

Breakfast

Served between 9 am and 11:30 am Monday to Saturday, and between 10 am and 12:00 pm on Sunday.

FRESH FRUIT BOWL \$6.25

Fresh fruit with French vanilla yogurt and honey almond granola.

FRENCH TOAST \$7.25

French toast hot off the griddle with whipped butter, warm fruit topping and real maple syrup.

TOASTED BAGEL WITH CREAM CHEESE \$4.75

Toasted multigrain bagel with herbed cream cheese. Add smoked salmon and sprouts or a fresh fruit cup for \$2.00

BREAKFAST BAGEL \$5.75

A miniature omelette served on a toasted multigrain bagel with cheddar cheese, lettuce, tomato, and tomato pesto. *Add a fresh fruit cup for \$2.00*

HUEVOS RANCHEROS WRAP \$7.75

A whole-wheat tortilla filled with scrambled eggs, blended cheese, salsa, sour cream, and black bean sauce. Served with a fresh fruit cup.

THE BESTSELLER BREAKFAST \$8.25

A traditional breakfast of bacon, scrambled eggs, hash browns and a toasted multigrain bagel.

PRAIRIE INK'S OMELETTES \$8.75

Our three-egg omelettes are served with fresh fruit and a toasted multigrain bagel. Choose from:

- **MUSHROOM & CHEDDAR**
- **SPINACH, FRESH TOMATO & SWISS CHEESE**
- **BACON, CHEDDAR & GREEN ONION**

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

Soups & Salads

OUR SOUP POT CUP \$3.95 / BOWL \$5.95

Our soups are made from scratch daily using the season's freshest products. Please ask your server about today's soup choices.

PRAIRIE INK SALAD STARTER \$4.95 / ENTRÉE \$8.95

Mixed greens with julienned carrots, cranberries, red onions and toasted sunflower seeds, tossed with our housemade citrus melon dressing.

PEAR & BLUE CHEESE SALAD STARTER \$5.75 / ENTRÉE \$9.95

Mixed greens, sliced pears, Stilton blue cheese, toasted walnuts, and our signature Saskatoon berry vinaigrette.

CAESAR SALAD STARTER \$5.75 / ENTRÉE \$8.95

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

SOUP, SALAD, & BREAD COMBO \$9.25

Enjoy any of the above salads with a cup of soup and freshly-baked bread.

CAJUN TROUT SALAD \$12.50

Fresh Saskatchewan Trout spiced and grilled. Served over a mixed green salad with bell peppers, black beans, sweet corn kernels and chopped dates in a honey-lime dressing.

TOP ANY OF OUR SALADS \$3.75

With grilled chicken or garlic shrimp.

Sandwiches

Enjoy our selection of sandwiches, made with freshly-baked bread, and served with your choice of Prairie Ink Salad, Caesar Salad, Pear & Blue Cheese Salad, or a cup of soup.

PRAIRIE INK DOES DELI

SMOKED SALMON \$10.95

With herbed cream cheese, capers, and sprouts.

TUNA SALAD \$9.95

With mayonnaise, green onion, lettuce, and tomato.

SMOKED TURKEY \$10.95

With cranberry mayo, lettuce, and tomato.

BLACK FOREST HAM \$10.95

With mayonnaise, grainy dijon, lettuce, tomato, and swiss cheese.

HOT SANDWICHES

GRILLED CHICKEN CLUB \$11.95

Our signature sandwich. Grilled chicken breast, Black Forest ham, cheddar and swiss cheeses, tomato and whole-grain dijon.

ROASTED VEGETABLE \$10.95

Oven-roasted zucchini, bell pepper, and tomato, with goat cheese and sundried tomato pesto.

SANTA FE CHICKEN WRAP \$10.95

Seasoned chicken, salsa, sour cream, 3-cheese blend, black bean sauce, and lettuce, wrapped in a salsa tortilla.

