



BREAKFAST (Until 3pm)

Served with breakfast potatoes and fresh fruit

Two Egger 10

Two eggs your way, sausage, bacon or ham, multi-grain, white or sourdough

Tofu Scramble (VEGAN OPTION)... 10

Sautéed tofu, spinach, tomatoes, onion, peppers, grilled avocado

Eggs Benedict 12

Two poached eggs, English muffin, hollandaise sauce, ham (classic) or avocado + grilled tomato

Breakfast Hash..... 15

Red wine braised beef, mushrooms, onion, spinach in a BBQ demi-sauce, two eggs your way, hollandaise



SMALL PLATES

Market Seafood Chowder..... 14

Seafood, russet potatoes, vegetables, crostini

Half 8

Bruschetta..... 9

Three cheese spread, marinated cherry tomatoes, basil purée, EVOO, balsamic reduction

Crispy Chickpea Fries (VEGAN OPTION) ..9

Romesco sauce

Poutine..... 9

Hand cut Kennebec fries, squeaky cheese curds, house gravy

Add bacon 3

Add braised beef..... 4

Crab Cakes..... 11

Chipotle aioli, ONE20 slaw, homemade chips

Add crab cake 4

Stuffed Yorkies..... 11

Creamy whipped potato, braised beef, gravy, horseradish mayo, gremolata, crispy onions

Add yorkie 3

Spinach, Artichoke & Asiago Dip 12

Crispy pita, tortilla chips

ONE20 Wings 13

Oven baked & fried

Flavors: S&P, Hot, Sweet Chili, Honey Garlic,

ONE20 Dragon Sauce

Cauliflower Bites..... 13

Oven baked & fried

Flavors: Same as ONE20 Wings'

Wings & Cauliflower..... 15

Sautéed Prawns..... 13

Garlic white wine sauce, crostini

Chicken Tenders..... 14

Breaded chicken tenders, hand cut Kennebec fries or salad, choice of dipping sauce

Calamari 16

Lightly spiced, garlic, shallot, ginger Szechuan, cilantro-lime coconut yoghurt

Mussels 17

Garlic, shallots, white wine, herbs + cream, crostini for dipping

Nachos 17

Layered corn tortilla, olives, jalapeño, tomato, green onions, fresh pico de gallo, sour cream, three cheese blend

Add guacamole..... 4



Add to any dish

Grilled tofu.....	5
Grilled chicken.....	6
Garlic prawns.....	6
Salmon.....	8



FAVOURITES

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

Classic Burger (VEGAN OPTION) 14

Beef, chicken or Beyond veggie patty, ketchup, mustard & the usual suspects

Add cheddar, bacon or mushrooms..... 1.5

Buffalo Wrap (VEGAN OPTION) 14

Crispy chicken or cauliflower, mixed greens, hot sauce, ranch, tomato, onion, three cheese blend

Fish & Chips 14

One piece beer battered cod, hand cut Kennebec fries, tartar sauce, ONE20 slaw

Add one piece 5

ONE20 Vegan Stew 17

Seasonal vegetables, chickpeas, beans, lentils mild curry sauce, coconut raita, pappadum, naan bread

ONE20 Beef Dip 16

Red wine braised beef, horse radish aioli, crispy onions, pickles

Add cheese 1.5

Cajun Salmon Sandwich..... 19

Cajun spiced BC salmon, ONE20 slaw, tomato, tartar sauce

Crunch Salad sm 12 lg 16

Mixed greens, tomatoes, cucumbers, red onions, crispy chick peas, crispy onions, toasted nuts + seeds, honey lime herb vinaigrette

Caesar Salad (VEGAN OPTION).....sm 12 lg 16

Chopped romaine hearts, garlic focaccia croutons, shaved Parmesan or vegan cheese, regular or vegan Caesar dressing

Crispy Fried Chicken Sandwich 16

Artichoke + Asiago spread, bacon, iceberg, tomato

Power Bowl (VEGAN OPTION) sm 14 lg 18

Rice + grain blend, avocado, seasonal veggies, fresh herbs, house pickle, crispy slaw, coconut raita

Add chicken (6), salmon (8), prawns (6), or tofu (5)

Chicken Penne Alfredo 18

Chicken, bacon, mushrooms, cream sauce, crostini

Seafood Penne..... 19

Market seafood, roma tomato, garlic, onions, white wine, tomato cream sauce, crostini



ENTRÉES (5pm-Close)

Served with creamy whipped potatoes + market veggies

Chicken Piccata..... 24

Carrot purée, mushroom and herb gravy

Braised Short Rib..... 26

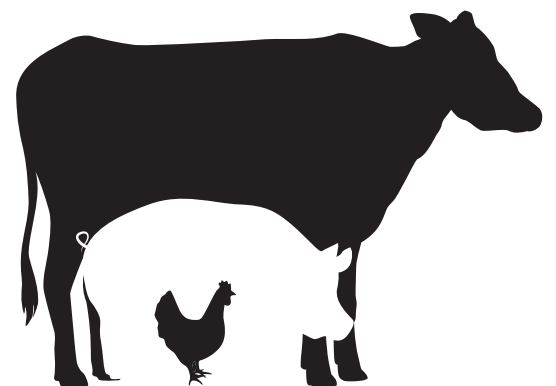
Red wine demi-glace, gremolata

BC Salmon..... 26

Pan-seared salmon fillet, roasted red pepper sauce, balsamic reduction

Grilled Steak Dinner..... 28

10oz NY Steak, port wine chipotle demi-glace, parsnip chips



Proudly serving scratch-made, locally sourced quality ingredients. We politely decline menu modifications. 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.