef, or chorizo sausage for only \$3.25.

SAMOSAS \$10.50

Enjoy our unique pastry-style samosas filled with potatoes, peas and traditional spices. Served with spicy sambal or garlic aioli sauce.

CHICKEN FINGERS AND SAVOURY POTATO WEDGES \$9.50

Oven-baked and served with honey dill or buttermilk ranch sauce.

CRAB CAKES \$10.95

Our signature crab cakes, seasoned with ginger, lemon grass and lime leaves. Served with lime aioli.

TRIO OF DIPS WITH BREADS \$9.50

House-made spinach and artichoke dip, hummus and duka with a variety of breads for dipping.

CHAR-BROILED SHRIMP SKEWERS \$10.75 GF

Black tiger prawn skewers, char-broiled, and served with your choice of spicy sambal or garlic aioli sauce.

BRUSCHETTA \$8.95

Freshly diced tomatoes infused with basil and garlic served on house bread and gratinated with parmesan cheese.

CHICKEN WINGS \$11.50 GF

A baker's dozen of our unique oven-baked chicken wings with teriyaki or BBQ sauce.

CHICKEN SATAY \$10.75 GF

Four chicken skewers char-broiled and brushed with our signature peanut sauce.

LIGHT BITE PLATTER \$24.95

For the undecided, please choose three of any of the above starter items. Served on a three-tiered tray, perfect for sharing.

MAKE IT A MEAL

\$4.50

Add our prairie, spinach, or caesar salad or a cup of soup to any item from our Starter menu page. Tell your server if you would like it to start or with your meal.

GF GLUTEN FREE

This symbol makes it easier for people with gluten free diets to make menu choices. If you have any allergy concerns please speak with your server.

Salads & Wraps

**TRY OUR SOUP,
SALAD & BREAD
COMBO \$10.95**

Enjoy your choice of prairie, caesar, or spinach salad, a cup of soup and bread.

**TOP ANY OF OUR
SALADS**

Choose from seasoned chicken, char-broiled beef strips or chorizo sausage for only **\$3.25**, or grilled shrimp, or your choice of blackened or grilled salmon for **\$4.25**.

OUR BAKERY

All the feature breads accompanying our salads are house-made. Fresh loaves of our breads are available with 24 hours notice.

PRAIRIE SALAD \$8.75 GF

A robust blend of field greens and leaf lettuce tossed with a citrus melon dressing. Topped with julienned carrots, cranberries, red onion rings and sunflower seeds.

SPINACH McNALLY \$8.75 GF

Baby spinach with red onion, grapefruit, oranges and almonds. Served with a citrus ginger vinaigrette.

CAESAR SALAD \$8.75

Crisp romaine lettuce served with a creamy garlic dressing, croutons and shredded parmesan cheese.

PEAR & BLUE CHEESE SALAD \$9.75

Blended California greens, red onions, sliced pears and almonds. Served with crumbled blue cheese and our signature berry-infused vinaigrette.

MANGO CARIBBEAN SALAD \$9.75

An organically grown head of baby butter lettuce with mango chunks, sliced scallions, spiced pecans and almonds. Served with a Caribbean vinaigrette.

CAPRESE \$9.25 GF

Roma tomatoes and bocconcini cheese surrounding a bed of field greens with a fresh basil-infused vinaigrette dressing.

BLACKENED SALMON SALAD \$11.75 GF

Romaine lettuce and baby mixed greens, tossed with red onions, bell peppers, and ranch dressing. Topped with a generous portion of pan-seared salmon coated in our signature blackening spice, or simply grilled.

WRAPS SANTA FE CHICKEN WRAP \$9.50

Seasoned chicken, tomato salsa and lettuce, with mozzarella, cheddar and swiss cheese wrapped in a salsa tortilla.

BLACKENED CHICKEN CAESAR WRAP \$9.50

Pan-seared chicken coated with our own blackening spice wrapped together with crisp caesar salad in a salsa tortilla.

Sandwiches

PRAIRIE INK DOES DELI \$9.25

Enjoy our deli sandwich selection on your choice of bread.

