

# SOUP & SALAD

All full sized salads are served with grilled garlic flatbread.

**Get creative. Add any of the following:**

Jerk Chicken Skewer (🔥), Sautéed Shrimp Skewer \$4; Grilled or Blackened Chicken Breast \$5 (🔥).

## **Freehouse Caesar \$6 / \$10**

Crisp romaine tossed with house dressing and house-made croutons. Topped with grated parmesan.

## **Greek \$6 / \$10**

Peppers, tomatoes, cucumbers, olives, and feta on a bed of crisp romaine with our signature Mediterranean dressing.

## **Petite Greens \$5 / \$9**

Mesclun greens with carrots, cucumbers, garden radish, and raspberry vinaigrette.

## **Cranberry and Almond \$6 / \$10**

Baby spinach with carrots, roasted almonds, and dried cranberries. Finished with brie cheese and pineapple mango vinaigrette.

## **Spinach and Roast Roma \$6 / \$10**

Baby spinach leaves, roasted roma tomatoes, Spanish onions, pecans, and parmesan cheese with balsamic vinaigrette.

## **Pear and Blue Cheese \$6 / \$10**

Mesclun greens with Spanish onions, and roasted pears and grapes. Topped with crumbled blue cheese and served with creamy poppy seed vinaigrette.

## **Daily and Seasonal Soup \$5 / \$8**

Our soups change according to our mood. Your server would love to tell you what our soups are.

## **Soup and Salad Duet \$10**

Choose a daily or seasonal soup to go with a salad of your choice and a slice of garlic flatbread.



All salads are gluten-free without the grilled flatbread.



Gluten-free.



Vegetarian.



Spicy.

# apps

## **Empanada in Two Ways \$12**

Four traditional South American Empanadas. A savory pastry stuffed with your choice of pork or mushrooms (✓). Served with a chimichurri sauce.

## **Riblets & Sauces \$10**

Crispy bone-in riblets with your choice of house-made dressings: ginger lime, chipotle glazed, Thai-style, or Jerk mango.

## **Tandoori Chicken Tenders \$10 / add fries, soup, or salad for \$3**

Crisp fried chicken tenders served with our famous Pepper Cheddar Dip! Try them doused in hot sauce if you like a little spice.

## **Korean Spring Rolls \$8**

Four crispy fried spring rolls stuffed with julienned vegetables and kimchi served with a sweet chili sauce (🔥).


## **Jerk Chicken Skewers \$12**

Jerk marinated chicken, oven roasted, and served over mesclun greens with mango salsa.

## **Sweet Potato Fries \$7**

A freehouse staple: house cut sweet potato fries with tangy mustard mayonnaise.

## **Black Bean Salsa & Chips \$10.5**

 A sweet and flavorful house-made salsa of black beans, roasted corn, tomatoes, onions, and peppers. Chipotle peppers, cilantro, and a hint of citrus flavor in this dish, finished with fresh avocado.

## **Coconut Shrimp \$12**

Fire roasted shrimp breaded with panko, coconut, and a hint of tarragon. Yummm! Finished in a pineapple cream sauce.

## **Blackened Chicken Quesadilla \$10 / add fries, soup, or salad for \$3**

A flour tortilla stuffed with fresh guacamole, house-made black bean salsa, and tender blackened chicken. Served with our sweet and spicy mango salsa. Add a side dish and make it a meal.

## **Appetizer Smatter \$28**

Choose 3 of the following: Sweet Fries, Riblets, Empanadas, Chicken Tenders, Korean Spring Rolls, Black Bean Salsa & Chips.



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**All sandwiches served with soup, salad, or fries.**

To substitute sweet potato fries, add \$1.5.

**Lunch a la carte.**

Not so hungry? Order any of our sandwiches on its own and save \$3.

**\*Wich add ons.**

Add any or all of these taste toppings for just \$1 each: Cheddar, Provolone, Swiss, Mushrooms, Bacon, or Capicola.

 **Chicken and Capicola \$13.5**

Chicken breast, spicy capicola ham, and cheddar cheese on ciabatta loaf with lettuce, tomato, onion, and basil pesto mayo.

