



**BREAKFAST**

**BAGEL SANDWICH | 15**

Everything bagel, smashed avocado, fried egg, lettuce, tomatoes, breakfast potatoes

**POTATO BOWL | 17 (GF)**

Bacon, wild mushrooms, spinach, basil pesto, feta, poached eggs, hollandaise

**EGGS YOUR WAY | 16**

Bear and the Flower local blueberry maple sausage, hash browns, eggs your way, baked beans, brioche bread, and grilled tomatoes

**BROCHE FRENCH TOAST | 18**

Whipped butter, caramelized banana, walnut crumble

**YOGURT AND GRANOLA | 14 (V)**

Local yogurt, vanilla, fresh berries, walnut granola crumble, Manitoba Harvest organic hemp protein seed, local Alberta honey drizzle

**BEVERAGES**

<b>COFFEE</b>	<b>4</b>
<b>HOT TEA</b>	<b>4</b>
<b>HOT CHOCOLATE</b>	<b>4</b>
<b>MILK</b>	<b>3</b>
<b>JUICE</b>	<b>4</b>
(Orange, Apple, Cranberry)	

**A LA CART**

<b>TWO EGGS</b>	<b>6</b>
<b>BREAKFAST POTATOES</b>	<b>4</b>
<b>BACON</b>	<b>5</b>
<b>BEAR AND FLOWER SAUSAGE</b>	<b>6</b>
<b>ENGLISH MUFFIN</b>	<b>4</b>

Gluten Friendly (gf)      Seafood (s)      Vegetarian (v)

An 18% gratuity may be added to parties of 8 or more.  
Consuming raw or undercooked meats, seafood or eggs may increase the risk of foodborne illness.



PRINCE OF WALES

EST. 1927

LOUNGE

## SHARABLES

### WHIPPED FETA DIP | 15 (v)

Warm pita, Alberta organic honey, chopped walnuts, chives, house made rhubarb jam

### POUTINE | 16

Shredded Alberta beef brisket, fried onions, cheese curds, fries and a rich gravy

### BISON MEATBALLS | 16

Grana Padano, fresh focaccia bread

### CHARCUTERIE BOARD | 32

A selection of two local sausages, Crystal Creek Gouda, bacon jam, tomato jam, mustard, pretzel bread, pickled vegetables, roasted almonds, fruit.

### PEI MUSSELS | 18

Pancetta, garlic, cream, tomatoes, white wine, fresh bread

## SALADS AND SOUP

### MEDITERRANEAN SUMMER SALAD

#### HALF 12 | FULL 20 (v)

Seasonal stone fruit, local tomatoes, local corn, basil, red onions, chickpeas, crispy pita, falafel, mixed greens, lemon yogurt dressing

### STEAK SALAD | 25 (gf)

Local baby potatoes, celery curls, green beans, tomatoes, feta, mixed greens, vinaigrette, AAA Alberta skirt steak, chimichurri sauce

### POTATO LEEK SOUP | 12 (gf, v)

Garnished with crispy leeks and herb oil

## ENTREES

### FISH AND CHIPS | 19

Panko crusted cod, minted peas, coleslaw, fries, tartar sauce

### COTTAGE PIE | 21

Pulled Alberta brisket, peas, carrots, onions, rich Oldman Brewing St. Joe's ale gravy, mashed potatoes, caramelized onions. Served with a light green salad

### LOUNGE BURGER | 20

In-house made Alberta beef patties, sharp cheddar cheese, local cured thick cut bacon, grainy mustard, aioli, butter leaf lettuce, local tomatoes, crispy fries

### FLATBREAD | 20 (v)

Fresh local tomatoes, fior di latte, local basil, balsamic reduction, figs, caramelized onions

### VEGGIE BURGER | 18 (v)

Sharp cheddar cheese, aioli, butter leaf lettuce, local tomatoes, crispy fries

### BEAR AND THE FLOWER

#### ROAST PORCETTA SANDWICH | 22

Thin sliced porchetta, lemon caper aioli, fresh arugula, caramelized onions, tomato jam, ciabatta bun, crispy fries

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Seafood (s)

Vegetarian (v)

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PRINCE OF WALES

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## SHARABLES

### WHIPPED FETA DIP | 15 (v)

Warm pita, Alberta organic honey,  
chopped walnuts, chives, house made rhubarb jam

### PEI MUSSELS | 18

Pancetta, garlic, cream, tomatoes, white wine,  
fresh bread

### BISON MEATBALLS | 16

Grana Padano, fresh focaccia bread

### CHARCUTERIE BOARD | 32

A selection of two local sausages, Crystal Creek Gouda,  
bacon jam, tomato jam, mustard, pretzel bread,  
pickled vegetables, roasted almonds, fruit

## SALADS AND SOUP

### MEDITERRANEAN SUMMER SALAD | 12 (v)

Seasonal stone fruit, local tomatoes, local corn, basil, red onions,  
chickpeas, crispy pita, falafel, mixed greens, lemon yogurt dressing

### POTATO LEEK SOUP | 12 (v, gf)

Garnished with crispy leeks and herb oil

Gluten Friendly (gf)

Seafood (s)

Vegetarian (v)

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ENTREES

**STEAK FRITES | 34**

Marinated Alberta flank steak, truffled parmesan fries,  
crisp greens, blue cheese cream sauce

**ALBERTA BISON SIRLOIN | 42 (gf)**

8oz Bison sirloin, roasted mushrooms, bacon brussels sprouts, cauliflower and  
sweet potato tossed with a walnut and sage pesto

**BC STEELHEAD TROUT | 34 (gf)**

Warm truffled spring pea puree, local fingerling potatoes,  
roasted wild mushrooms, pea shoot salad with a sumac vinaigrette drizzle

**ROAST CHICKEN SUPREME | 30 (gf)**

Whipped mashed potatoes, roasted onion demi, grilled asparagus

**ELK RAGOUT | 34**

Locally made fettuccini with shredded elk, crisp pancetta,  
cherry tomatoes, wild mushrooms, spring peas in an elk demi cream sauce,  
topped with shredded grana padano cheese

**BBQ CAULIFLOWER | 28 (v, gf)**

Pesto grilled cauliflower wedge, organic red lentils, harissa sauce, citrus yogurt,  
blistered berry tomatoes and fresh pea shoots

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