

APPETIZERS

FREEPORT WINGS - \$20.95 (Halal)

1 pound of plump, juicy, fried chicken wings tossed in your choice of sauce. Served with ranch dip, veggie sticks & fries.



Flavors: BBQ, Buffalo, Lemon Pepper, Jerk, Rosemary Salt, Sweet Thai Chili, Salt and Pepper, Parmesan Cheese (Contains Gluten) Honey Garlic and Teriyaki

TRI – COLOR NACHOS - \$21.95

Perfect for sharing! Hand cut tri – colored nachos topped with tomatoes, peppers, green onions, fresh jalapenos & shredded nacho cheese. Served with sour cream and pico de gallo salsa.

Add guacamole for \$4.95
Add adobo beef or chicken carnitas for \$6.95

CALAMARI - \$20.95

Crisp hand-breaded mini squid calamari, jalepenos and sweet bell peppers. Served with tzatziki and jerk sauce.



SHRIMP TEMPURA - \$15.95

5 pieces of crispy prawn tempura. Served with spicy Japanese mayonnaise and sweet tempura.

HUMMUS & PITA CHIPS - \$14.95

Chef's recipe hummus served with oven baked pita chips.

SUSHI

All sushi is served with soy sauce, wasabi and pickled ginger.

Soy sauce available upon request

YELLOW FIN TUNA ROLL - \$16.95

(upon request) (upon request)

8 rolls of fresh yellow fin tuna, cucumber, rolled with sushi rice, wrapped in seaweed and topped with onion flakes.



SALMON ROLL - \$14.95

(upon request) (upon request)

8 rolls of fresh salmon, cucumber, rolled with sushi rice, wrapped in seaweed and topped with onion flakes.

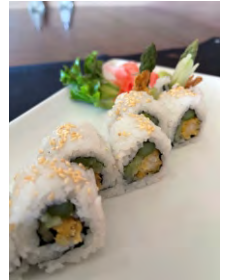
COOKED SALMON ROLL - \$14.95

(upon request) (upon request)

8 rolls of cooked salmon, cucumber, mayonnaise, green onions, rolled with sushi rice, wrapped in seaweed and topped with onion flakes.

DYNAMITE ROLL - \$13.95

8 rolls of shrimp tempura, cucumber, asparagus and seaweed, rolled in sushi rice and sesame seeds.



JUMBO CRISPY CHICKEN ROLL WITH TERIYAKI SAUCE - \$15.95

5 rolls of crispy chicken, cream cheese, cucumber and seaweed, rolled in sushi rice, topped with teriyaki sauce.



CLASSIC CAESAR SALAD - \$16.95

Crunchy romaine lettuce tossed in garlicky citrus Caesar dressing, topped with herb croutons and crisp smoked bacon. Garnished with shredded parmesan cheese and a fresh lemon wedge.

GARDEN SALAD - \$16.95

Fresh tuscan green leaf lettuce with fresh tomatoes, cucumber, julienne carrots, raisins, dried cranberries, caramelized walnuts. Served with your choice of dressing.

Dressing Selection: Thousand Island, Ranch, Apple Balsamic, Raspberry Vinaigrette, Thai Sesame, Blue Cheese, Balsamic Vinegar and Oil, Italian Dressing.

SOUP AND SALAD - \$15.95

Large bowl of soup of the day and choice of side salad: Garden or Caesar. Served with Foccacia bread.

Add chicken breast - \$7.95
Add garlic prawns - \$7.95

SALADS

BABY SPINACH SALAD - \$19.95

Crispy smoked bacon, white button mushrooms, sweet red onions, roasted toscano tomatoes and a hard-boiled egg served on a bed of baby spinach with house made apple balsamic and extra virgin olive oil vinaigrette.




Baby Spinach Salad

STRAWBERRY SPINACH SALAD - \$17.95

Fresh strawberries, caramelized California nuts and fresh Feta cheese served on a bed of baby spinach with house-made apple balsamic and extra virgin olive oil vinaigrette.

BURGERS AND SANDWICHES

All burgers & sandwiches come with one choice of side:
French fries, garden salad, Caesar salad, or soup of the day
Upgrade to sweet potato fries for \$2.45
Add smoked bacon or cheese for \$3.25
Substitute veggie patty on burgers at no additional cost 
Add a side of gravy for \$3.95

CHEESEBURGER DELUXE – \$19.95

A grilled 6oz house made Alberta beef patty topped with cheddar cheese, mayo, ripe tomato, crisp lettuce, dill pickle and sweet red onions on a toasted brioche bun.

