



## BREAKFAST (Until 3pm)

Served with breakfast potatoes and fresh fruit

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|---|--|
| <b>Two Egger</b> ..... 9  | <b>Eggs Benedict</b> ..... 11  |
| Two eggs your way, sausage, bacon or ham, multi-grain, white or sourdough | Two poached eggs, English muffin, hollandaise sauce, ham (classic) or avocado + grilled tomato       |
| <b>Tofu Scramble (VEGAN)</b> ..... 10                                     | <b>Breakfast Hash</b> ..... 13   |
| Sautéed tofu, spinach, tomatoes, onion, peppers, grilled avocado          | Red wine braised beef, mushrooms, onion, spinach in a BBQ demi-sauce, two eggs your way, hollandaise |

## SMALL PLATES

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|---|--|--|
| <b>Market Seafood Chowder</b> ..... 11  | <b>Spinach, Artichoke &amp; Asiago Dip</b> ..... 9   | <b>Mussels</b> ..... 13  |
| Seafood, russet potatoes, vegetables  | Crispy pita, tortilla chips  | Garlic, shallots, white wine, herbs + cream  |
| <b>Bruschetta</b> ..... 7   | <b>Stuffed Yorkies</b> ..... 10  | <b>Nachos</b> ..... 17   |
| Three cheese spread, marinated cherry tomatoes, basil purée, EVOO, balsamic reduction | Creamy whipped potato, braised beef, gravy, horseradish mayo, gremolata, crispy onions     | Layered corn tortilla, olives, jalapeño, tomato, green onions, fresh pico de gallo, sour cream, three cheese blend |
| <b>Crispy Chickpea Fries (VEGAN)</b> ..... 8  | <b>ONE20 Wings</b> ..... 11  | <b>Add guacamole</b> ..... 4   |
| Romesco sauce   | Oven baked & fried   | <b>Add nacho chicken or beef</b> ..... 5   |
| <b>Poutine</b> ..... 7  | <b>Flavors: S&amp;P, Hot, Sweet Chili, Honey Garlic, ONE20 Dragon Sauce, Teriyaki, BBQ</b> |  |
| Hand cut Kennebec fries, squeaky cheese curds, house gravy                            |  |  |
| <b>Add bacon</b> ..... 3  | <b>Cauliflower Bites (VEGAN)</b> ..... 11  |  |
| <b>Add braised beef</b> ..... 4   | Oven baked & fried   |  |
|   | <b>Flavors: Same as ONE20 Wings</b>  |  |
| <b>Crab Cakes</b> ..... 9   | <b>Sautéed Prawns</b> ..... 9  |  |
| Chipotle aioli, ONE20 slaw, homemade chips  | Garlic white wine sauce  |  |
| <b>Add crab cake</b> ..... 4  |  |  |
| <b>Chicken Tenders</b> ..... 9  | <b>Calamari</b> ..... 11   |  |
| Breaded chicken tenders, hand cut Kennebec fries or salad, choice of dipping sauce    | Lightly spiced, tzaziki, red onions and lemon  |  |



### Add to any dish

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|--------------------------|---|
| Grilled tofu             | 5 |
| Grilled or Cajun chicken | 6 |
| Garlic prawns            | 6 |
| Salmon                   | 8 |
| Grilled steak (9oz)      | 9 |

## FAVOURITES

All handhelds come with a choice of daily soup, Kennebec fries or salad. **Substitute yam fries, Caesar salad or onion rings...3 Chowder, poutine or cauliflower...4 Gluten-free bun...1.5 Gravy...1.5**