All deli sandwiches are served with coleslaw and a dill pickle. Choose from:

Sockeye Salmon Salad · Turkey · Ham & Cheddar · Egg Salad · Corned Beef

CLASSIC ITALIAN SANDWICH \$9.95

Proscuitto, capicollo ham, genoa salami, swiss cheese, spinach, red onions and lemon-basil mayonnaise on our house-made ciabatta bun. With coleslaw and a pickle.

SMOKED SALMON BAGEL \$9.95

A generous portion of sliced lox and cream cheese crammed into a bagel with tomatoes, alfalfa sprouts, cucumber and red onion. Served with coleslaw and a pickle.

FRESH VEGETABLE SANDWICH \$8.75

A vegetarian choice with tomatoes, lettuce, bell peppers, onions, guacamole, cucumber, and alfalfa sprouts served on your choice of bread.

MAKE IT A MEAL \$4.50

Add our prairie, spinach, or caesar salad or a cup of soup. Tell your server if you would like it to start or with your meal.

HOT SANDWICHES

ROASTED CHICKEN CLUB \$9.95

Oven-roasted chicken breast, crisp bacon, tomato slices, buttermilk ranch and mozzarella, cheddar and swiss cheese. Oven-baked on your choice of bread.

ROASTED VEGETABLE \$8.50

Oven-roasted eggplant, zucchini and red peppers. Topped with red onions, goat cheese, tomatoes and tomato pesto. Make it vegan with guacamole instead of goat cheese. Served hot on your choice of bread.

REUBEN SANDWICH \$9.25

Lean corned beef layered with sauerkraut and swiss cheese on rye bread with coleslaw and a pickle.

OVEN-BAKED VEGGIE BURGER \$8.95

House-made vegetable patty with a medley of vegetables, lentils and chick peas served on a home-made ciabatta bun.

PORTABELLO BURGER \$9.25

A grilled portabello mushroom served on a house-made ciabatta bun with lettuce, tomato, roasted red pepper, sweet onion relish and swiss cheese. Make it vegan by substituting guacamole for cheese.

FRENCH TOAST AND QUICHE ARE AVAILABLE ALL DAY. SEE OUR BREAKFAST MENU.

Pizza

PIZZA AND SALAD COMBO \$11.95

Your choice of any of our ½ size pizzas served with a small prairie salad, caesar, or spinach salad.

Add chicken, beef strips, or chorizo to any pizza for only \$3.25.

PIZZA MARGHERITA \$11.50

Our blend of cheese, ripe tomatoes, garlic and fresh basil.

GARDEN VEGETABLE PIZZA \$11.50

Tomato pesto sauce, mushrooms, sweet peppers, red onions, spinach, sun-dried tomatoes and cheese.

CHICKEN FLORENTINE PIZZA \$11.95

Seasoned chicken, mushrooms, red onions, spinach and blended cheese over a pesto cream sauce.

SANTA FE BBQ \$11.75

Santa Fe chicken and spicy marinara with red onions and cheese.

OVEN-BAKED PIZZA

Our personal-sized pizzas are created in the old world style, using a thin crust with a marinara pesto, garlic, olive oil and plenty of care.

Pasta & Stirfry

MUSHROOM PAPPARDELLE CHICKEN \$13.50

Pappardelle pasta in a rich garlic cream sauce with chicken, bacon, mushrooms and red onions.

SEAFOOD LINGUINE \$14.25

Linguine served with black tiger shrimp, sea scallops, red onion, garlic, tomato, lemon and butter.

STIR-FRY

All our stir-fries are served with asian vegetables, tofu and your choice of the following. Vegan and vegetarian versions of all stir-fries are available; please let your server know.

GF MARINATED STRIPS OF BEEF IN ORANGE GINGER SAUCE OVER RICE. \$14.25

RED CURRY CHICKEN ON COCONUT RICE with pita triangles. \$14.25

GF SESAME PORK WITH GINGER ON RICE \$14.25

“Do you have a kinder, more adaptable friend in the food world than soup?” — Judith Martin

Entrées

PORK TENDERLOIN \$18.95

Pork tenderloin dijon crusted and served on a bed of braised lentils and jus. Accompanied with a medley of roasted vegetables and potatoes.