SOCAL BURGER - \$21.95

A grilled 6oz house made Alberta beef patty topped with guacamole, fresh jalapenos, ripe tomato, crisp lettuce, dill pickle and red onions, on a chipotle mayo dressed toasted brioche bun.

BBQ PULLED PORK SANDWICH - \$19.95

Hand shredded slow cooked pork shoulder and caramelized onions smothered in mesquite BBQ sauce topped with creamy coleslaw on an onion kaiser bun.

PHILLY CHEESE STEAK SANDWICH - \$21.95

Thinly sliced Alberta roast beef with peppers, onions, mushrooms and havarti cheese on a toasted French baguette bun.

ARTISAN CHICKEN SANDWICH - \$20.95

A toasted ciabatta bun filled with herb marinated chicken breast, smoked bacon, creamy havarti cheese, ripe tomato, crisp lettuce and roasted bell pepper mayo.

JERK CHICKEN SANDWICH (HOT) - \$19.95

Marinated rotisserie chicken pulled and tossed with HOT jerk sauce. Topped with creamy coleslaw on a toasted onion bun.

ITALIAN SAUSAGE SANDWICH- \$20.95

A toasted Panini bun filled with sliced spicy Italian sausage and Chorizo, grilled vegetables, creamy Havarti cheese and marinara sauce.



Jerk Chicken Sandwich



SoCal Burger

 SPICY  GLUTEN FRIENDLY  VEGETARIAN

PASTAS

All pasta dishes are served with herbed garlic toast

ALFREDO CHICKEN FETTUCCINE - \$23.95

Free range herb marinated chicken breast, white button mushroom, julienne onions and fettuccine pasta in a garlicky alfredo sauce.

ALFREDO FETTUCCINE - \$19.95

White button mushroom, julienne onions, bell peppers and fettuccine pasta in a garlicky alfredo sauce.

SPAGHETTI MARINARA- \$19.95

Zesty mirepoix-based tomato sauce enhanced with vegetables, red wine and sweet basil. Served on steaming spaghetti pasta.

PESTO PRAWN PENNE - \$23.95

Prawns sauteed with sweet bell peppers and onion in a creamy pesto sauce served on steaming penne pasta.



SPAGHETTI BOLOGNESE - \$21.95

Zesty mirepoix-based tomato sauce enhanced with Alberta beef, red wine and sweet basil. Served on steaming spaghetti pasta.

ROSÉ SEAFOOD PAPPARDELLE - \$25.95

Zesty mirepoix-based tomato sauce and alfredo sauce with prawns, baby squid, scallops and salmon filet pieces. Served on steaming Papparadelle pasta.

ENTREES

NEW YORK STRIPLOIN STEAK - \$36.95

A 8oz hand cut AAA+ New York striploin steak char – grilled to order. Topped with café de Paris compound butter. Served with chef's selection of vegetables and your choice of: mashed potatoes, jasmine rice, fries, garden salad, Caesar salad or soup of the day.

Upgrade to sweet potato fries for \$2.45

LIVER AND ONIONS - \$23.95

Fried breaded liver dressed with sauteed onions, smokey bacon and Espagnole gravy. Served with chef's selection of vegetables and your choice of: mashed potatoes, jasmine rice, fries, garden salad, Caesar salad or soup of the day.

Upgrade to sweet potato fries for \$2.45



Liver & Onions

TERIYAKI SALMON - \$36.95

Pan-seared Pacific salmon double glazed with Teriyaki sauce. Serviced with jasmine rice and chef's choice of vegetables.

HADDOCK FISH AND CHIPS - \$22.95

Lime marinated haddock loins dusted with corn flour and fried until crispy, served with golden fries, creamy coleslaw and tartar sauce.

SWEET CHILI SHRIMP WITH RICE - \$24.95

Pan fired black tiger shrimps and sauteed vegetables with sweet and sour sauce, topped with chili flakes and roasted peanuts. Served with steamed jasmine rice.

FISH TACO - \$21.95

Three grilled flour tortillas stuffed with grilled marinated cod, lettuce, fresh mango slaw, pico de gallo, pickled onions, lime cream and jerk mayo.

