

FRESH BITES

Signature Soups cup \$4 bowl \$8

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 \$6 full \$11

Crisp romaine, our own Caesar dressing, garlic croutons and parmesan

Sriracha Chicken Salad \$15

Mixed greens, chicken breast, cucumbers, scallions, tomatoes, feta, a creamy sriracha honey dressing and finished with cilantro & lime

Baby Kale Berry Salad \$13

Kale, fresh berries, pecans, red onion and feta cheese tossed in herb vinaigrette

Thai Chicken Noodle \$14

Crisp romaine, tender noodles, cucumber, peppers tossed in a sweet Thai chili dressing topped with grilled chicken, scallions, cilantro and wonton crisps

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

Yam Fries \$8

Served with chipotle mayo

Poutine small \$6 regular \$8

Fries, cheese curds and house made gravy
load it up! add bacon, scallions, sour cream and shredded cheese \$3

Wings by the Pound available \$13

Tossed in choice of hot, honey garlic, salt & pepper, hoisin, sweet chili, lemon pepper or 40 Creek BBQ sauce

Spring Rolls \$8

Vegetarian spring rolls served with plum sauce

Spicy Calamari \$12

Hot and crisp fried squid tossed with red onions and bell peppers, served with a creamy dill dip

Popcorn Shrimp \$10

Breaded shrimp, served with cocktail sauce

Fried Pickles \$7

Crispy fried pickles served with ranch

SHAREABLES

Nachos half \$12 full \$18

Oven baked nacho chips layered with mozzarella and cheddar, topped with olives, jalapeños, tomatoes and onions, served with sour cream and salsa
add guacamole \$4, beef \$4, chicken \$5

The Well Flatbread Pizzas each \$12

BBQ Chicken

40 Creek BBQ sauce, chicken, onion, peppers, pineapple, mozzarella

Pesto Margherita

Marinara sauce, grape tomatoes, onions, feta, mozzarella, finished with pesto aioli

The Great Canadian

Marinara sauce, pepperoni, mushrooms, bacon, cheddar & mozzarella

Butter Cajun Prawns \$13

Prawns, onions, garlic, peppers and tomatoes sautéed with Cajun spices served with garlic toast

Baked Brie and Bacon Jam \$13

Warm brie, bacon jam and pickled red onion served with garlic flat bread.



Vegetarian



Gluten Friendly



The Well Signature Item

Discounts not available for any daily Well Dining Deal
Taxes extra. See server for details.



HANDHELDS

Served with choice of soup, Caesar salad, green salad or fries.

Classic Burger \$12

Grilled house made beef patty on a warm brioche bun with lettuce, tomatoes, onions, mayo and dill pickles

The Well Burger \$14

The classic burger topped with bacon jam, Swiss cheese, crisp bacon, dill pickle and honey sriracha sauce

The Well Chicken Burger \$16

Chicken breast with brie cheese, pickled red onion on a warm brioche bun with lettuce, tomato, sriracha honey mayo and dill pickle

The Well Stacked Reuben \$15

Corned beef, Swiss cheese and sauerkraut on grilled marble rye with side of Dijon mustard

Prawn Wrap \$15

Mixed greens, sautéed Prawns, cucumber, tomato, red onion, mozzarella and sweet chili ranch wrapped in a warm flour tortilla

Classic Beef Dip \$14

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

Philly it up with sauteed onions, peppers and Swiss cheese \$4

Sriracha Chicken Wrap \$14

Mixed greens, chicken breast, cucumbers, scallions, tomatoes, and feta, a creamy sriracha honey dressing and wrapped in warm flour tortilla

Clubhouse \$13

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

Chicken Quesadilla \$15

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

SWEET BITES

The Well Cheesecake \$7

Finished with whipped cream and fruit compote

Seasonal Crumble \$7

Served with ice cream

Frozen Mousse Cake \$7

Rich chocolate cake and mousse topped with a silky ganache

MAIN BITES

Fish & Chips 1pc \$11 2pc \$14

Beer battered cod, with fries, coleslaw & tartar sauce

Pan Seared Salmon \$18

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

Pork Schnitzel \$17

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 Dinner \$20

8oz strip loin steak 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 40 Creek BBQ sauce, seasonal vegetables and a loaded baked potato or basmati rice

add grilled chicken breast or garlic sauteed prawns \$6

BOWLS

Chicken and Mushroom Linguini \$16

Sautéed chicken breast, onions, garlic and mushrooms in a creamy Alfredo sauce served with garlic toast

Linguini 'n Meatballs \$15

House made meatballs, marinara sauce, finished with parmesan cheese, served with garlic toast

Chow Mein \$10

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

Ginger Beef & Broccoli \$14

Pan fried tender strips of beef and steamed broccoli tossed with soft egg noodles, garlic and ginger sauce

Vegetable Stir Fry \$12

Stir fried broccoli, onions, celery, carrots and bell peppers in honey-garlic sauce and served over basmati rice

add grilled chicken breast or sautéed garlic prawns \$6

THE WELL
★ PUBLIC HOUSE ★