

## APPETIZERS

- Avocado Roll:** crispy wonton wrap, avocado, sundried tomato, red onion, cilantro, Tamarind cashew dressing, avocado mousse **\$10**
- Chicken Pesto Flatbread:** Cajun chicken, pesto aioli, red onion, mozzarella, served on an oven roasted flatbread **\$12**
- Spring Rolls:** vegetable spring roll, sweet chilli sauce **\$12**
- Spicy U Prawns:** our signature prawns covered in white wine, garlic, shallots, citrus and spice **\$12**
- Crab Rolls:** crispy wonton wrap, cream cheese, garlic, shallots, honey, cilantro, sweet chilli & herb sauce **\$12**
- Prawn Pakora:** plump jumbo prawns, traditional Indian chickpea batter & butter dipping sauce **\$12**
- Crab Dip:** garlic, cream cheese, red onion, served with tortilla chips **\$13**
- Calamari:** red onion, dill, lemon, tzatziki **\$12**
- Boneless Chicken Wings:** choice of hot, teriyaki, dry garlic, BBQ or salt & pepper, choice of ranch or creamy parmesan dip **\$11**
- Kobe Beef Carpaccio:** thinly sliced beef, Dijon mayo, crispy herb flatbread, braised figs, fried capers, parmesan cheese **\$13**
- Steak Bites:** sautéed AAA Alberta beef, wasabi cream, house made teriyaki sauce **\$12**
- Smoked Salmon:** served with capers, cucumber, red onion, cream cheese, crispy herb flatbread **\$12**
- Lamb Lollipops:** seasoned lamb, grilled medium, Red wine jus, served with our signature goat cheese salad **\$16**
- Chili Chicken Bites:** lightly fried chicken bites, wonton crisps, sweet chili sauce, scallions **\$13**
- Grilled Bruschetta:** grilled portabella mushrooms, tomato, bell peppers, red onion, asparagus, goat cheese, served on an oven roasted flatbread **\$11**

## SOUPS

**Chef's Daily Soup:** a creation from our kitchen \$6

## SALADS

*add grilled chicken, Cajun chicken or jumbo prawns \$5*

**Goat Cheese Salad:** crispy shredded romain, cucumber, tomato, red onion, mint, goat cheese, roasted garlic olive oil, fresh cracked pepper & kosher salt \$11

**Garden Greens:** crispy romain, spinach, cucumber, red cabbage, tomato, carrot, with your choice of: citrus vinaigrette, maple dijon, or ranch dressing \$9

**Baby Spinach Salad:** spinach, dried cranberries, goat cheese, toasted almonds, crispy hickory smoked bacon, maple Dijon vinaigrette \$11

**Caesar:** crispy romaine, fresh parmesan, house made Caesar dressing, baked garlic croutons \$10

## SANDWICHES

all sandwiches served with fries  
substitute yam fries, garden salad or Caesar salad \$1

**U Burger:** our house made beef patty, aged cheddar, lettuce, tomato, red onion, signature sauce \$10  
**Add:** bacon or mushroom \$1

**Veggie Burger:** sautéed mushrooms, Swiss cheese, lettuce, tomato, red onion, mayo, served on ciabatta \$10

**Cajun Cheddar Chicken:** grilled chicken breast, aged cheddar, lettuce, tomato, red onion, mayo \$12

**Blackened Sockeye:** grilled salmon fillet, garlic butter, lettuce, tomato, red onion, tzatziki \$13

**U Club:** grilled chicken breast, bacon, Swiss cheese, lettuce, tomato, red onion, chipotle mayo, served on ciabatta \$12

**Cajun Chicken Rice Wrap:** broccoli, peppers, celery, red onion, mixed in a teriyaki parmesan blend, rolled in a grilled tortilla \$12

**Crispy Chicken:** panko crusted chicken breast, aged cheddar, lettuce, tomato, red onion, pesto aioli \$12

## MAINS

*add grilled chicken, Cajun chicken or jumbo prawns \$5*

**Fettuccini Alfredo:** Alfredo parmesan cream, portabella mushroom, asparagus, tomato, parmesan, garlic bread **\$12**

**Linguine Capone:** whole wheat linguine, garlic, shallots, olive oil, portabella mushroom, sundried tomato, artichoke, spinach, parmesan, garlic bread **\$12**

**Penne Pesto:** creamy garlic sun-dried tomato sauce, sweet bell peppers, parmesan, garlic bread **\$12**

**Asian Rice Bowl:** broccoli, peppers, mushroom, red onion, snow peas, scallions, sesame seeds, house made teriyaki and chili lime sauce **\$11**

**Thai Noodle Stir-fry:** chow mien, red onion, peppers, snow peas, grilled pineapple, toasted almonds, scallions, tossed in a spicy sweet chili sauce **\$12**

**Stuffed Chicken:** stuffed with spinach, parmesan and Swiss cheese, served with roasted red jacket potatoes, seasonal vegetables, mushroom, Marsala cream sauce **\$17**

**AAA Sirloin Steak:** seasoned 7oz Sirloin, roasted red jacket potatoes, seasonal vegetables, Red wine jus **\$15**

*add garlic prawns \$5.00*

**Lava Chicken:** stuffed with garlic prawns, spinach, topped with traditional Indian style butter sauce, seasonal vegetables, rice **\$17**

**Lamb Chops:** seasoned lamb, grilled medium, Red wine jus, served with our signature goat cheese salad, roasted red jacket potatoes **\$19**

## DESSERTS

**Tiramisu Cheesecake:** rich coffee flavored cheesecake, nestled on a chocolate graham crust topped with a layer of espresso coffee enhanced with white cake & capped with tiramisu cream **\$8**

**High Five Chocolate Cake:** five layers of rich chocolate cake, chocolate filling & chocolate glaze **\$8**