

The *Ground Floor*

ROOM SERVICE, PRESS 1313

BREAKFAST

CONTINENTAL \$7

Toast, muffin, danish or croissant accompanied by apple, orange or pink grapefruit juice and fresh brewed coffee or tea with fresh fruit cup

YOGURT AND GRANOLA PARFAIT \$7

Granola, fresh berries and vanilla yogurt

BUTTERMILK PANCAKES \$9

Served with butter, syrup and triple berry compote

CINNAMON FRENCH TOAST \$9

Egg dipped french bread with cinnamon and powdered sugar served with butter, syrup and triple berry compote

CANADIAN BREAKFAST \$11

Two free range organic eggs any style served with bacon, ham or sausage, pancakes or toast and shredded hash browns

MORNING SCRAMBLE \$11

Scrambled eggs with shredded ham, cheddar cheese and scallions served with pancakes or toast and shredded hash browns

FREE RANGE ORGANIC OMELETTE \$12

Three egg omelette served with pancakes or toast and shredded hash browns

Bacon and cheese

Ham, cheese and scallions

Vegetarian omelette with cheese

THE URBAN BURRITO \$10

Shredded hash browns, strip bacon, local jack and cheddar cheese, and two eggs layered inside a soft flour tortilla topped with melted cheese and served with house salsa and sour cream

HOT OATMEAL \$5

Served with dried fruits and brown sugar

CEREAL \$4

Kashi, Fibre One, Special K, Cheerios, Fruit Loops, Raisin Bran

CROISSANT, DANISH OR TOAST \$4

BAGEL WITH CREAM CHEESE \$4

FRUIT CUP \$4

There is a 15% service fee on each order

Room service hours are:

Monday through Friday 6:30am - 10:30pm

Saturday 7:30am - 10:30pm

Sunday 7:30am - 8:30pm

KIDS

Children 10 years and under

P B J \$5

Peanut butter and jelly sandwich on white or multigrain bread

SCRAMBLED EGG \$5

One scrambled egg served with two strips of bacon and fresh fruit

BLUEBERRY PANCAKES AND BACON \$6

Silver dollar blueberry pancakes and two strips of bacon

BEVERAGES

COFFEE OR TEA \$2

Regular, decaffeinated or herbal

CAPPUCCINO, LATTE, OR HOT CHOCOLATE \$3

MILK \$3

2%, skim or chocolate

CHILLED JUICE \$3

Orange, pink grapefruit, apple, cranberry, tomato or V8

SOFT DRINKS \$3

Pepsi, Diet-Pepsi, 7Up, Orange Crush, Root Beer, Ginger Ale, Iced Tea

SOUPS

HOMEMADE SOUP OF THE DAY \$4

HOMEMADE CHICKEN SOUP WITH CHICKEN POTSTICKER DUMPLING AND MATZO BALLS \$6

SALADS

THE GROUND FLOOR SALAD \$12

Crisp greens, grilled chicken, ham, tomato, cucumber, roasted red pepper, aged cheddar and swiss cheese tossed in a maple dijon dressing

CAESAR \$8

Romaine lettuce, croutons and shaved romano cheese tossed with a creamy roasted garlic dressing

GREEK \$8

Romaine lettuce, tomato, red onion, cucumber, kalamata olives and feta cheese tossed in a herbed vinaigrette

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KIDS

GRILLED CHEESE \$6

Grilled cheddar cheese on white or multigrain bread with fresh vegetables and ranch dressing

CHICKEN FINGERS \$6

Served with fresh vegetables and ranch dressing

HOT DOG \$6

All beef hot dog served with fresh vegetables and ranch dressing

CHEESEBURGER \$7

All beef patty with a cheese slice on a grilled bun served with fresh vegetables and ranch dressing

COMFORT FOODS

QUESADILLA \$8

Grilled soft flour tortilla stuffed with salsa, jalapeno peppers and grated jack and cheddar cheese
Add grilled chicken breast \$4

CHICKEN FINGERS \$11

Buttermilk chicken tenders served with fresh cut fries or a side Caesar or Greek salad and honey dill or sweet and sour dipping sauce

CHILI CON CARNE \$10

Rich, delicious chili topped with cheddar cheese, jalapeno peppers, scallions and sour cream, served with garlic texas toast

SANDWICHES AND BURGERS

Served with the choice of fresh cut fries, soup, side Greek or side Caesar salad

REUBEN \$12

Shaved corned beef, sauerkraut, swiss cheese and thousand island dressing on grilled marble rye bread

TUNA OR CHICKEN SALAD WRAP \$9

Served with cucumber, tomato and red onion wrapped in a soft flour tortilla

STEAK SANDWICH \$16

Char grilled 8 oz New York striploin steak on garlic texas toast topped with crispy onions

GROUND FLOOR BURGER \$11

Fresh ground AAA beef burger, lettuce, tomato, house chili sauce, crispy onions, dijon aioli and a dill pickle on a kaiser roll

Add aged cheddar or blue cheese \$1

Add smoked bacon \$1

Add sautéed crimini mushrooms \$1

GRILLED CHICKEN BURGER \$12

Served with romaine lettuce, tomato, mozzarella cheese and mayonnaise on a kaiser roll

MANITOBA VEGGIE BURGER \$11

Served with romaine lettuce, tomato, crispy onions and sautéed crimini mushrooms with sundried tomato pesto on a kaiser roll

There is a 15% service fee on each order

STARTERS

SWEET POTATO FRIES \$7

Served with jalapeno aioli

BRUSCHETTA \$7

Diced tomatoes, roasted garlic and fresh basil on a grilled baguette topped with freshly grated romano cheese

CHICKEN WINGS \$13

Honey garlic, smokin' hot, teriyaki, lemon pepper or cajun wings served with pickled vegetables with ranch or blue cheese dip

FIESTA NACHOS \$13

Tortilla chips stacked with cheddar and jack cheese, diced tomato, jalapeno and bell peppers and scallions served with salsa and sour cream
Add grilled chicken breast \$4
Add chili con carne \$2

MAINS *served with vegetable of the day and a side served from 5:00 pm daily*

BABY BACK RIBS \$24

Full rack of dry rubbed pork ribs slow roasted and finished with house barbeque sauce
Half Rack \$17

GRILLED CHICKEN \$19

Two fresh grilled chicken breasts topped with house salsa and melted jack and cheddar cheese

ROAST 1/2 CHICKEN \$20

Dijon and rosemary encrusted 1/2 chicken topped with balsamic reduction glaze

NEW YORK STEAK \$25

Char grilled 10oz Manitoba Natural Prairie Beef New York striploin topped with crimini mushroom demiglace and crispy onions

MEATLOAF \$18

Stuffed with pancetta bacon. Served with great gravy and crispy onions

VEGETABLE LASAGNE \$17

Pasta layered with roasted eggplant, zucchini, onion, crimini mushrooms, roma tomatoes, red and green bell peppers with marinara sauce and blended cheese

RIGATONI IN MEAT SAUCE \$16

Nature's Pasta rigatoni tossed with fresh tomatoes and scallions in a rich tomato meat sauce

CAJUN CHICKEN FETTUCCINE \$18

Natures Pasta fettuccine tossed in a creamy alfredo sauce and topped with a cajun chicken breast

DESSERTS

WARM APPLE PIE \$7

CHOCOLATE CAKE \$7

PREMIUM ICE CREAM \$5

Vanilla or chocolate