

# BREAKFAST

Served until noon

- Eggs Benny** **\$11**  
2 poached eggs and ham on a toasted English muffin smothered with house made hollandaise sauce and served with hash browns
- Corned Beef Hash** **\$11**  
2 eggs any style served on a bed of fried corned beef, onions, and hash browns
- The Light Stack** **\$7**  
2 pancakes and 1 egg any style and choice of bacon, sausage or ham

# SMALL BITES

- The Well's Dry Ribs**  **\$10**  
fried rib bits, served with sweet chili sauce
- Golden Onion Rings** **\$8**  
golden fried onion rings served with sriracha honey mayo
- Waffle Yam Fries** **\$8**  
served with chipotle mayo
- Poutine** small **\$6** regular **\$8**  
fries, cheese curds and house made gravy
- Chicken Tenders** **\$11**  
served with fries and your choice of honey mustard, plum sauce or house made BBQ sauce
- Wings by the Pound**  available **\$13**  
tossed in choice of hot, honey garlic, salt & pepper, hoisin, sweet chili, lemon pepper or house made BBQ sauce
- Spring Rolls**  **\$7**  
vegetarian spring rolls served with plum sauce
- Spicy Calamari** **\$12**  
hot and crisp fried squid tossed with onions and bell peppers, served with a creamy dill dip
- Popcorn Shrimp** **\$10**  
breaded shrimp, served with cocktail sauce



Vegetarian



Gluten Free



The Well Signature Item

# FRESH BITES

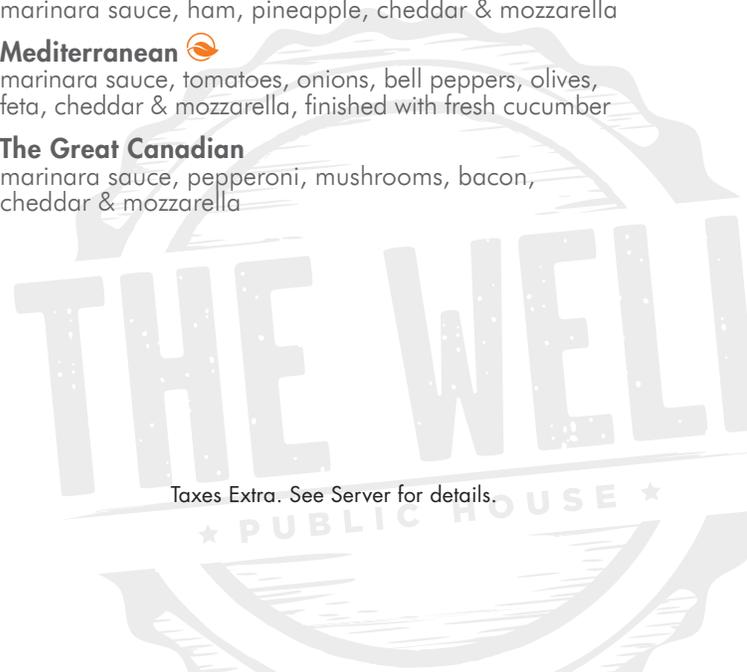
- Signature Soups** cup **\$4** bowl **\$7**  
choice of 2 daily features
- Garden Salad** side **\$5** full **\$9**  
mixed greens, tomatoes, carrots, pumpkin seeds and cucumbers served with your choice of dressing
- Caesar Salad** side **\$5** full **\$9**  
crisp romaine, our own Caesar dressing, garlic croutons and parmesan
- Sriracha Chicken Salad** **\$13**  
mixed greens, chicken breast, cucumbers, scallions, tomatoes, feta, a creamy sriracha honey dressing and finished with cilantro & lime
- add grilled chicken breast or garlic sautéed prawns **\$5**

**Dressing Options:** Sriracha Honey, Balsamic Vinaigrette, Herb Vinaigrette, Ranch

# SHAREABLES

- Baked Spinach & Bacon Dip** **\$12**  
house made with caramelized onions, bacon, spinach and cheese served with nacho chips
- Nachos**   half **\$11** full **\$15**  
oven baked nacho chips layered with mozzarella and cheddar, topped with olives, jalapeños, tomatoes and onions, served with sour cream and salsa  
add guacamole **\$3**, chicken **\$5**, beef **\$4**
- The Well Flatbread Pizzas** each **\$11**
- Hawaiian**  
marinara sauce, ham, pineapple, cheddar & mozzarella
- Mediterranean**   
marinara sauce, tomatoes, onions, bell peppers, olives, feta, cheddar & mozzarella, finished with fresh cucumber
- The Great Canadian**  
marinara sauce, pepperoni, mushrooms, bacon, cheddar & mozzarella

Taxes Extra. See Server for details.



