# **START & SHARE**

#### CHICKEN WINGS (1lb) 121/2

buffalo, hot, salt & pepper, bbq or teriyaki. your choice of ranch or bleu cheese dip

#### **SWEET POTATO FRIES** 9½

seasoned with a house made spice blend. served with chipotle aioli, dill dip & bacon ketchup.

#### PRETZEL STICKS 9

lightly buttered with coarse sea salt. served with red ale mustard sauce.

#### **BANG BANG SHRIMP** 16

light tempura batter, sauced with a spicy chili aioli & garnished with togarashi seasoning.

#### CHICKEN GYOZA 11

pan seared & served with sweet chili soy sauce.

#### **SPICY TUNA TARTARE** 13½

sashimi grade albacore tuna, lightly seasoned with a spicy sesame chili oil, togarashi spice & finely sliced scallions; served on crispy rice with a drizzle of sriracha mayonnaise.

#### MAMA'S MEATBALLS 13½

house made meatballs simmered in our garlic tomato & basil sauce, topped with melted mozza, parmesan & chopped parsley. garlic bread on the side.

#### CHILI LIME CHICKEN 121/2

crisp cucumber, chow mein noodles & fresh lime.

# **DRAGON BOAT LETTUCE WRAPS** 13

roasted chicken & vegetables, chow mein noodles, cashews, cilantro & fresh lime. tossed in a hoisin peanut sauce & served with crisp romaine boats.

# **BUTTER CHICKEN POUTINE** 12

roasted chicken, curried tomato cream sauce, fresh cheese curd, spiced yogurt & fresh cilantro. **traditional poutine**  $9\frac{1}{2}$ 

# CALAMARI 12

lightly breaded with jalapenos, slivered onions & bell peppers. drizzled with roasted red pepper aioli.

# HUMMUS & NAAN 9½

traditional style hummus topped with a balsamic reduction & served with warm garlic naan bread.

# BRUSCHETTA 9½

served with baked garlic crostinis topped with melted mozzarella & parmesan cheese.



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# **SALADS**

#### **GRILLED CHICKEN CAESAR** 15

6oz grilled chicken breast, house made croutons, chopped bacon, shaved parmesan & a fresh lemon wedge.

#### **BACON BLEU CHEESE WEDGE** 12

crisp iceberg wedge with crumbled bleu cheese, chopped bacon, tomato, red onion, boiled egg & buttermilk bleu cheese dressing.

#### ROCKET 15

baby arugula, fresh tomato, red onion slivers, shredded carrot & crumbled goat cheese, gently tossed in a lemon-herb vinaigrette; served with a grilled chicken breast.

#### **THAI** 16

chopped romaine & cooled rice noodles tossed in a cilantro peanut vinaigrette; topped with citrus marinated grilled chicken, mandarin oranges, red onions, pea shoots & cashews.

#### **CALIFORNIA COBB** 16

roasted chicken, chopped bacon, cheddar cheese, boiled egg, cucumber, fresh tomato & avocado over a bed of mixed greens. served with a balsamic bleu cheese vinaigrette.

#### SIRLOIN 191/2

6oz of marinated sirloin grilled medium & served over chopped romaine, tomato, crumbled goat cheese, grilled mushrooms, red onion & sugar snap peas. served with buttermilk bleu cheese dressing.

# IN A BOWL

# MARKET SOUP 6½

a delicious daily feature. please ask your server for details.

# BACON & TOMATO SOUP 8½

creamy, rich & made from scratch. served alongside garlic grilled french bread croutons topped with melted mozza & shaved parmesan for dipping.

# FRENCH ONION SOUP 8½

caramelized spanish onions in a rich beef broth, baked with toasted garlic croutons & provolone cheese.

# PACIFIC RIM NOODLE BOWL 15

chicken, prawns, steamed vegetables & rice noodles, simmered in a spicy flavorful broth.

# **TERIYAKI CHICKEN RICE BOWL** 16

tender chicken with fresh cut vegetables, sautéed in a house made teriyaki sauce over sticky rice. garnished with sesame seeds, cashews & spiced yogurt.