"Great things come from luncheon meetings which consist of a sandwich, a cup of soup, and a good idea or two. No martinis." — T. Boone Pickens

Light Fare

QUESADILLAS \$8.50

Blended cheese with roasted red peppers, tomato, and red onions. Served with sour cream & salsa. *Add grilled chicken, Santa Fe chicken, or garlic shrimp for only \$3.75*

SAMOSAS \$9.95

Spicy puff pastry samosas filled with potatoes, peas and traditional spices, oven-baked and served with spiced yogurt.

CHICKEN STRIPS AND POTATO WEDGES \$10.95

Oven-baked and served with creamy dijon dip.

CRAB CAKES \$9.95

Our signature oven-baked crab cakes, served with creamy dijon dip.

GARLIC PRAWNS \$9.95

Sautéed garlic shrimp, diced tomato, and green onions, in a white wine butter sauce, served with grilled flatbread.

LIGHT BITE SAMPLER \$22.95

A sampling of any four choices from our Light Fare menu.

Entrées

PEPPERONI AND MUSHROOM PIZZA \$12.95

Traditional air-dried pepperoni sausage and mushrooms topped with mozzarella cheese.

SOUTH OF THE BORDER PIZZA \$12.95

BBQ sauce, roasted red peppers, green onion, and Santa Fe chicken topped with our three-cheese blend.

VEGETARIAN PIZZA \$12.95

Oven-roasted zucchini, bell peppers, red onion, and tomatoes topped with mozzarella and goat cheese.

GARLIC SHRIMP CAPPELLINI \$14.50

Sautéed shrimp, fresh garlic, tomatoes over angel hair pasta.

HARVEST TORDELLI \$14.95

Butternut squash-stuffed pasta tossed with roasted vegetables in a pesto cream sauce.

CHICKEN AND MUSHROOM LINGUINE \$15.95

Chicken breast, sliced mushrooms, red onion and roasted red peppers in a roasted-garlic cream sauce, served over linguine noodles.

STEELHEAD TROUT & SHRIMP \$15.95

Grilled Saskatchewan trout and sautéed shrimp with oven-roasted potatoes, green beans and lemon brown butter.

GRILLED NEW YORK \$16.95

A thick-cut striploin steak grilled to your liking and served with a warm potato salad and roasted tomato.

Coffee & Tea



COFFEE WITH A CONSCIENCE \$1.89

Our espresso and brewed coffee is 100% Rainforest Alliance certified, shade-grown organic.

FOUR STAR RED ROSE TEA \$1.50

LOOSE LEAF TEAS \$1.99

Earl Grey + Decaffeinated Earl Grey + Peppermint + Chamomile + Ginger Pieces + Satsuma + Japanese Kyoto Cherry Rose Festival + Sencha Green Decaf + Hojicha-Uji + Angel Falls Mist

ARTISAN FLOWERING TEAS \$3.95

A tea celebration. Handsewn rosettes of organically grown tea buds and leaves. Steep and watch the blossom magically emerge.

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

ESPRESSO BAR

All espresso drinks may be prepared with your choice of 2% milk, skim milk, or soy beverage. Add an extra shot of espresso or a shot of flavoured syrup for \$.75.

	REGULAR	TALL		REGULAR	TALL
Espresso	\$1.95	—	Café Mocha	\$3.75	\$4.75
Macchiato	\$1.95	—	Cappuccino	\$3.25	\$4.00
Americano	\$1.95	—	Steamers	\$3.25	\$4.25
Café Latte	\$3.50	\$4.50	Hot Chocolate	\$3.25	\$4.25

ROLO LATTE \$5.25

Our tall café mocha with caramel syrup, whipped cream, and drizzled caramel sauce.

MOUNDS OF CHOCOLATE \$5.25

A tall café mocha infused with coconut, topped with whipped cream and chocolate sauce.

IT'S NUTTY \$5.25

A tall café latte with hazelnut and almond flavours and whipped cream.

FUNKY MONKEY \$5.25

A tall café latte with white chocolate and banana flavours, garnished with whipped cream.

LONDON FOG \$5.25

Earl Grey tea steeped with milk and a shot of French vanilla syrup.

CHAI LATTE \$5.25

McNally's signature spiced Chai tea and steamed milk.

