



# BREAKFAST

MONDAY - SATURDAY 7:00AM - 11:30AM  
SUNDAY: 7:00AM - 9:00AM

## BREAKFAST PLATES

*substitute gluten friendly bread or marbled rye for +1.5*

### THE ARDEN BREAKFAST

Farm fresh eggs any style with bacon, or sausage, or ham, home fries and toast  
Two Eggs 9 / One Egg 7.5  
**Add Pancakes +2.5**

### NY STEAK & EGGS

6 oz NY striploin steak grilled to your liking, served with two eggs any style, home fries and toast 16.00

### FROM THE GRIDDLE

Fresh buttermilk pancakes or French toast with bacon or sausage 7.5  
**Add Bumbleberry Compote +1.5**  
**Add Bananas Foster Compote +1.75**

### THE BELT

Bacon, egg, lettuce, tomato and mayo on a toasted English muffin. Served with home fries 12.25  
**Add Cheese +1.75**

### WESTERN OMELETTE

3 eggs, ham, peppers, onions and cheese.  
Served with home fries and toast 11.75

### MEAT AND CHEESE OMELETTE

3 eggs, ham, or bacon, or sausage and cheese.  
Served with home fries and toast 12

### VEGGIES AND CHEESE OMELETTE

3 eggs, brushetta, caramelized onions, roasted mushroom and cheese.  
Served with home fries and toast 11.75

### THAT'S A WRAP

3 eggs scrambled, peppers, onions, cheese, lettuce and tomatoes nestled into a warm tortilla.  
Served with home fries 11.50

### EGGS BENNY

2 poached eggs to your doneness, peameal bacon on an English muffin napped with hollandaise sauce, served with home fries 13

## HEALTHY CHOICES

*substitute gluten friendly bread or marbled rye for +1.5*

### HEART SMART

Fresh cup of fruit, creamy yogurt, granola with choice of a muffin, bagel or toast 9.25

### AVOCADO TOAST

Choice of bread toasted with forked avocado, pico de gallo and an egg any style 9.5

# SKILLETS

*All served with toast / substitute gluten friendly bread or marbled rye for +1.5*

## LOADED

Sausage, bacon, ham, home fries, peppers, onions, Cajun seasoning and cheese, topped with 2 eggs any style 13.5

## ANTI PASTO

Brushetta, caramelized onions, roasted mushroom and feta cheese, home fries topped with 2 eggs any style 13.25

## CORNEB BEEF

Corned beef, home fries, caramelized onions, peppers and cheese, topped with 2 eggs any style 13.5

## ON THE SIDE

### CEREAL

With milk 3.5

### EGG

Any style 2.5

**CUP OF FRUIT** 4.5

**MUFFIN** 2.75

**WHOLE FRUIT** 2.75

**ENGLISH MUFFIN** 3.5

**FRESH HALF GRAPEFRUIT** 2.5

### TOAST

Rye bread or  
Gluten Friendly **GF** 3  
White or whole wheat 2.5

**PEAMEAL BACON** 4

**OATMEAL AND BERRIES** 5.75

**MULTIGRAIN BAGEL**  
With cream cheese 3.75

## BEVERAGES

### JUICES

Apple / Orange / Cranberry  
Grapefruit / Tomato  
2.75 Regula / 2.25 Small

### COFFEE OR TEA

Bottomless 2.75

**HOT CHOCOLATE** 2.75

**HOT APPLE CIDER** 2.75

### MILK

White or chocolate 2.75

**SOFT DRINK** 2.75

**ICED TEA** 3

**V** VEGETARIAN **GF** GLUTEN FRIENDLY **DF** DAIRY FRIENDLY







# LUNCH

MONDAY TO SATURDAYS 11:30AM - 2PM

## FRESH FROM THE KETTLE

### SOUP OF THE DAY

Ask about our chef inspired daily creation 6

### BAKED FRENCH ONION SOUP

Rich beef bone broth infused with fresh thyme, red wine slow simmered with sweet onions and then oven baked with croutons and cheese 8.5

## SALADS

*all include a piece of grilled focaccia*

### ARDEN GREENS

Heritage blend of lettuces, medley of grape tomatoes, cucumbers, carrots, red onion, tamari seeds and nuts. Your choice of dressing 10

DF GF V

### BUDDAH BOWL

Heritage blend of lettuces, quinoa, medley of grape tomatoes, cucumbers, carrots, red onions, butternut squash, zucchini, tamari seeds, hard boiled egg, avocado, citrus vinaigrette 15

DF GF V

### SPINACH SALAD

Baby spinach, red onions, roasted beets, blueberries, tossed in a honey poppyseed dressing topped with candied spicy pecans and goat's cheese 13