# **RED THAI SHRIMP CURRY** 16

pan seared vegetables & tender shrimp; fired in a spicy coconut lime curry sauce, served over sticky rice & topped with fresh cilantro.

# A place to gather, eat & drink.

# **CASUAL FAVOURITES**

#### LONG BEACH FISH TACOS (3) 16

lightly spiced mahi mahi, avocado, shredded lettuce, tomato, green onion, chopped cilantro, fresh lime & mild chipotle sauce. served with a mixed green salad.

#### **GOGI TACOS** (3) 151/2

korean inspired shredded pork topped with ginger cilantro slaw & sriracha mayonnaise. served with a mixed green salad.

#### JALAPENO MAC & CHEESE 10½

chopped jalapeno peppers, a blend of cheeses & fresh cream over tender elbow macaroni. topped with toasted parmesan panko bread crumb. add: cajun chicken, chorizo sausage 5 bacon 2

#### **STEAK SANDWICH** 19½

our tender 6oz sirloin, lightly seasoned, brushed with a garlic herb butter & grilled to your liking. served on thick cut garlic toast. +2 sides add: prawns 5 sautéed mushrooms or onions  $1\frac{1}{2}$ 

#### FISH & CHIPS 16

lightly battered in our own blonde lager, served with french fries, honey slaw, tartar sauce & your choice of gravy or dill dip. add: extra piece  $7\frac{1}{2}$ 

#### **CHORIZO SAUSAGE LASAGNA** 16

chorizo sausage bolognese over tender mafalda noodles; baked with mozzarella & shaved parmesan cheese.

# **FETTUCCINI & MEATBALLS** 17

fettuccini & hand packed meatballs in our garlic tomato & basil sauce; garnished with shaved parmesan cheese & fresh basil.

# **CHICKEN CLUB WRAP** 14½

oven roasted chicken, peppered bacon, aged cheddar cheese, avocado, tomato, mayonnaise & crisp shredded lettuce. + 2 sides

# **CHICKEN TENDERS** 14

served with a generous mound of french fries, plum sauce & your choice of gravy or dill dip.

# **BUTTER CHICKEN** 16½

tender chicken simmered in a fragrant curried tomato cream sauce, garnished with lightly spiced yogurt & fresh cilantro. served with basmati rice & warmed garlic naan bread.

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# BURGERS + 2 sides

# BETWEEN BREAD + 2 sides

#### choose 2 sides with all BURGERS, BETWEEN BREAD & MAINS.

Jalapeno Cheddar Mashed Potatoes

Mixed Greens Caesar Salad

**Honey Slaw** 

French Fries (gravy or dill dip) Quinoa Salad Ginger Cilantro Slaw Jalapeno Cheddar Corn Bread

Cup of Soup 2 Pan Seared Broccolini 2 Sweet Potato Fries 21/4 Poutine 21/2 Warm Potato Salad 2

add: cheddar, mozza, provolone, swiss, bleu cheese, goat cheese, bacon or avocado 2 add: mushrooms, jalapenos, banana peppers or guacamole 11/2 whole wheat bun available upon request

#### **THE MAIN** 15½

our signature burger served on a butter grilled brioche bun; with state sauce, shredded lettuce, tomato, pickle, red onion & melted american cheese.

# THE GRILLED CHEESEBURGER 18

grilled french bread, american, swiss & provolone cheese; with peppered bacon, shredded lettuce, tomato & a stack of crisp fried onions.

#### **ALBERTA BISON BURGER** 16½

lean ground bison, served on a butter grilled brioche bun; with bacon ketchup, lettuce, tomato, red onion, pickle & melted cheddar cheese.

# **GRILLED CHICKEN CLUB** 16

seasoned grilled chicken breast served with lettuce, tomato, mayonnaise, avocado, peppered bacon & melted cheddar.

# **CAJUN CHICKEN CHEDDAR** 16

pan seared blackened chicken breast with lettuce, tomato, mayonnaise, red onion & aged cheddar.

# **VEGGIE BURGER** 14½

served on a toasted honey whole wheat bun with guacamole, hummus & shredded lettuce; topped with our own bruschetta & melted mozzarella.