Cold Refreshments

FRULATTA \$4.75

Blueberries, raspberries, strawberries or all three, blended with yogurt, skim milk, and banana. Non-dairy options include substituting orange juice or soy beverage.

ITALIAN CREAM SODA \$3.75

Orange, raspberry, strawberry or banana syrup over ice with club soda, cream and whipped cream.

ICE CREAM SHAKE \$4.75

Made with premium ice cream and topped with whipped cream.

FRUIT SPRITZER \$3.50

Lemon-lime soda topped with puréed strawberry, raspberry or mango.

PRAIRIE INK LEMONADE \$2.50

Prepared in house with fresh lemons and simple syrup. *Try it topped with strawberry, raspberry or mango purée for \$3.50*

HOMEMADE ICED TEA \$2.25

Lightly sweetened and flavoured with lemon.

SOFT DRINKS \$2.25

Pepsi, Diet Pepsi, 7-Up, Diet 7-Up, Orange, Root Beer, Dr. Pepper, or Ginger Ale

FRESH JUICE BAR

We prepare our juices to order with fresh fruits and vegetables using our centrifugal juicer. Our juices are great immune boosters with anti-oxidant properties. All juices are served in a chilled twelve-ounce glass.

FRESH ORANGE, APPLE, OR GRAPEFRUIT JUICE \$4.50

STRAWBERRY FIELDS \$4.75

A delicious blend of orange, strawberry and grape juices.

MANGO MAMBO \$4.75

A blend of fresh orange juice with mango purée.

GINGER SNAP \$4.75

Refreshing ginger root, carrots and apples.

ZEST FOR LIFE \$4.75

Grapefruit and orange juice with a hint of lemon.

Lively Libations

COCKTAILS \$4.25

All cocktails are served with a minimum of one ounce of liquor.

- ALABAMA SLAMMER** – amaretto, southern comfort and orange juice
 - BLOODY CAESAR** – vodka, Clamato and spices, garnished with fresh celery & lime
 - SCREWDRIVER** – vodka and orange juice
 - PARALYZER** – vodka or tequila with Kahlua, cola and milk
 - BROWN COW** – Kahlua and milk
 - BLACK RUSSIAN** – vodka and Kahlua
 - FUZZY NAVEL** – peach schnapps with orange juice
 - TEQUILA SUNRISE** – tequila, orange juice and grenadine
 - MARGARITA** – tequila, triple sec and lime juice, shaken with ice
 - FROZEN STRAWBERRY MARGARITA** – tequila, triple sec, lime and strawberries, blended with ice
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PREMIUM COCKTAILS \$6.50

- MARTINI** – 2 oz vodka or gin, a dash of dry vermouth and olive garnish
 - MANHATTAN** – 1 ½ oz rye, ½ oz sweet vermouth and a dash of bitters
 - COSMOPOLITAN** – 1 ½ oz vodka and ½ oz triple sec, cranberry and lime juices
 - CRANTINI** – 1 ½ oz vodka and ½ oz triple sec with cranberry juice
 - BELINI** – 1 oz vodka and 1 oz peach schnapps with orange juice and raspberry purée
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BEER, ALE AND LAGER

- GREAT WESTERN** – Saskatoon's own! GW Pilsner or GW Light \$3.99
 - SLEEMAN'S** Honey Brown Lager or Cream Ale \$3.99
 - ALEXANDER KEITH'S** India Pale Ale \$3.99
 - BIG ROCK** Traditional Ale \$3.99
 - CORONA** Lager (Mexico) \$4.50
 - STELLA ARTOIS** Premium Blonde Lager (Belgium) \$4.50
 - GUINNESS** Draught (Ireland) \$5.50
 - KILKENNY** Irish Cream Ale (Ireland) \$5.50
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SPIRITS

PREMIUM HIGHBALLS \$3.99

Absolut Vodka, Bombay Sapphire, Gibson's Sterling, Bacardi Superior, Captain Morgan's Spiced Rum, Ballantine's, Cuervo Gold

Wines

WHITE WINES

PELLER ESTATES PROPRIETOR'S RESERVE PINOT GRIGIO (BC)

Light and lively flavours of melon and pear, a touch of white pepper on the palate and a refreshing white grapefruit finish.

