



APPIES

WONTON SOUP 11
pork wontons with carrots, onions, garlic and ginger in a fragrant chicken broth.

POUTINE SMALL 10 REGULAR 13
french fries, cheese curds and gravy.

LOAD IT UP! add bacon, fried onions, sour cream, and shredded cheddar & mozzarella cheese. 4

NACHOS V FOR TWO 19 FOR MORE 27
house fried corn tortilla chips topped with onions, tomatoes, banana peppers, kalamata olives, shredded cheddar & mozzarella cheese. served with salsa and sour cream.

add guacamole SMALL 3 LARGE 5
add pulled chicken or ground beef 7

QUESO WAFFLE FRIES 13
crispy seasoned waffle fries served with a cheesy house made queso dip.

FRIED MOZZA STICKS 15
hot and gooey mozzarella served with a pesto marinara sauce.

CHICKEN WINGS 19
crispy fried chicken wings tossed in a choice of bbq, teriyaki, honey garlic, sweet chili, or hot sauce.

POPCORN SHRIMPS 16
fried crispy shrimp with house made cocktail sauce.

DRY RIBS 15
fried rib bites served with sweet chili sauce.

LETTUCE WRAPS 18
choice of chicken breast or ground beef, onion, carrot, garlic, and ginger in teriyaki sauce topped with wonton crisps, cilantro and green onions. served with crisp iceberg lettuce, and sweet chili sauce.

SPRING ROLLS V 11
vegetarian spring rolls served with plum sauce.

SALADS

CAESAR SALAD SIDE 9 FULL 15
crisp romaine, garlic croutons, with caesar dressing topped with parmesan and chopped bacon.
add chicken or prawns 7

SEARED CHICKEN SRIRACHA SALAD 22
mixed greens, grilled chicken breast, carrot, red and green cabbage, cucumber, red onion, tomato, and shredded cheddar in a creamy sriracha honey dressing and finished with a lime and wonton crisps.

BURGERS

served with your choice of fries, soup, garden salad or caesar salad. upgrade your side to waffle fries, yam fries, poutine, or onion rings 4

WELL BURGER 22
the classic burger topped with bacon, bbq sauce, mozzarella, and crispy onions with lettuce, tomato, sriracha honey mayo and a dill pickle.

CLASSIC BURGER 19
6oz beef patty and house seasoning on a warm brioche bun with lettuce, tomato, onion, mayo, and a dill pickle.

QUESO SMASH BURGER 23
onion and beef smashed on the flat top, in a toasted brioche bun with lettuce, tomato, sriracha honey mayo, and a bowl of warm queso for dipping.

SPICY CRISPY CHICKEN 22
crispy fried chicken breast, onions, banana peppers, sriracha honey slaw and dill pickles on a warm brioche bun.

WELL CHICKEN BURGER 22
grilled 6oz chicken breast with bourbon bacon jam and mozzarella on a warm brioche bun with lettuce, tomato, onion, pesto mayo, and a dill pickle.

VEGGIE BURGER V 19
sauteed onions, peppers, mushrooms and garlic on a black bean patty topped with melted mozzarella and balsamic reduction on a warm brioche bun with lettuce, tomato, pesto mayo, and a dill pickle.

FOCACCIA MELTS

BBQ CHICKEN 19
marinara with grilled chicken, red onion, banana peppers, and mozzarella baked on focaccia bread and finished with a drizzle of bbq sauce

BACON PINEAPPLE 18
marinara, bacon, pineapple, red onion, and mozzarella baked on focaccia and finished with a maple sriracha drizzle.

BRUSCHETTA V 17
diced tomato, red onion, olives, garlic, basil and mozzarella baked on focaccia and finished with balsamic reduction.

WRAPS & SANDWICHES

served with your choice of fries, soup, garden salad or caesar salad. upgrade your side to waffle fries, yam fries, poutine, or onion rings 4

CLUBHOUSE 23
grilled chicken breast, crispy bacon, lettuce, tomato, and mayo on your choice of bread.

CLASSIC BEEF DIP 22
thinly shaved slow roasted beef, honey dijon herb aioli, crispy onions, on a garlic buttered ciabatta bun with au jus.

PHILLY CHEESE 25
thinly shaved slow roasted beef sauteed with onions peppers, mushroom and bbq sauce covered in mozzarella, on a garlic buttered ciabatta bun.

CALI CHICKEN WRAP 22
crispy chicken and guacamole with crispy bacon, lettuce, cucumber, red onion, tomato, mozzarella tossed in ranch dressing, wrapped in a warm flour tortilla.

RUEBEN 24
grilled marble rye, mozzarella, fried sauerkraut and corned beef with dijon mayo.

STEAK SANDWICH 30
6oz striploin charbroiled, on garlic focaccia, mixed greens, cherry tomatoes, sauteed onions, and honey dijon herb aioli, topped with a lemon herb and garlic compound butter.

MAINS

*served with your choice of mashed potatoes, basmati rice, mini roast potatoes, or fries.

CHICKEN TACOS 18
3 soft tortillas with pulled cajun chicken breast, lettuce, tomato, guacamole, cumin lime crème, pickled red onion and cilantro. served with tortilla chips and salsa.

FISH & CHIPS 1-PIECE 16 2-PIECE 21
golden beer battered rockfish, with fries, coleslaw and tartar sauce.