Cave Spring Off Dry Riesling, Canada (1) \$30.00

Wente Syrah, California (0) \$25.00

FRESH FISH

Ask your server for today's selection, at market price.

Wente Sauvignon Blanc, California (0) \$25.00

La Vielle Ferme Organic Red, France (0) \$24.00

STRIP LOIN STEAK \$18.50

An 8 ounce center-cut strip loin steak char-broiled to your preference. Served with fresh vegetables and potatoes.

Labouré-Roi Les Prairies Chardonnay, France (0) \$24.00

Monte Lindo Malbec, Argentina (0) \$22.00

VEGETABLE TOWER \$14.50

Grilled portabello mushroom, bell peppers, zucchini, eggplant and goat cheese. Served with marinara sauce and sweet-potato pancakes with basil pesto.

Quadri Pinot Grigio, Italy (0) \$22.00

Dona Dominga Cabernet/Carmenère, Chile (0) \$20.00

CHICKEN AND SHRIMP \$18.50

A boneless breast of chicken topped with a grilled shrimp skewer and served with roasted red pepper coulis. Accompanied with roasted vegetables and potatoes.

Dona Dominga Chardonnay/Semillon, Chile (0) \$20.00

Kanawinka Cabernet Sauvignon, Australia (0) \$30.00

**FOR OUR
COMPLETE WINE
SELECTION CHECK
OUR WINE MENU.**

We are pleased
to cork your
unfinished bottle
for you to
enjoy later.

GLUTEN FREE

This symbol makes
it easier for people
with gluten free
diets to make menu
choices. If you
have any allergy
concerns please
speak with your
server.

Coffee & Tea

COFFEE WITH A CONSCIENCE \$1.89

Sunstone coffee is UTZ Certified, organic, and fairly traded.

ESPRESSO BAR

ADD A FLAVOUR SHOT OF YOUR CHOICE FOR 50¢

Amaretto
Caramel
Irish Cream
Creme de Banana
Chocolate
Sugar Free Chocolate
Vanilla Sugar Free
Vanilla
Chai
Mint
Hazelnut

	REG.	LARGE		REG.	LARGE
Espresso	\$1.95	\$3.90	Cappuccino	\$3.40	\$4.20
Caffe Latte	\$3.75	\$4.50	Steamers	\$2.00	\$3.00
Caffe Mocha	\$3.90	\$4.65	Americano		\$3.90

GLACIAL ICED COFFEE \$4.99

Espresso, milk and ice blended with vanilla gelato swirled with chocolate sauce.

CHAI LATTE \$4.50

McNally's signature steamed chai tea with chocolate and spices.

MATCHA GREEN TEA LATTE \$5.50

High in antioxidants, boosts energy, increasing mental focus and improves concentration

YERBA MATÉ \$1.99

The healthy energizer in seven fabulous fresh flavours: brazilian green, mocha mint, dark roast, cardamom chai, hibiscus lime, lemon ginger, cinnamon rooibos.

MATCHA GREEN TEA \$3.50

May help to lower cholesterol and reduces risk of heart attack & stroke.

LOOSE LEAF TEA \$2.25

Ask your server for our house selection.

ARTISAN FLOWERING TEAS \$3.25

Handsewn rosettes of organic tea buds. Watch the blossom unfold.

Golden Jasmine, a black tea + Sunset Oolong, a blended tea +
Dragon Lily, a white tea + Shooting Star, a green tea.

FOUR-STAR RED ROSE TEA \$1.50

HOT CHOCOLATE \$2.99

Chocolate milk and fudge, steamed and topped with whipped cream.

DAIRY INTOLERANT?

We can substitute soy milk on request.

Juices & Creations

STRAWBERRY FIELDS \$3.99

A mixture of orange, strawberry, banana and grape juices.
A source of Vitamins C and A, potassium and iron.

MANGO MAMBO \$3.99

A mixture of orange and mango pineapple juices. A source of Vitamins C and A, potassium and niacin.