\$4.50 glass + \$13.50 ½ litre + \$20.00 bottle

MISSION HILL PRIVATE RESERVE "FIVE VINEYARDS" CHARDONNAY, VQA (BC)

Classic varietal characteristics - crisp and dry with intense apple and tropical flavours.

\$6.50 glass + \$19.00 ½ litre + \$30.00 bottle

SMOKING LOON VIOGNIER (CALIFORNIA)

Aromas of honeysuckle, pear and rose/clove spice with flavours of ripe melon, passion fruit, pineapple and orange blossom.

\$6.50 glass + \$19.00 ½ litre + \$30.00 bottle

SUMAC RIDGE PRIVATE RESERVE GEWURZTRAMINER, VQA (BC)

Fresh orange peel, grapefruit and lychee fruit lift themselves out of the glass while a crisp, fresh, tropical palate of floral, grapefruit and apple fill the mouth.

\$5.75 glass + \$16.00 ½ litre + \$27.50 bottle

BLUSH WINE

WOODBRIIDGE WHITE ZINFANDEL (CALIFORNIA)

Delicate and refreshing, white zinfandel's bright berry and orange blossom notes offer a crisp, light flavor with a hint of sweetness.

\$4.50 glass + \$13.50 ½ litre + \$20.00 bottle

RED WINES

PELLER ESTATES PROPRIETOR'S RESERVE CABERNET MERLOT (BC)

Black pepper, strawberries and plum with notes of black tea and chocolate on the nose, this medium bodied red shows flavours of cherries and plums with soft tannins and balanced acidity.

\$4.50 glass + \$13.50 ½ litre + \$18.00 bottle

JACKSON TRIGGS OKANAGAN MERLOT, VQA (BC)

This wine displays fresh plum and black cherry aromas, with a hint of chocolate. The fruit flavours are sustained by velvet tannins and an elegant lingering finish.

\$6.50 glass + \$19.00 ½ litre + \$30.00 bottle

CECCHI CHIANTI, DOC (ITALY)

90% Sangiovese, this wine is characterized by an intense, ruby red colour, rich fruit flavours and hints of violets on the nose.

\$6.50 glass + \$19.00 ½ litre + \$30.00 bottle

HERITAGE ROAD BLOODSTONE SHIRAZ (AUSTRALIA)

Spicy plum, cherry and blackberry jam fruit flavours with a balanced medium body.

\$6.50 glass + \$19.00 ½ litre + \$30.00 bottle

WOLF BLASS "YELLOW LABEL" CABERNET SAUVIGNON (AUSTRALIA)

An excellent concentration of blackcurrant fruit flavours, a hint of peppermint and a lingering finish.

\$7.00 glass + \$20.00 ½ litre + \$35.00 bottle

Winter Warmers

LIQUEURS \$4.50

Bailey's Original, Bailey's Caramel, Amaretto, Kahlua, Grand Marnier, Brandy, Peppermint Schnapps, Crème de Cacao, Old Bushmills Irish Whisky.

BLUEBERRY TEA \$5.50

¾ oz Amaretto with ¾ oz Grand Marnier with orange pekoe tea.

POLAR BEAR \$5.50

¾ oz peppermint schnapps & ¾ oz Bailey's Original with hot chocolate. Garnished with fresh whipped cream.

DEATH BY CHOCOLATE \$5.50

¾ oz Kahlua with ¾ oz Crème de Cacao, hot chocolate, espresso and chocolate sauce.

SUGAR AND SPICE LATTE \$4.99

1 oz spiced rum with gingerbread flavour syrup and steamed milk. Garnished with fresh whipped cream and cinnamon.

COFFEE DRINKS \$4.99

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

B-52 – Bailey's Irish Cream, Kahlua and Grand Marnier

IRISH – Old Bushmills, Espresso and Coffee

SPANISH – Kahlua and Brandy

MONTE CRISTO – Kahlua and Grand Marnier

BAILEY'S OR BAILEY'S CARAMEL – with Coffee