



## Starters

### HOME-CUT PORK BITES

Freshly cut pork bites marinated with orange zest, sea-salt, cracked black pepper and served with chipotle aioli. \$11



### CALAMARI

Tender squid lightly battered and fried, served on a bed of pan charred bell pepper sauté, with lemon and tzatziki. \$11

### CHICKEN WINGS

Lightly breaded wings served with carrots, celery, and dip and the following sauces: hot, BBQ, teriyaki, sweet chili, honey garlic or salt and pepper. \$12

### SHRIMP SPRING ROLLS

Our spring rolls are made in house using fresh vegetables and shrimp wrapped together and deep fried lightly. Served with dipping sauce. \$7



### VEGETABLE CRUDITÉS

A variety of freshly cut veggies served with Ranch dressing. \$8



## Soups & Salads

All served with garlic toast.

Substitute gluten free garlic toast for \$1.00



### CHICKEN RICE SOUP

Generous serving of rich chicken broth with vegetables, rice, herbs, spices, and fresh chicken. \$8

### BEEF BARLEY

We roast our beef in our kitchens daily. This hearty soup is a rich blend of our roast beef, barley, vegetables, herbs and spices. \$8

### DAILY INSPIRATION SOUP

Our talented team comes up with a delicious soup every day. \$8



### GREEN SALAD

Fresh mixed greens and vegetables encircled in a cucumber slice. Served with your choice of our house made dressings. \$8



### CAESAR SALAD

Pulled Romaine lettuce lightly covered in our own dressing, served with croutons and freshly grated Parmesan cheese. \$9



### COBB SALAD

Mixed greens, locally smoked special cut bacon pieces, jerk chicken, hard-boiled egg slices, cherry tomatoes, peppers and pepper jack Havarti cheese. \$16



### SPINACH & STRAWBERRY SALAD

Raw spinach, sliced strawberries, avocado, toasted almonds, with a homemade poppy seed dressing. \$14 1/2



### GREEK SALAD

Bed of Romaine lettuce topped with classic Greek salad: red and green peppers, tomatoes, cucumbers and Feta tossed with our own Greek dressing. \$15



## Sandwiches

Served with your choice of french fries, soup, garden salad, daily vegetables or rotini salad.

Substitute sweet potato fries, Caesar salad, spinach salad or our gluten free bun for \$2

### BEAN HOUSE BURGER

A hand-made eight ounce AAA Alberta beef patty topped with our signature BBQ sauce and served on an onion Kaiser. Served with lettuce, onion, tomato and cheddar cheese. \$15

### CADILLAC BURGER

A hand-made eight-ounce AAA Alberta beef patty topped with our signature BBQ sauce on an onion Kaiser. Served with bacon, cheddar, mushrooms, lettuce, onions and tomato. \$16

### BEEF DIP

Freshly roasted beef shaved and sautéed with caramelized onions on a garlic baguette, served with au jus. \$15

### REUBEN SANDWICH

Freshly cut smoked meat, sauerkraut, Swiss cheese, grainy mustard on rye bread. \$14



### PORTOBELLO MUSHROOM KAISER

A Portobello mushroom grilled and served with roasted red pepper, caramelized onions, lettuce, tomato, Pepper jack cheese and basil aioli on an onion Kaiser. \$13

### CHIPOTLE CHICKEN CLUB KAISER

Whole juicy chicken breast grilled and topped with bacon and mozzarella, served with chipotle aioli, avocado slices, lettuce, onion and tomato on an onion Kaiser. \$14



### BLACKENED SALMON SANDWICH

Wild west coast Pacific salmon cooked and seasoned in Cajun spices topped with lettuce, tomato and avocado spread and served on a fresh baguette. \$16

### BBQ PORK LOIN

Shaved pork loin with house made spicy Thai BBQ sauce topped with Provolone cheese served on a soft French loaf. \$15

## Add Ons



### SALMON FILLET \$7

HONEY DIJON OR BLACKENED



### PRAWN SKEWERS \$5



### EXTRA BEEF PATTY \$5



### CHICKEN OR BEEF SKEWERS \$4



### GRILLED CHICKEN BREAST \$6



### GRAVY \$2

### CORN BREAD \$2 1/2

### GARLIC TOAST \$2

## Entrées

Served with daily sides or your choice of french fries, soup, garden salad, daily vegetables or rotini salad.

Substitute sweet potato fries, Caesar salad, spinach salad or our gluten free bun for \$2

### STEAK SANDWICH

Ten ounces of aged Alberta beef broiled to order. Served on a toasted garlic baguette with mushrooms and hay onions. \$22



### MANGO CHICKEN

Grilled chicken breast topped with house made mango chipotle salsa. \$17



### HONEY MUSTARD SALMON FILLET

Succulent wild salmon baked with a piquant Dijon honey glaze. \$21



### HALIBUT FISH AND CHIPS

Two pieces of London-style halibut dipped in our signature batter and served with our homemade tartar sauce with french fries. \$21

### TURKEY POT PIE

We roast turkeys every day at the Bean. This favorite is delicious turkey and vegetables in a rich velouté sauce capped with a delicious puff pastry. \$14

### HAZELNUT CRUSTED CHICKEN

Whole breast of chicken crusted with breadcrumbs and hazelnuts topped with a Frangelico cream sauce. \$19

### FEATURE

Fresh ideas every day.

## Pasta & Bowls

### SEAFOOD FETTUCCINE

Prawns, halibut and smoked salmon in a creamy rosé sauce with garlic toast. \$17

### FETTUCCINE CARBONARA

Cooked to order fettuccine with bacon cream sauce, sweet green peas, parmesan cheese and garlic toast. \$14

### LASAGNA

Layered pasta and fresh ground beef with tomato sauce and cottage cheese topped with mozzarella, cheddar and fresh Parmesan cheese blend. Served with caesar salad and garlic toast. \$15

### VEGETARIAN LASAGNA

Fresh vegetables baked with cottage cheese in a cream sauce and topped with mozzarella, cheddar and fresh parmesan cheese blend. Served with garden salad and garlic toast. \$14

### GUINNESS STEW

Traditional Irish stew with Guinness-braised Prime Alberta beef, local carrots, celery, turnips, onions and mashed potatoes served with fresh artisan cornbread. \$16



### BIG VEGAN BOWL

Warm quinoa with seasoned roasted chickpeas, roasted sweet potato, fresh cabbage, avocado, julienned carrots and hummus on a bed of greens with dressing. \$16



Gluten Free



Ocean Wise



Vegetarian

FREE WIFI chowderhouse or greenbean Password: 403 269 1434