ROTISSERIE CHICKEN

QUARTER CHICKEN DINNER (FEEDS 1 PERSON) - \$19.95

A quarter of a rotisserie chicken with a choice of spicy jerk sauce or pesto aioli dipping sauces. Comes with choice of one side: mashed potatoes, jasmine rice, French fries, garden salad, Caesar salad, soup of the day or coleslaw.

Substitute sweet potato fries for one of your sides for \$2.45

HALF CHICKEN DINNER (FEEDS 2 PEOPLE) - \$34.95

Half of a rotisserie chicken with spicy jerk sauce or pesto aioli dipping sauces. Comes with choice of two sides: mashed potatoes, jasmine rice, French fries, garden salad, Caesar salad, soup of the day or coleslaw.

Substitute sweet potato fries for one of your sides for \$2.45

FAMILY CHICKEN DINNER (FEEDS 4-5 PEOPLE) - \$59.95

One whole rotisserie chicken with spicy jerk sauce or pesto aioli dipping sauces. Comes with choice of four sides: mashed potatoes, jasmine rice, French fries, garden salad, Caesar salad, soup of the day or coleslaw.

Substitute sweet potato fries for one of your sides for \$5.00.



Half Chicken Dinner

SIDE ORDERS

FRENCH FRIES - \$7.95 ✓

SWEET POTATO FRIES - \$9.95 ✓

SOUP OF THE DAY - \$7.95

SAUTEED SHRIMP - \$7.95 ✕

CHICKEN BREAST - \$7.95 ✕

SIDE GARDEN SALAD - \$7.95 ✕ ✓

SIDE CEASAR SALAD - \$7.95

GRAVY - \$3.95

GARLIC CHEESE TOAST - \$9.95 ✓

POUTINE (CHEESE CURD AND GRAVY) - \$12.95

SPICY FRIES (JERK SEASONING, JERK KETCHUP AND BANANA PEPPERS) - \$12.95



BEVERAGES

FOUNTAIN POP - \$4.50

(Coca-Cola, Diet Coke, Gingerale, Iced Tea, Sprite, Root Beer, Orange Soda)

JUICE - \$4.00

(Orange, Cranberry, Apple, Passion, Orange Guava, Pineapple)

COFFEE - \$3.25

HOT CHOCOLATE - \$4.95

TEA - \$3.25

(Orange Pekoe, Raspberry Black Tea, Earl Grey, English Breakfast, Chamomile, Mint, Lemon, Green Tea)

VIRGIN COCKTAILS - \$6.50

(Shirley Temple, Virgin Caesar, Virgin Piscojito)

MILK - \$3.25

(2%, Chocolate)

STEWART'S BOTTLED SODA - \$6.50

(Ask your server about current selections)

PERRIER SPARKLING WATER - \$5.95

FIJI STILL WATER - \$5.95

RED BULL CAN - \$6.95

TOOL SHED RED RAGE ZERO - \$7.25

(473ml., 0.5%)

TOOL SHED PEOPLE SKILLS ZERO - \$7.25

(473ml., 0.5%)

DESSERTS

RED VELVET CAKE - \$12.95

Three moist layers of stunning red velvet cake filled and topped with silky cream cheese icing.



Red Velvet Cake

MANHATTAN CHEESECAKE - \$12.95

Classic Manhattan style cheesecake dressed with berry coulis.

CRÈME BRÛLÉE - \$12.95

Homemade oven baked Crème brûlée, topped with fresh berries.

DOUBLE CHOCOLATE LAVA CAKE - \$11.95



Chocolate lava cake served with berry coulis.

TRIPLE CHOCOLATE MOUSSE CAKE - \$12.95

Three layers of chocolate mousse atop a chocolate cake base finished with caramel and chocolate sauce.



Triple Chocolate Mousse Cake

STRAWBERRY SORBET- \$11.95



Strawberry Sorbet with fresh strawberries and strawberry syrup.


KIDS MENU - \$9.95 (12 and Under)

All kids menu items come with veggie sticks, cookies and a kid size drink.

KID'S PASTA

Spaghetti noodles served with marinara or alfredo sauce.

KID'S FLATBREAD PIZZA

Cheese  or pepperoni flatbread pizza.

CHICKEN TENDERS

Chicken fingers and fries with plum sauce or honey mustard for dipping.



Chicken Tenders