



Breakfast (available until 2pm)

Ricos' Breakfast Bagel \$8

toasted bagel, Gull Valley tomato, smoked bacon, fried egg, cheddar cheese, lettuce, mayo

Breakfast Bowl \$13

hash browns, bacon, sausage, peppers, onion, shredded cheese, two eggs and toast

Full Court Breakfast \$13

two eggs any style, bacon or Spolumbos' chicken sausage, hash browns and toast

Champion Omelette \$14

three egg omelette (your choice of three ingredients) hash browns and toast
(ask your server)

Appetizers

Soup of the Moment cup \$5 bowl \$7.5

Add focaccia \$2

Red Thai Curry Shrimp Pot \$14.5

large Pacific white shrimps, coconut milk, red curry, garlic, onions, tomatoes, cilantro, and lime, served with garlic toasted ciabatta

Baked Meatballs \$12.5

Alberta pork and beef meatballs, house made tomato sauce, mozzarella, garnished with grana padano served with garlic toasted ciabatta

Warm Spinach & Feta dip \$14.5

spinach, feta, cream cheese, garlic, served with Tres Maria corn tortilla chips

Corn Taco \$10.5

3 Tres Maria corn tacos, cabbage and carrot slaw, pickled onions, pico de gallo, pulled pork, queso fresco
***Veggie Option, avocado instead of pork

Mediterranean Plate \$10.5

house made hummus, tzatziki, mixed olives, assorted crackers

Pork Gyoza \$10.5

pork gyoza, pea shoots, green onion & sweet chili soy dip

Chicken Fried Ribs \$12.5

pork riblets fried in batter, sriracha mayo, honey drizzle, green onion

Baked Jumbo Wings \$14

medium hot, hot (Ralph sauce), Greek, salt and pepper, sweet chili lime, teriyaki, gochujang, honey garlic (25 minute cooking time)

Nachos \$16

Tres Maria corn chips, peppers, black olives, pickled peppers, pico de gallo, queso fresco, salsa, sour cream

All menu ingredients are fresh and locally sourced. "AAA" Alberta beef sourced from Wells Crossing Cattle Company. Locally sourced Alberta Chicken and Pork

Salads

Add Chicken to Any Salad For \$5

Mixed Greens \$12.5

tomatoes, cucumber, shredded carrot, pickled red onion, sun dried cranberries, pumpkin seeds, chèvre, fig and white balsamic dressing,

Namaste \$14.5

arugula, chick peas, quinoa, feta, avocado, tomatoes, candied pecans, red onion vinaigrette

Santa Fe Salad \$14.5

corn, black beans, peppers, cilantro, lime, avocado, pico de gallo, organic mixed greens, smoked paprika and lime dressing

Caesar Salad \$12.5

crisp romaine, house made creamy garlic dressing, focaccia croutons, grated grana padano

Bowls

Coconut Curry Chicken \$15.5

chicken breast in house made coconut curry sauce served on basmati rice topped with cilantro

Korean Rice Bowl \$15.5

crispy pork belly, basmati rice, pickled carrots, kimchi, sriracha mayo, pea shoots, green onion, sesame seeds

Pasta Bolognese \$14.5

house made bolognese sauce, spaghetti, grana padano with garlic toasted ciabatta

Mains

All sandwiches & burgers served with your choice of mixed greens salad or fries or cup of soup.

Upgrade to caesar salad or sweet potato fries \$2.5

Gluten Free Bun \$2

MVP Burger \$15.5

6oz Alberta beef burger, smoked bacon, aged cheddar, diced onion, house made pickles, sliced tomato, remoulade sauce on a toasted brioche bun.

Ultimate chicken \$14.5

roasted chicken breast, crisp green apple, arugula, balsamic reduction, cranberry mustard, mayo, double cream brie on focaccia

Cubano \$15.5

slow roasted Alberta pork shoulder, smoked ham, gruyere cheese, house made pickles, mayo, mustard on ciabatta

Roast Beef Melt \$15.5

thinly sliced Alberta beef, caramelized onion, sautéed mushrooms, gruyere cheese, horseradish aioli, on ciabatta

House Made lasagna \$15.5

bolognese, ricotta, fresh pasta, house made tomato sauce topped with mozzarella

Veggie Burger \$15.5

People's Food veggie patty, sliced cucumber, tomato, lettuce, pickled red onion with tzatziki on a brioche bun

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