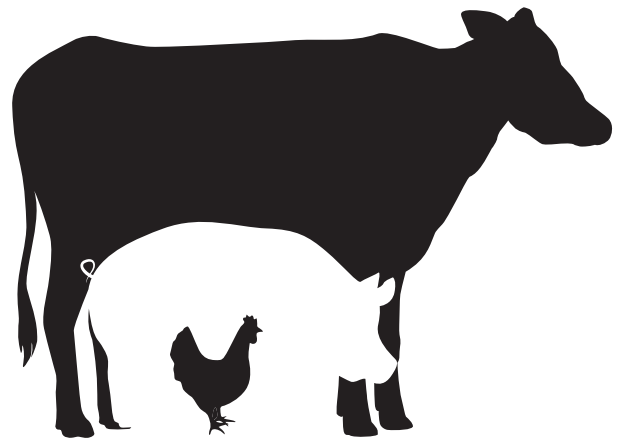
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|--|--|
| <b>Classic Burger (VEGAN OPTION)</b> ..... 12  | <b>Seafood Penne</b> ..... 16  |
| Beef, chicken or Beyond veggie patty, ketchup, mustard & the usual suspects                      | Market seafood, roma tomato, garlic, onions, white wine, tomato cream sauce  |
| <b>Add cheddar, bacon or mushrooms</b> ..... 1.5   |  |
| <b>Buffalo Wrap (VEGAN OPTION)</b> ..... 11  | <b>Vegan Penne (VEGAN)</b> ..... 14  |
| Crispy chicken or cauliflower, mixed greens, hot sauce, ranch, tomato, onion, three cheese blend | Market vegetables, roasted garlic, basil, tomato sauce, vegan "Parmesan"   |
| <b>Fish &amp; Chips</b> ..... 12   | <b>ONE20 Vegan Stew (VEGAN)</b> ..... 16   |
| One piece beer battered cod, hand cut Kennebec fries, tartar sauce, ONE20 slaw                   | Seasonal vegetables, chickpeas, beans, lentils mild curry sauce, coconut raita   |
| <b>Add one piece</b> ..... 5   | <b>Southwest Salad (VEGAN OPTION)</b> ..... 14   |
| <b>ONE20 Beef Dip</b> ..... 12   | Mesclun, kale, shredded greens, avocado, chipotle black bean purée, corn, roasted peppers & tomato salsa, grilled lime, cilantro, cajun tortilla strips, ranchero dressing |
| Red wine braised beef, horse radish aioli, crispy onions, pickles                                |  |
| <b>Add cheese</b> ..... 1.5  | <b>Power Bowl (VEGAN)</b> ..... 16   |
| <b>Cajun Salmon Sandwich</b> ..... 14  | Rice + grain blend, avocado, seasonal veggies, fresh herbs, house pickle, crispy slaw, roasted garlic and lemon tahini   |
| Cajun spiced BC salmon, ONE20 slaw, tomato, tartar sauce   |  |
| <b>Crispy Fried Chicken Sandwich</b> ..... 13  | <b>Add to salads &amp; bowls: grilled steak (9), salmon (8), cajun chicken (6), prawns (6), or tofu (5)</b>  |
| Artichoke + Asiago spread, bacon, iceberg, tomato  |  |
| <b>Chicken Penne Alfredo</b> ..... 15  |  |
| Chicken, bacon, mushrooms, cream sauce   |  |

## ENTRÉES (5pm-Close)

Served with creamy whipped potatoes + market veggies

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|-------------------------------------|--|
| <b>Chicken Piccata</b> ..... 17     | <b>BC Salmon</b> ..... 18                                    |
| Mushroom, cream and herb demi-glace | Pan-seared salmon fillet, choice of teriyaki or tartar sauce |
| <b>Braised Short Rib</b> ..... 18   | <b>Grilled Steak Dinner</b> ..... 19                         |
| Red wine demi-glace, gremolata      | 9oz NY Steak, port wine chipotle demi-glace                  |

PREMIUM  
Quality



## SIDES

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|-----------------------------|---|
| Garlic crostini             | 2 |
| Grilled naan                | 2 |
| House salad                 | 5 |
| Seasonal veggies            | 5 |
| Caesar salad (VEGAN OPTION) | 6 |
| Kennebec fries              | 5 |
| Yam fries                   | 6 |
| Onion rings                 | 7 |

Proudly serving scratch-made, locally sourced quality ingredients. Please inform your server of any extraordinary dietary issues and we will try our best to accommodate. Food items may come into contact with allergens or other ingredients. Please check with your server for our fresh made-in-house desserts.