GINGER SNAP \$3.99

A mixture of carrot, apple, and ginger root. A source of Vitamins D, C, B, and A, iron, calcium, potassium and sodium.

CARROT CREAM \$3.99

A mixture of carrot and orange juices. A source of Vitamins D, C, B, and A, and potassium.

FRULATTAS \$4.95

Mixed field berries, whipped with yogurt, skim milk and banana into a smooth creation. For non-dairy diets we can substitute orange juice or soy-milk. Also available in strawberry, raspberry or orange-mango.

MATCHA GREEN TEA SMOOTHIE \$5.50

A matcha-fruit blend whipped with skim milk and ice into a smooth creation. Choose from mixed berry, strawberry, raspberry or orange-mango.

GELATI SHAKES \$4.50

A creamy Italian shake topped with whipped cream. Flavours include chocolate, vanilla, strawberry and pistachio.

SPRITZER \$2.49

Your choice of lemon-lime or club soda topped with raspberry, field berries, orange-mango or strawberry-banana.

LEMONADE \$2.79

Plain, or topped with raspberry or strawberry-banana.

PELLIGRINO \$2.75 + BOTTLED WATER \$1.75

SWEETENED LEMON ICED TEA \$2.29

ASSORTED CANNED SOFT DRINKS \$1.75

Pepsi, Diet Pepsi, 7 up, Diet 7-up, Ginger Ale, Root Beer, Soda Water, Tonic

TO YOUR GOOD HEALTH

Our 12 oz. juices are great immune boosters with antioxidant properties.

Wine List

WHITE

Jackson-Triggs Sauvignon Blanc, Okanagan. (o)

By the glass \$5.99

Lindemans Cawarra Semillon/Chardonnay, Australia. (o)

1/2 Litre \$12.99

Litre \$23.99

RED

Jackson-Triggs Cabernet Sauvignon, Okanagan. (o)

Pasqua Sangiovese, Italy. (o)

BLUSH

Beringer White Zinfandel, California. (2)

WHITE

PREMIUM WINES BY THE BOTTLE

Frontera Sauvignon Blanc, Chile. (o) \$18.00

Dona Dominga Chardonnay/Semillion, Chile. (o) \$20.00

Quadri Pinot Grigio, Italy. (o) \$22.00

Labouré-Roi Les Prairies Chardonnay, France. (o) \$24.00

Wente Sauvignon Blanc, California. (o) \$25.00

Cave Spring Off Dry Riesling, Canada. (1) \$30.00

PUT A CORK IN IT.

We are pleased to
cork your unfinished
bottle for you.

RED

Dona Dominga Cabernet/Carmenère, Chile. (o) \$20.00

Monte Lindo Malbec, Argentina. (o) \$22.00

La Vielle Ferme Organic Red, France. (o) \$24.00

Wente Syrah, California. (o) \$25.00

Kanawinka Cabernet Sauvignon, Australia. (o) \$30.00

Sumac Ridge Cabernet/Merlot, Canada. (o) \$34.00

SPARKLING

Seaview Brut, Australia. (2) \$26.00

"Wine is sunlight, held together by water." - Galileo

Beer, Ale, Lager & Spirits

SLEEMAN'S HONEY BROWN \$3.99

A light, rich-bodied lager with a slightly sweet natural honey finish. From the Sleeman's brewery in Guelph, Ontario.

SLEEMAN'S CREAM ALE \$3.99

A full-flavoured beer combining the tastes of an English ale and a German lager.

FORT GARRY DARK ALE \$3.99

A dark British-style ale with malt tones, brewed in Winnipeg with a mixture of Canadian and British malt barleys.

LABATT'S LITE \$3.99

MOOSEHEAD \$4.50

A golden lager brewed for an extra long time to impart a light and refreshing taste. Brewed in the oldest independent brewery in Canada.

CORONA \$4.50

A classic light beer from Northern Mexico, served with a lime wedge.

STELLA ARTOIS \$4.50

A rich beer brewed in Leuven, Belgium in a brewery that dates back to 1366.