GF V

### CAESAR SALAD

Hand cut romaine hearts, bacon bits, grana Padano, asiago cheese, croutons tossed in a creamy Caesar dressing 12.5

### GREEK SALAD

Medley of grape tomatoes, cucumber, red onions, bell peppers, kalamata olives, tossed in oregano dressing topped with feta cheese on a bed of mixed greens 13

GF V

### ASIAN CHICKEN SALAD

Heritage blend of lettuces with bok choy, cabbage, red onions, bell peppers, cucumbers, fried noodles, tamari seeds and nuts, grilled chicken tossed in a sesame vinaigrette 17

DF GF

ADD CHICKEN +6 / ADD SHRIMP +6  
ADD BEYOND MEAT SAUSAGE™ +5



VEGETARIAN



GLUTEN FRIENDLY



DAIRY FRIENDLY

# TASTE AND SHARE

## BRUSHETTA

Grilled focaccia topped with our mixture of fresh tomatoes, red onions, fresh basil, garlic, asiago cheese topped with grana Padano parmesan and drizzled with balsamic glaze 12 **V**

## WINGS

10 jumbo dusted wings tossed in your choice of honey garlic, mild, medium, or hot sauce. Coleslaw and ranch or blue cheese dip 14.5

## FAVOURITES

### COD AND CHIPS

Tender flaky cod lightly dipped in our signature batter, served with fries, coleslaw and house made tartar.

One Piece 12.5 / Two Piece 14.5

### ARDEN STIR FRY

Fresh vegetables stir-fried in your choice of Szechwan or sweet and sour served over rice pilaf, or rice noodle 15 **DF GF V**

**ADD CHICKEN +6**

**ADD SHRIMP +6**

**ADD BEYOND MEAT SAUSAGE™ +5**

### CHICKEN TENDERS

Crispy breaded and fried chicken tenders with fries or salad, served with plum sauce for dipping 14.95

### BUTTERNUT SQUASH RAVIOLI

Roasted mushrooms, caramelized onions, grape tomatoes in a pesto cream sauce with parmesan and grilled focaccia 18 **V**