**Steak Sandwich \$14**

6oz marinated sirloin grilled the way you like. Served on a toasted ciabatta and topped with crisp fried onions.

**Cobb Salad Wrap \$12**

Smoked bacon, chicken breast, avocado, lettuce, tomato, Spanish onion, and blue cheese dressing all rolled into a flour tortilla.

**Thai Chicken Burrito \$12**

Thai marinated chicken, refried beans, brown rice, diced vegetables, and a three-cheese blend rolled into two curry flour tortillas.

**Mango Chicken Sandwich \$11**

Grilled chicken breast topped with mango salsa on a Kaiser bun with lettuce, tomato, and Spanish onions.

**Freehouse Burger \$13**

This big, juicy 8 oz patty is made in house and is a blend of beef and bison, lightly seasoned with a hint of fresh sage. Try it with cheese or bacon or both!

 **Southwest Veggie Burger \$11**

House-made spicy black bean, brown rice, and cornmeal patty with chipotle adobo BBQ sauce, topped with lettuce, tomato, onions, and fresh avocado.

 **Mushroom Sandwich \$10**

Wild mushrooms on a ciabatta loaf with a wasabi-apple relish, baby spinach, brie cheese, and garden radish.

**BBQ Pulled Pork \$12**

Pulled pork simmered in our chipotle adobo BBQ sauce, served on a toasted Kaiser with cheddar, spinach, and roasted roma tomatoes.

**Miso Honey Noodle Wrap \$12**

A grilled chicken breast glazed with honey almond butter tossed with noodles and a traditional savory Miso. Rolled in a warm flour tortilla with garden radish, Spanish onions, and romaine lettuce.

sandwiches

### Need a little extra?

Add protein for \$4, Add a veggie or cheese for \$2.5.

**Creative? Give us some ideas, we love new stuff.**

**9-inch pizza / \$14**

**12-inch pizza / \$17.5**

#### **Tandoori Chicken**

Tandoori flavored sauce, chicken breast, red peppers, onions, mozzarella cheese, finished with mango chutney and fresh cilantro.

#### **Pulled Pork and Apple**

Pulled pork and shaved Granny Smith apple on our house BBQ sauce and a three cheese blend.

#### **Roma Capicola**

Basil pesto, spicy capicola ham, slow roasted tomatoes, onions, and provolone cheese.


#### **Caribbean Island Style, Yah Mon!**

Mango jerk sauce, shrimp red peppers, onions, and mozzarella finished with shredded coconut.

#### **Spicy BBQ Chicken**

Spicy BBQ sauce with chicken, onions, and cooled with mandarin oranges.

#### **Squash the Meat**

 Sweet red curry sauce, roasted butternut squash, roasted yellow squash, roasted zucchini, roasted eggplant, onions, and mozzarella cheese.

#### **The Greek**

Spinach, roast tomatos, onions, feta, kalamata olives, and mozzarella cheese on basil pesto.

#### **Mushroom Cheesy**

Our three cheese blend and brie melted over a wild mushroom medly and basil pesto.

wood  
fired  
pizza

**Add ons.**

Add chicken, shrimp, or tofu for \$4.

# from the pan



**Kashmiri Chicken \$14**



A rich, authentic curry of chicken, cardamom, cinnamon, ginger, onion, cilantro, and yogurt. Served with rice and garlic flatbread.

**Capicola Pesto Penne \$14**

A very flavorful and spicy ham sautéed with garlic and onions. Folded with penne and a creamy basil pesto sauce.



**Roasted Vegetable Linguini \$14**

A lightly roasted colorful medley of butternut squash, yellow squash, zucchini, onion, and eggplant. Tossed in sundried tomato pesto sauce with Linguini pasta.



**Curried Chick Peas \$14**



Traditional style Indian curry of chickpeas served with rice, seasonal veggies, and grilled flatbread.



**Vegetarian Chili \$14**



A hearty chili of black beans, roasted corn, tomatoes, peppers, onions, roasted squash, eggplant, and our house-made tomato sauce. Served over rice and tucked under grilled flatbread.



**Citrus Noodle Bowl \$12**

A sweet and spicy dish of sautéed noodles and vegetables with refreshing citrus flavours. Topped with fresh cilantro and sesame seeds.



