

# FRIEND: SOMEONE WHO THINKS YOU SHOULD HAVE FRIES ★ WITH THAT ★

**Three Egg Breakfast**  \$5  
three eggs made to order, hash browns, toast, choice of  
bacon, ham or sausage

**French Toast**  \$7  
three cinnamon egg-dipped pieces of Texas toast with  
strawberries and whipped cream

**The Well Breakfast Skillet**  \$10  
hash browns topped with scrambled eggs, onions, red  
peppers, bacon, ham, sausage, cheddar and mozzarella  
cheeses, served with toast

Early Bites available Monday to Friday 10am - 12pm;  
Saturday & Sundays 10am - 2pm

**EARLY  
BITES**

**SPOONFULS &  
FRESH BITES**

**Signature Soups** (cup) \$3 (bowl) \$6  
choice of Signature Tomato soup or daily feature soup

**Organic Greens**   \$7  
spring mix, tomatoes, carrots, pumpkin seeds, cucumber  
with house made herb vinaigrette

**Caesar Salad**  (side) \$4 (full) \$8  
herb croutons, parmesan cheese, lemon with house made  
dressing

add chicken or garlic prawns to any Fresh Bite \$5

**Poached Pear & Beet Salad**  \$10  
baby arugula, pickled beets, red wine poached pears with  
balsamic and blue cheese dressings

**Southwest Chicken Salad**  \$13  
spring mix, grilled Cajun style chicken, corn and bean salsa,  
tomatoes with chipotle-lime dressing & crispy tortilla chips

**Summer Spinach & Berry Salad**  \$10  
fresh spinach, blueberries, strawberries, goat cheese with  
house-made raspberry vinaigrette

**Dry Ribs** \$10  
fried seasoned pork ribs with sweet chili sauce

**Onion Rings**  \$7  
with chipotle may

**Spring Rolls**  \$6  
on a bed of lettuce & crispy noodles with sweet chili sauce

**Poutine** \$8  
cheese curds & house-made gravy

**Chicken Tenders** \$10  
crispy chicken strips with fries & choice of dipping sauce

**Yam Fries**  \$7  
with chipotle mayo

**Chicken Wings by the Dozen**  available \$10  
choice of house made bbq, honey garlic, teriyaki, hot buffalo,  
salt & pepper

**Sautéed Prawns** \$12  
beurre blanc with garlic bread

**Popcorn Shrimp**  \$9  
with honey-Dijon dressing

**SMALL  
BITES**

**Spinach & Artichoke Dip**  \$12  
house made, oven baked in a sourdough loaf

**The Well Nachos**   (half) \$9 (full) \$13  
olives, jalapenos, tomatoes, onions, layered with cheese, oven  
baked, with sour cream & salsa

add ons  
guacamole \$2  
chicken \$5  
beef \$4

**The Well Pizzas** (each) \$9  
**Hawaiian**  
ham, pineapple, marinara, cheddar & mozzarella

**Brushchetta**   \$9  
tomatoes, onions, garlic, basil, goat cheese, baby arugula,  
balsamic reduction, olive oil

**Pepperoni Plus**  
pepperoni, mushroom, bacon, marinara, cheddar & mozzarella

**SHAREABLES**

# HANDHELDS

**The Well Classic Burger** **\$10**  
house made patty, lettuce, tomato, onion, mayo on a warm brioche bun

**The Well Bacon Cheddar Burger** **\$12**  
house made patty, crisp bacon, cheddar, lettuce, tomato, onion, mayo on a warm brioche bun

**The Well Mushroom Swiss Burger** **\$12**  
house made patty, sautéed mushrooms, swiss, lettuce, tomato, onion, mayo on a warm brioche bun

**Beef Dip** **\$10**  
slow-roasted thinly shaved beef, herb Dijon aioli on a garlic toasted loaf with au jus

**The Philly Cheese Steak** **\$12**  
slow-roasted, thinly shaved beef, cheddar, red peppers, onions, mushrooms, herb Dijon aioli on a garlic toasted loaf

**Chicken Quesadilla** **\$13**  
chicken breast, cheddar & mozzarella, peppers, onions, jalapenos in a flour tortilla with salsa & sour cream

**Chipotle Chicken Sandwich** **\$13**  
grilled chicken, swiss, bacon, chipotle mayo, lettuce, tomato on a garlic toasted loaf

**Pulled Pork Sandwich**  **\$11**  
slow-cooked pork, house-made bbq sauce, crisp coleslaw on a toasted brioche bun

served with soup, organic greens or fries; upgrade to yam fries or caesar salad **\$2**; upgrade to onion rings **\$3**  
add cheddar, mushrooms, bacon or fried onions **\$1.50 each**; substitute any beef patty for chicken breast **\$1**

**The Well Butter Chicken**  **\$13**  
basmati rice, butter chicken with naan bread

**Vegetable Stir Fry**   available **\$10**  
broccoli, onions, celery, carrots, red peppers, honey garlic sauce served over basmati rice  
add chicken or garlic prawns **\$5**

**Baked Chorizo Penne** **\$12**  
mild chorizo sausage, mushrooms, onions, red peppers, tomatoes, marinara sauce, baked with cheddar & mozzarella served with garlic toast

**Linguini Alfredo**  **\$10**  
alfredo sauce, linguini, parmesan with garlic toast  
add chicken or garlic prawns **\$5**

**Fish & Chips** (1pc) **\$10** (2pc) **\$13**  
pacific cod, golden crispy beer batter, fries with coleslaw & tartar sauce

**Pan Seared Salmon**  **\$16**  
seared salmon, lemon dill cream sauce, seasonal vegetable with mashed, baked potato or rice

**Chicken Parmesan** **\$16**  
herb & panko crusted chicken breast, baked with parmesan & marinara sauce, seasonal vegetables with mashed, baked potato, or rice

**New York Steak**  **\$18**  
grilled striploin, garlic mushrooms, seasonal vegetables with mashed, baked potato, or rice  
enhance with garlic prawns **\$5**

**Baby Back Ribs**  (half) **\$14** (full) **\$19**  
house made bbq sauce, seasonal vegetables with mashed, baked potato, or rice

**Boneless Short Rib**  **\$19**  
natural juices, seasonal vegetables, with mashed, baked potato or basmati rice

# MAIN BITES

**Classic Cheesecake** **\$7**  
classic New York style cheesecake, berry compote, whipped cream & berries

**The Well Ice Cream Sundae** **\$8**  
ice-cream, cookie wedges, fruit, whipped cream, chocolate & caramel sauce

**Crème Brûlée** **\$6**  
classic creamy custard, caramel crust with whipped cream & berries

**Warm Chocolate Brownie** **\$7**  
warm wedges of triple chocolate brownie, ice-cream, caramel drizzle with whipped cream & berries

# SWEET BITES



Taxes not included.