DAILY SPECIALS

Daily Soup & Sandwich

\$11

All sandwiches are served with soup of the day.

Bistro style steak sandwich

Beef strips, red pepper, onion, garlic aioli & slice old cheddar cheese.

Pan Seared Halloumi Wrap

Halloumi cheese, lettuce, tomato, caramelized onion, pesto mayo and flour tortilla.

Chilli Dog

7inch hot dog or cheddar smoky, chilli corn carne, tex mex cheese, Hot dog bun.

BBQ Pulled Pork Sandwich

Pull pork, home made BBQ sauce, creamy coleslaw, slice old cheddar cheese on kaiser bun.

WEDNESDAY

Wing Night \$5.50 Highballs

THURSDAY

Pasta Nights 1/2 Select Wine Bottles

FRIDAY

Steak Night \$5.50 Local Draught Beer

Happy Hour

11am - 7pm

\$5.50 Stock Highballs \$5.50 Domestic Beer

STARTERS

EQ Bar & Grill Signature Chicken fingers and fries \$18

4 piece chicken strips & fries served with creamy maple sriracha sauce and crudité

Soup Bowl \$8 Cup \$6

Chicken Wings * \$19

Served with ranch and crudités

Popcorn Chicken \$16

Served with ranch and crudités

Choice of Sauce or Seasoning

Buffalo, Greek, Honey Garlic, Honey Mustard, Sweet & Sour, Honey BBQ, Hot, Lemon Pepper

Nachos \$27

Corn chips layered with shredded cheese, red peppers, corn kernels, tomatoes, jalapeños, scallion, cilantro lime sauce, accompanied with salsa and sour cream.

Add beef, chicken or guacamole \$7 each

Macaroni And Cheese Wedges \$15

Fried Mac and cheese bites with sweet Basil Marinara.

Tacos * \$17

Choice of chicken, beef or shrimp on a grilled tortilla with guacamole, pico de gallo, cheddar cheese, shredded red cabbage, sour cream, and salsa.

Chilli bowl \$16

Hearty Meat Chilli bowl topped with mix cheese, sour cream, crushed tortilla chips & garlic Bread.

(* means can be made gluten-free)





SALADS

Kale Caesar * \$16

Baby kale, romaine hearts, brioche croutons, bacon, parmesan, Caesar dressing and garlic toast.

EQ Cobb Salad * \$16

Artisan greens, bacon, avocado, house pickled beets, egg and Danish blue cheese, citrus vinaigrette, garlic toast.

Taco salad * \$16

Romaine lettuce, roasted corn, black beans, tomato, cheddar, red bell pepper, scallions, salsa, with creamy avocado dressing, crispy tortilla bowl



Build Your Own \$24

Three Toppings Included Additional Toppings \$2.50 each **Gluten Free Crusts Available**

Toppings

Pepperoni, country ham, spicy Italian sausage, grilled chicken, grilled shrimp, bacon bits, mushrooms, pineapple, red onion, roasted red pepper, tomato, hot pepper, parmesan, feta cheese

Entrée

Chicken Schnitzel \$18

Breaded Crispy Chicken breast, served with roasted potatoes, steamed broccoli & creamy mushroom sauce.

Channa Masala Rice bowl * \$17

Slow-cooked chickpea curry in aromatic Indian spices served with rice pilaf, steamed broccoli

Fish & Chips \$17 (extra piece \$8)

4oz crispy battered haddock fillet, tartar sauce, Yukon gold fries, coleslaw, and lemon wedges.





<u>Sandwiches & Burgers</u>

All sandwiches and burgers are accompanied by a choice of house salad, fries, soup, sweet potato fries, Caesar salad or onion rings.

Grilled Cheese Sandwich * \$17

Ham, sautéed Mushroom & cheddar.

EQ Club Sandwich * \$19

Grilled chicken breast, bacon, cheddar, lettuce, tomato, avocado and chipotle aioli.

Crispy Chicken & Swiss Wrap \$17

Crispy Chicken, lettuce, flour tortilla, caramelized onion, grainy mustard, Swiss cheese.

Quesadilla \$19

Chicken, Beef or Shrimp, Grilled flour tortilla, roasted corn, red pepper, black beans, cheddar cheese, salsa & sour cream.

Steak Sandwich * \$21

7oz Canadian beef strip-loin char-grilled to your liking, Garlic butter mushrooms, onion rings and freshly grilled garlic toast

Build Your Own Burger \$18

Gluten-free buns Available Lettuce, tomato, red onions, pickles and a brioche bun are the base

Pick Your Protein

Season AAA Angus Beef Patty Crispy Chicken Breast Regular Chicken Breast Falafel Patty

Add Cheese (Add Extra Cheese \$1.99)

Old Cheddar **Swiss**

Add Toppings

Caramelized Onions Jalapeños Mayo **BBQ Sauce**

Premium Toppings \$1.99 Each

Fresh Avocado Bacon Sautéed Mushrooms

Dessert \$7

Creme Brule

Chocolate Lava Cake with Vanilla Ice Cream