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# mains

## **Wood Fired Blackened Chicken \$19**

A full chicken breast supreme seasoned with our house blackening spice. Forno roasted with baby potatoes and seasonal vegetables.

## **Wood Fired Seasonal Chicken \$19**

A full chicken breast supreme prepared with the flavor of the month. Forno roasted with baby potatoes and seasonal vegetables.

## **Ginger Apple Pork Chop \$23**

Roasted pork chop brushed in a ginger apple glaze served with roasted potatoes and our seasonal vegetables. This thick 10oz pork chop is cooked to medium to retain all its juice and delicate flavor. It will change the way you look at pork!

## **Oven Baked Halibut \$21**

Oven baked halibut fillet served with rice, broccolini, and a rich lemon caper butter sauce.

## **Tilapia & Shrimp \$21**

Mango and coconut encrusted fillet of Tilapia, baked and then topped with jumbo prawns and a red curry sauce. Served with rice and broccolini.

## **Green Peppercorn Steak \$24**

8 oz striploin with a creamy green peppercorn and Dijon sauce. Served with roast potatoes and our seasonal vegetables.



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**Chocolate Lava Cake \$8**

Baked to order: Sweet, rich, melty goodness with frozen yogurt. This one is worth the wait!

**Seasonal Crème Brulee \$6**

A sweet vanilla custard flavored to our curious delight. Ask your server for details.

**House Baked  
Cheesecake \$7**

Our seasonal prepared cheesecake is done to our liking, for your liking.

**Petite Strawberry Kiwi  
Gâteau \$7.5**

A single serving sponge cake topped with fresh lightly sugared fruit and whipped cream.

a sweet  
ending

**Red****Glass / Bottle**

Cono Sur	\$ / \$	organic cabernet sauvignon (chile)
Hob Nob	\$ / \$	merlot/france
Jackson Triggs	\$6 / \$23	merlot/british columbia
McWilliams	\$7.5 / \$30	shiraz/australia
Smoking Loon	\$8 / \$32	syrah/australia
Bloodstone	\$8 / \$32	shiraz-grenache/australia
Gnarly Head	\$ 9.5 / \$38	zinfandel/california
Bonterra	/ \$39	organic zinfandel/california
Nk'Mip	/ \$32	merlot/okanagan VQA
Mt. Boucherie	/ \$42	pinot noir/okanagan VQA

**White****Glass / Bottle**

Hardy's	\$ / \$	gewurtztraminer/australia
Santa Rita 120	\$6.5 / \$24	sauvignon blanc/chile
McWilliams	\$7.5 / \$30	chardonnay/australia
Smoking Loon	\$8 / \$32	viognier/california
Peller Estates	/ \$29	pinot gris/british columbia VQA
Michelsberg	/ \$24	piesporter-reisling/germany
Wyndham Estate Bin 222	/ \$30	chardonnay/southeast australia
Oyster Bay	/ \$39	sauvignon blanc/new zealand
Mt. Boucherie	/ \$42	gewurtztraminer/okanagan
Wood Bridge	/ \$22	white zinfandel/california

**Champagne****Bottle**

Freixenet	\$30	sparkling white/spain
Mumms	\$75	champagne/france
Dom Perignon	\$225	champagne/france

red &  
white & sparkling

# draft&imports

## On Tap

### Domestic

Bohemian  
Sleeman Honey Brown Lager  
Sleeman Cream Ale  
Alexander Keiths India Pale Ale  
Rickards White  
Grasshopper Wheat Ale  
Traditional Ale  
Saskatoon  
Great Western Pilsner  
Great Western Premium  
Great Western Light

### Imports

Guinness  
Kilkenny  
Heineken  
Bass  
Hoegarden  
Stella  
Sapporo  
Strongbow Cider

## Bottles

### Domestic

Canadian  
Kokanee  
Pilsner  
Coors Light  
Labatts Light  
Moosehead  
Sleeman Clear  
Budweiser  
Bud Light  
Bohemian  
Miller Genuine Draft  
Great Western Pilsner  
Great Western Premium  
Great Western Light

### Imports

Stella  
Heineken  
Becks  
Newcastle  
Corona  
Red Stripe  
Strongbow