



MONICA'S MENU

SOCIAL SHARING'S

POTATO SKIN

Crispy potato shells topped with green onions, bacon bits & marble cheese baked, served with sour cream

DRY GARLIC RIBS

Deep fried boneless meaty ribs dusted with garlic pepper and seasoned flour, served with honey Dijon sauce

BUFFALO WINGS

One pound of buffalo wings served with your choice of flavors: **Mild, Medium, Hot, Honey Garlic, BBQ, Salt & Pepper, Teriyaki, Honey Hot, Spicyaki, Lemon Pepper, Cajun**

VEGETABLE SPRING ROLLS

Six large spring rolls filled with cabbage, green beans, carrots, water chestnuts, sweet corn & onions. Served with Korean BBQ sauce or Poblano chili lime sauce

BUFFALO CAULIFLOWER WINGS

Lightly battered cauliflower florets served with Korean BBQ sauce or Poblano chili lime sauce

SOUP KETTLE

SOUP OF THE DAY • Made fresh daily, different everyday

CLAM CHOWDER • Rich creamy blend of clams, potato, fresh herbs & vegetables

VEGAN SIGNATURE SOUP

SALADS

SUPER FOOD POWER BOWL

Quinoa, red beets, chick peas, dried cranberries, baby kale, pumpkin seeds, farro topped with sliced chicken breast.
Served with sweet onion vinaigrette dressing

TUNA POKE BOWL

Jasmine rice, chopped avocado, sliced carrots, sliced cucumbers, edamame beans, sliced radishes, soya Ahi tuna topped with sesame seeds. Served with Asian sesame ginger dressing

THAI CRUNCH BOWL

Quinoa, purple cabbage, bean sprouts, sliced carrots, edamame beans, chopped peanuts, cilantro topped with salmon filet. Brushed with Thai sweet & spicy Diane sauce

TACO SALAD

Fried tortilla bowl topped with shredded lettuce, diced red onions, green peppers, tomatoes, crunchy tortilla chips, corn topped with taco beef, shredded cheese. Served with salsa & sour cream

CHEF'S SALAD

Julienne of roast beef, ham, turkey, Swiss cheese, eggs, tomatoes on a bed of crispy greens & shredded cheese with your choice of dressing. Served with garlic toast

SIRLOIN STEAK SALAD

Hearts of romaine, tomatoes, peppers, red onions, olives topped with AAA sirloin steak and drizzled with house made vinaigrette dressing with blue cheese. Served with garlic toast

CAESAR SALAD

TOSSED SALAD

BURGERS served with French fries

Sub sweet potato fries

Sub Caesar salad / tossed salad

Sub onion rings

PRIME RIB BURGER

Alberta prime rib ground beef, sautéed mushrooms, sautéed onions, cheddar, lettuce, tomato, pickle garnished & onion rings

BISON CHEESEBURGER

Ground bison patty, cheddar cheese, lettuce, tomato, red onions, pickles & mayonnaise

IMPOSSIBLE BURGER

Grilled vegetarian patty on a Kaiser bun with chipotle sauce, lettuce, tomato & vegan cheddar cheese

GP JACK BURGER

Ground beef patty, Jack Daniel BBQ sauce, double bacon, provolone cheese, lettuce, tomato, mayonnaise. Garnished with onion rings

THUNDER CRUNCH CHICKEN BURGER

Crunchy chicken breast deep fried, topped with bacon, provolone cheese, chipotle mayonnaise, lettuce & tomato

SANDWICHES served with French fries

Sub sweet potato fries

Sub Caesar salad / tossed salad

Sub onion rings

STEAK SANDWICH

Alberta sirloin steak broiled to your taste, served with sautéed mushrooms & garlic bread

PHILLY CHEESE STEAK

Thinly sliced slow cooked roast beef, sautéed onions, rainbow peppers, mushrooms & melted provolone cheese on a French baguette