SPIRITS \$4.25

Rye, vodka, scotch, gin, rum, tequila

LIQUEURS \$4.50

Irish cream, Grand Marnier, Kahlua, Amaretto,
Crème de Cacao, Crème de Menthe, Cognac

COCKTAILS \$5.25

Bloody Caesar, Singapore Sling, Crantini, Kir Royal, Alabama Slammer,
Grasshopper, Champagne Cocktail, Brown Cow, Sunrise

DEATH BY CHOCOLATE \$5.25

Kahlua and Crème de Cacao with chocolate milk, espresso, and chocolate sauce.

SPECIALTY COFFEES \$4.99

All served in sugar-rimmed mugs and topped with whipped cream.

B-52 + Irish Coffee + Spanish Coffee + Monte Cristo Coffee

Desserts

TWO DAILY FEATURES

Each day we feature a special torte at **\$5.95** and a special cheesecake at **\$5.95**
Please ask your server for details.

HAZELNUT CHOCOLATE TORTE \$5.95

Rich chocolate layers soaked with a Frangelico simple syrup, covered with a hazelnut buttercream and smothered with dark chocolate ganache.

CRÈME BRÛLÉE \$5.50

A velvety custard with a brittle caramelized top.

BREAD PUDDING \$5.25

Served warm with caramel sauce and your choice of gelati.

FRUIT CRISP \$4.95

Served warm with caramel sauce and your choice of gelati.

APPLE PIE \$5.25

A deep-dish favourite made with a flaky crust and juicy apples. Ask about today's flavour twist. Served warm with caramel sauce and your choice of gelati.

CHERRY PIE \$5.95

Just like Mom used to make. Juicy cherries in a light sauce baked into a flaky pie crust. Served warm with your choice of gelati.

LEMON RASPBERRY TART \$4.50

A shortbread crust with a tangy, not too sweet lemon custard filled with raspberries.

GINGERED CARROT CAKE \$5.95

Our signature triple layered carrot cake with candied ginger, walnuts, coconut, pineapple and a truly Canadian maple cream cheese icing.

GELATI \$2.50

An Italian treat by G.G. Gelati. This smooth and denser version of ice cream is perfect with your dessert or on its own. Two scoops of your favourite flavour: vanilla, chocolate, strawberry or pistachio.

ENTERTAINING
*Whole tortes,
cakes, pies and
homemade breads
are available for
purchase.
We usually require
one day's notice.*

"The last taste of sweets is sweetest last." - William Shakespeare

Baking

APPLE JACKS \$1.75

Caramel apples wrapped in puff pastry and sprinkled with sugar and cinnamon.
Served warm with caramel sauce.

RASPBERRY CHOCOLATE SQUARES \$2.50

A tender shortbread crust, topped with sweetened condensed milk, melted chocolate and raspberry jam.

DATE SQUARE \$2.50

A healthy snack made with fresh dates and oats.

MAGIC SQUARE \$2.50

For those with a sweet tooth. Made with chocolate chips, coconut and almonds.

FRESH-BAKED COOKIES

Daily feature cookie **\$1.25** + Peanut butter chocolate chip **\$1.25**

Oatmeal raisin **\$1.25** + Walnut cranberry coconut **\$1.25**

Big chocolate chip **\$1.75** + Imperial **\$2.25**

BREADS \$2.00

A perfect snack for an afternoon break.

Banana Bread + Zucchini Chocolate Chip Bread

CINNAMON BUN DRIZZLED WITH GLAZE \$2.75

Made with flaxseed, whole wheat flour and raisins, with an icing sugar glaze.
Served cold, warm or toasted.

DAILY FEATURE STRUDEL \$3.95

Layers of puff pastry filled with vanilla custard, homemade ladyfingers, and a variety of fruit.

BISCOTTI \$1.50

A crunchy alternative to a cookie. Pistachio, cranberry and white chocolate or featured flavour.

MUFFINS/SCONES \$2.25

Baked daily in our bakery. Ask your server for today's selections.

OUR BAKING
*Made fresh daily,
and only available
while quantities
last.*

"Seeing is deceiving. It's eating that's believing." - James Thurber