MEATBALL LINGUINI 24
sauteed onions and peppers with house made meatballs in marinara and pesto sauce. topped with mozzarella, parmesan cheese and green onions. served with garlic focaccia.

GARLIC PARMESAN LINGUINI 21
sauteed onions and garlic, white wine, heavy cream and parmesan tossed with linguini. topped with more parmesan served with garlic focaccia.
add chicken or prawns 7

MUSHROOM CHOWMEIN 18
sauteed mushrooms, onions, garlic, ginger, carrots, cabbage, noodles and soy sauce. topped with green onions.
add chicken or prawns 7

VEGETABLE STIRFRY V 18
sauteed onions, garlic, ginger, celery, carrots, and broccoli, red peppers, and cabbage in a teriyaki sauce served over basmati rice.
add chicken or prawns 7
sub noodles 2

GINGER BEEF & BROCCOLI 23
sauteed onions, garlic, ginger, tender beef, broccoli, in a tangy hoisin sauce served over noodles.

BABY BACK RIBS HALF 25 FULL 34
tender pork ribs glazed in forty creek bbq sauce with house vegetables and choice of starch*

PORK SCHNITZEL 26
panko crusted pork loin, with mushroom onion gravy, with house vegetables and choice of starch*.

NY STEAK 36
6oz striploin charbroiled with sauteed onions, mushrooms, and garlic. served with house vegetables, and choice of starch.*

DESSERTS

NY CHEESECAKE 12
classic baked cheesecake with fruit compôte and whipped cream.

BAILEYS CRÈME BRULE 12
rich creamy baileys custard with hard caramel top with whipped cream.

CHOCOLATE LAVA CAKE 12
warm chocolate cake with vanilla ice cream and whipped cream.

V Vegetarian

All prices subject to applicable taxes. If you have a food allergy, please notify your server. We care about your well-being, however, we cannot guarantee that there will not be cross-contamination between items. Food prepared in our restaurant is processed in a kitchen that includes common allergens, including milk, eggs, wheat, soy, fish, peanuts and tree nuts.

WINES

	5oz	8oz	Bottle (750ml)
RED			
JACKSON TRIGGS MERLOT	9	13.5	
INNISKILLIN SHIRAZ CABERNET SAUVIGNON	10.5	15.5	40
SUMAC RIDGE ESTATE CABERNET MERLOT	10.5	15.5	40
WHITE			
JACKSON TRIGGS SAUVIGNON BLANC	9	13.5	
INNISKILLIN PINOT GRIGIO	10.5	15.5	40
SUMAC RIDGE ESTATE CHARDONNAY	10.5	15.5	40
JACKSON TRIGGS ROSÉ	9.5	14	38

COCKTAILS

RED SANGRIA 5oz spirit, 3 oz wine dark rum, triple sec, merlot, oj, ginger ale	10
WHITE SANGRIA 5oz spirit, 3 oz wine peach vodka, peach schnapps, sauvignon blanc, pineapple juice, 7-up	10
WELL CAESAR 1oz vodka, clamato, tabasco, worcestershire, pickled asparagus	10
FROZEN BELLINI 1oz white rum, peach schnapps, peach slush, sangria float	9
SPIKED FROZEN COLA 1oz cola slush, choice of rum, rye, or cherry vodka	9
RASPBERRY PEACH CRUSH 1oz raspberry vodka, peach puree, pineapple juice, soda	9
RASPBERRY GIN SMASH 1oz gin, muddled raspberries, simple syrup, soda, lime juice	9
GIN SPRITZ 1oz gin, pink grapefruit juice, lime juice, soda	9
PALOMA 1oz silver tequila, pink grapefruit, lime juice, soda, salted rim	9
ROCKS MARGARITA 1oz silver tequila, triple sec, lime juice, slated rim	9
WELL MAI TAI 1oz white and dark rum, triple sec, oj, pineapple juice, lime juice	9

NON-ALCOHOLIC

PEACH SUNSET peach puree, pineapple juice, soda, grenadine	6
RASPBERRY KISS fresh raspberries, simple syrup, soda, lime juice	6
FROZEN SLUSH peach or cola	6
HEINEKEN N/A 0.0	6
ROCKSTAR ENERGY	5
FRUIT JUICE cranberry, orange, pink grapefruit, pineapple	3.5
FOUNTAIN POP pepsi, diet pepsi, 7-up, ginger ale, iced tea	3.5
SPECIALTY TEAS	3
FRESH BREWED COFFEE	2.5

BEERS, CIDERS & COOLERS

DRAUGHT BEER 14oz	
THE WELL PILSNER	8
MOLSON CANADIAN	8.5
COORS LIGHT	8.5
ROTATING CRAFT	8.5
DOMESTIC BOTTLE 341 ml	8.5
MOLSON CANADIAN	
COORS LIGHT	
BUDWEISER	
BUD LIGHT KOKANEE	
MILLER GENUINE DRAUGHT	
IMPORT BOTTLE	
HEINEKEN 330 ml	9.5
CORONA 330 ml	9.5
GUINNESS 440 ml	10.25
CIDERS & COOLERS 355 ml	8.5
GROWER'S APPLE	
GROWER'S PEACH	
WHITE CLAW MANGO	
WHITE CLAW PEACH	



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