TRADITIONAL BLT

Mayonnaise, lettuce, tomato & bacon, piled high on toasted French baguette

MONICA'S CHICKEN CLUB

Grilled chicken breast, bacon, cheddar cheese, mayonnaise, tomato & lettuce on your choice of toasted bread

RANCHMAN'S BEEF DIP

Thinly sliced slow cooked beef, caramelized onions, horse radish & provolone cheese on a French baguette. Serve with Au Jus

BUFFALO CHICKEN SANDWICH

Breaded chicken breast, coated with hot sauce, topped with Swiss cheese & tomatoes on a crusty bun

BBQ PULLED PORK SANDWICH

Slow roasted tender pulled pork in our own Jack Daniel BBQ sauce on a crusty bun topped with onion tangles garnished with coleslaw

BUFFALO CHICKEN CAESAR WRAP

Breaded chicken breast tossed in buffalo sauce, hearts of romaine, shredded parmesan, bacon bits with our own garlic Caesar dressing

PASTA

SEAFOOD FETTUCCINE

Shrimp, scallops, salmon tossed in creamy alfredo sauce with fettuccine noodles

JAMBALAYA FETTUCCINE

Chicken breast, Italian sausages, shrimps, fettuccine noodles tossed in marinara sauce

BAKED LASAGNA

Layers of pasta & meat sauce topped with lots of mozzarella & baked. Served with garlic bread

CHICKEN & MUSHROOM FETTUCCINE

Chicken breast, mushrooms, sundried tomatoes, fettuccine noodles tossed in our signature rose cream sauce. Garnished with tomatoes & green onions

BAKED SPAGHETTI MEATBALLS

Spaghetti noodles in our signature Bolognese sauce topped with hearty meatballs, mozzarella & baked

VEGAN LASAGNA

Even the meat eaters will enjoy this lasagna noodles, seasoned ground meatless beef, marinara sauce & vegan mozzarella

VEGAN FETTUCCINE

Vegan fettuccine, cauliflower, broccoli, bell peppers & marinara sauce

MONICA'S CLASSIC

BUTTER CHICKEN

Tandoori roasted chicken breast cubes in our own butter sauce served with steamed rice & one naan bread

BEYOND BANGERS & MASH

Grilled meatless sausages, sautéed onions, bell peppers. Served on a bed of mashed potatoes

SABLE ISLAND FISH & CHIPS

Deep fried battered fillet of haddock. Served with French fries, coleslaw & tartar sauce

JAGER SCHNITZEL

Pan-fried tender breaded pork cutlets topped with mushrooms & demi glaze reduction with potatoes & fresh vegetables

SHANGHAI GINGER BEEF

Sautéed breaded beef loin with celery, onions, green & red peppers in our own ginger sauce on a bed of rice

MAPLE GRAINY SALMON

Fillet of salmon topped with maple grainy mustard glaze baked to perfection. Served with potato & fresh vegetables

BABY BACK RIBS

HALF

FULL

Baby back ribs basted with our own Jack Daniel BBQ sauce. Served with your choice of potato & fresh vegetables

LIVER & ONIONS

Pan-fried baby beef liver topped with sautéed onions & bacon. Served with your choice of potato & fresh vegetables

PIZZA

FAVOURITE • Pepperoni, ham & cheese

MEAT LOVERS • Pepperoni, Italian sausage, ground beef, bacon & cheese

CHICKEN ALFREDO • Chicken breast, bacon, alfredo sauce, mozzarella & cheddar cheese

BUILD YOUR OWN BASIC

CAULIFLOWER PIZZA 10"

VEGETABLE TOPPINGS

Mushrooms, peppers, onions, tomatoes, pineapples, green olives, banana peppers

MEAT TOPPINGS

Pepperoni, ham, back bacon, Italian sausage, ground beef, shrimp, meatballs, bacon

CHEESE TOPPINGS

Parmesan, cheddar, mozzarella, marble