## HANDHELDS

### The House Burger **\$12**

grilled house made beef patty on a warm brioche bun with lettuce, tomatoes, onions, mayo and dill pickles  
substitute chicken breast for \$1

### The Well Burger **\$14**

grilled house made beef patty, warm brioche bun, swiss cheese, bacon, lettuce, tomato caramelized onions, dill pickles and honey sriracha  
substitute chicken breast for \$1

### The Well Stacked Rueben **\$14**

corned beef, Swiss cheese, caramelized onion and sauerkraut on grilled marble rye with side of Dijon mustard

### Classic BLT **\$9**

bacon, lettuce, tomato and mayo on choice of bread

### Classic Beef Dip **\$12**

thinly shaved slow roasted beef, on a toasted garlic bun with a side of jus

### Clubhouse **\$12**

grilled chicken breast, lettuce, tomato, bacon and mayo on choice of bread

### Grilled Cheese Sandwich **\$7**

classic cheddar grilled cheese on choice of bread  
add ham \$2

### Chicken Quesadilla **\$14**

grilled chicken, bell peppers, onions, jalapeños, cheddar and mozzarella, in a flour tortilla with salsa and sour cream

### NY Steak Sandwich **\$17**

8 oz strip loin steak grilled to perfection, served with sautéed mushrooms on a toasted garlic bun

### Chicken Caesar Wrap **\$12**

crispy chicken, romaine, parmesan cheese and our own Caesar dressing, wrapped in a warm flour tortilla

Served with choice of soup, green salad or fries.  
Substitute: onion rings \$3, poutine \$3, yam chips \$3  
Add: mushrooms \$1, house beef gravy \$1, bacon \$1, cheddar or Swiss cheese \$1, make it shareable \$2

## MAIN BITES

### Fish & Chips **1pc \$10 2pc \$14**

golden beer battered cod, with fries, coleslaw and tartar sauce

### Baked Mac 'N' Cheese **\$14**

oven baked macaroni and cheese sauce with choice of bacon or broccoli, served with garlic toast

### Linguini Alfredo **\$12**

linguini and Alfredo sauce finished with parmesan cheese, served with garlic toast

### Butter Chicken **\$14**

pan seared chicken breast with stir fried onions, and bell peppers in rich Thai style butter sauce served over basmati rice with grilled flatbread

### Maple Ginger Salmon **\$17**

pan seared salmon filet with house maple ginger glaze and served with seasonal vegetables and a loaded baked potato or basmati rice

### Pork Schnitzel **\$16**

herb & panko crusted pork loin served with seasonal vegetables and a loaded baked potato or basmati rice finished with sautéed onion and mushroom pan gravy

### New York Steak **\$19**

8oz strip loin steak flame grilled to perfection and served with sautéed mushrooms, seasonal vegetables and a loaded baked potato or basmati rice

### Baby Back Ribs **half \$15 full \$20**

glazed with our house BBQ sauce, seasonal vegetables and a loaded baked potato or basmati rice  
add grilled chicken breast or garlic sautéed prawns \$5

## NOODLE BOWLS

### Ramen **\$13**

White miso broth, smoked tofu, bacon, mushrooms, cabbage, carrots, served over ramen noodles finished with cilantro, lime and scallions

### Chow Mein **\$10**

stir fried carrots, onions, bell peppers and cabbage and noodles in a tangy ginger hoisin sauce

### Ginger Beef & Broccoli **\$14**

pan pan fried tender strips of beef and steamed broccoli tossed with crispy noodles, garlic and ginger sauce

### Vegetable Stir Fry **\$11**

stir fried broccoli, onions, celery, carrots and bell peppers in honey-garlic sauce and served over basmati rice  
add grilled chicken breast or garlic sautéed prawns \$5