**ADD CHICKEN +6**

**ADD SHRIMP +6**

**ADD BEYOND MEAT SAUSAGE™ +5**

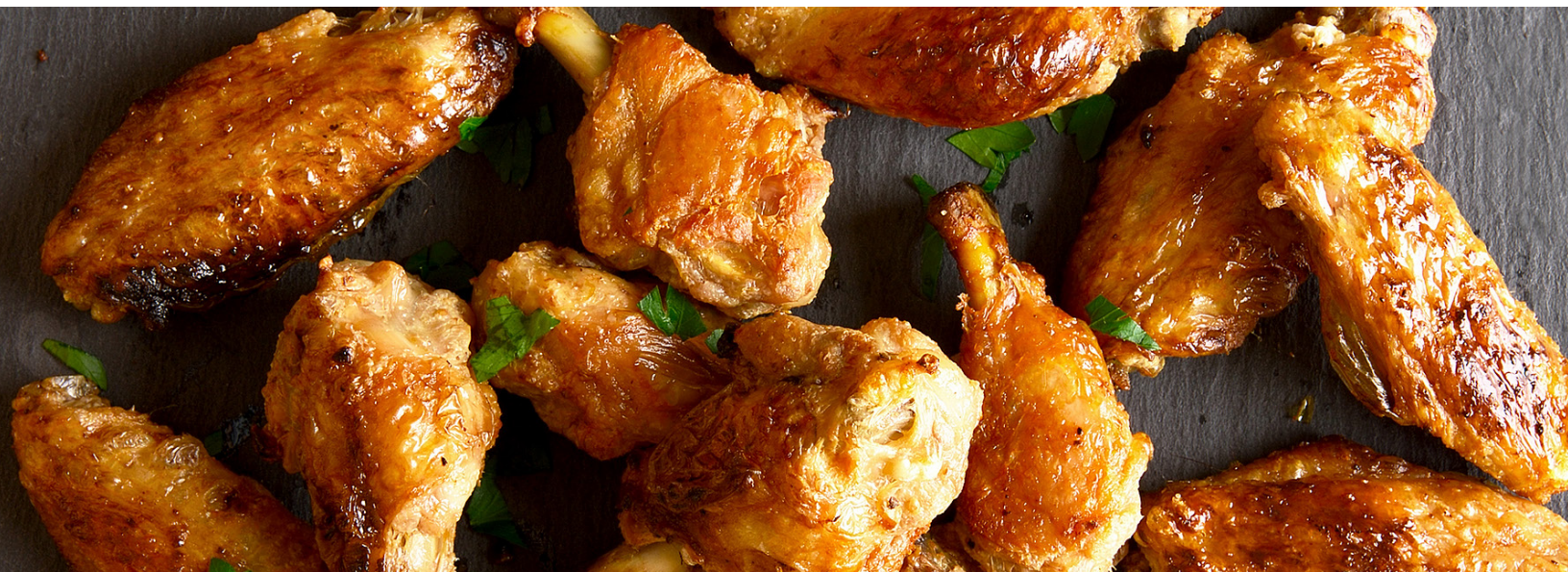
### ROASTED VEGETABLE PENNE

Roasted mushrooms, caramelized onions, grape tomatoes, zucchini, butternut squash tossed in a sundried tomato pesto EVOO and grilled focaccia 14 **V**

**ADD CHICKEN +6**

**ADD SHRIMP +6**

**ADD BEYOND MEAT SAUSAGE™ +5**







## HANDHELDS

*all served with fries or house salad / or upgrade to a Caesar salad for +2  
gluten friendly bun available on request +1.25*

### BURGERS

All on a toasted brioche bun, garnished with lettuce, tomato, red onion and pickle. Choice of:

#### **Our House Patty**

(ground chuck, brisket and short rib)

#### **Crispy Chicken**

(buttermilk-soaked chicken thigh double breaded)

**Beyond Meat™** (plant-based source of protein)

**Grilled Chicken** (tender breast of chicken)

### ARDEN

Basic. Just the patty and garnish 14

### SMOKEHOUSE

Bacon tomato jam, caramelized onions, bacon, smoked cheddar, BBQ sauce 16

### BMC

Bacon tomato jam, bacon, roasted mushrooms and cheddar cheese 16

### CORDON BLUE

Ham and Swiss cheese 15

### SMOKED CHICKEN & BRIE SANDWICH

House smoked chicken breast, roasted red peppers, brie cheese, smoked paprika aioli on grilled focaccia 16

### CHICKEN FAJITA WRAP

Cajun seasoned grilled chicken, roasted mushrooms, bacon, caramelized onions, shredded lettuce, tomatoes and cheese, smoked paprika aioli wrapped in a flour tortilla, served with house made pico de gallo and sour cream 14

### CHICKEN CAESAR WRAP

Crispy or grilled chicken with romaine, bacon, croutons, asiago cheese, creamy Caesar dressing, wrapped in a flour tortilla 14

### CLASSIC REUBEN

Shaved Montreal smoked meat, sauerkraut, Swiss cheese and thousand islands dressing on marble rye bread 14

### ULTIMATE BARON

Shaved prime rib, caramelized onions, roasted mushrooms, peppers, swiss cheese, smoked paprika aioli on a toasted bun, served with au jus for dipping 16

## PIZZAS

*hand made thin crust / gluten friendly crust available on request +2*

### BBQ CHICKEN

Creamy garlic base, house smoked chicken, caramelized onions, roasted red peppers, mozza, provolone and drizzled with 40 Creek BBQ sauce 15

### CANADIAN CLASSIC

Tomato base, pepperoni, roasted mushrooms, bacon and mozza, provolone 14

### ROASTED VEGETABLE

Pesto base, roasted mushrooms, caramelized onions, roasted red peppers, spinach, **Beyond Meat Sausage™** 14

### CHEESE BURGER

Ketchup and mustard base, ground beef, red onions, pickles, shredded lettuce tomatoes and cheese blend 15

## DESSERTS

### FRESH PIE

Ask your server for today's selections 6.5  
*Add Ice Cream +2*

### BUMBLEBERRY CHEESECAKE

NY style cheesecake topped with house made bumbleberry compote 9

### PEACH AND WHITE CHOCOLATE BREAD PUDDING 6

### RICE PUDDING

Silky creamy rice pudding served warm 5

### CARROT CAKE

Spiced carrot cake with cream cheese frosting 7

### FLOURLESS CHOCOLATE TORTE

Flourless chocolate torte with dark chocolate glaze 8 **GF**

### CLASSIC FRESH FRUIT PAVLOVA

Lightly baked and served with fresh berries and compote 9

## SPECIALTY COFFEE *AND* TEA

*your choice 1 oz. 8.00*

### SPANISH COFFEE

Brandy, triple sec, and coffee

### IRISH COFFEE

Irish Whiskey, Irish Mist and coffee

### ARDEN NIGHT CAP

Frangelico, Bailey's Irish Cream and coffee

### MONTE CRISTO

Grand Marnier, Kahula and coffee

### BLUEBERRY TEA

Amaretto, Grand Marnier and tea

**V** VEGETARIAN

**GF** GLUTEN FRIENDLY

**DF** DAIRY FRIENDLY