### FRENCH DIP 16½

slow roasted beef, shaved thin on a toasted baguette with sautéed mushrooms, caramelized onions, swiss cheese & horseradish mayo.

#### **CAROLINA PULLED PORK** 15

lean pork shoulder cooked in house, pulled then mopped in our southern style bbq sauce, topped with honey slaw & served on a fresh white bun.

### **BUFFALO CHICKEN CHEESE STEAK 15**

roasted chicken simmered in buffalo sauce, served on a grilled baguette with red peppers, slivered onions, banana peppers, melted cheddar & mozzarella cheese.

#### THE REUBEN 15

grilled rye bread stuffed with montreal smoked meat, swiss cheese, sauerkraut & our house made thousand island dressing.

# SAIGON SUB 14½

roasted chicken simmered in a hoisin peanut sauce with melted provolone, matchstick carrots, cucumber & chopped cilantro; served on a toasted baguette with sriracha aioli & a light drizzle of sweet soy sauce.

# APPLEWOOD SALMON CLUB 16

oven roasted applewood salmon, served on a toasted brioche bun with roasted red pepper aioli, lettuce, tomato, peppered bacon & fresh avocado.

# STEAK & MAINS add: prawns 5 sautéed mushrooms or onions 11/2

served with jalapeno cheddar mashed potatoes & pan seared broccolini. steaks are grilled to your preference, seasoned with our house blend 'state spice' & brushed in a garlic herb butter.

# THE EMPIRE STATE 10oz 31

classic new york cut, juicy & incredibly flavorful.

# RIBEYE 12oz 35

generously marbled for peak flavor & tenderness.

# KANSAS CITY BACK RIBS 261/2

tender baby back ribs, slow roasted then charbroiled & brushed with our southern style bbg sauce.

# CHICKEN & RIBS 26½

half a rack of our kansas city back ribs & a 6oz blackened chicken breast.

# **FLATBREADS**

add: chicken, prawns or chorizo sausage 5

#### **MARGHERITA** 12

grape tomatoes, cream cheese, mozzarella, fresh basil & oregano.

#### SPANAKO 13

grape tomatoes, roasted red peppers, baby spinach, red onion, goat cheese & oregano; drizzled with a balsamic reduction.

### **CHORIZO SAUSAGE & PEPPERS** 14

crumbled chorizo sausage, roasted red peppers, banana peppers & cracked black pepper over a blend of cheeses; drizzled in a roasted red pepper aioli.

BRUNCH Served until 2:00pm on weekends & statutory holidays.

#### BENNY BAR 12

two poached eggs, served on toasted english muffins, drenched in rich hollandaise sauce. served with crisp hash browns & garnished with fresh fruit.

#### choose from the following:

**traditional** – with sliced ham

veggie – with seared tomato & steamed spinach brunch - with fresh tomato, cheddar & strip bacon

# THE STATE SCRAMBLER 111/2

hash browns, red peppers, chopped ham, bacon, red onion & melted cheddar. garnished with green onions. served with toast & fresh fruit on the side.

# BANANA BREAD FRENCH TOAST 12

fresh banana bread dipped in a bailey's irish cream egg wash, griddled to golden brown & dusted with icing sugar. served with brown sugar butter, hash browns, fresh fruit & canadian maple syrup.

# **BREAKFAST BURRITO** 11½

scrambled eggs, peppered bacon, shredded cheddar cheese, green onion, salsa & sour cream all rolled into a sundried tomato tortilla. served with crisp hash browns & garnished with fresh fruit.

# MORNING GLORY 12

two eggs any style, spolumbo's maple breakfast sausage, strip bacon, crisp hash browns, toast & fresh fruit.

# STEAK & EGGS 19½

6oz 'aaa' angus sirloin with three eggs any style, crisp hash browns, toast & a fresh fruit garnish.

\* not all ingredients are listed in the menu description. please inform your server of any dietary restrictions or allergies. \* consuming raw or under-cooked meats, poultry or seafood may increase your risk of foodborne illness. st gluten sensitive menu, gluten free buns st soy chicken are available upon request.

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