

The Café Lighter Side

Any of these selections combined with a soup or salad, make for a great light meal.

Café Quesadilla

Chicken, cheese, peppers and mushrooms wrapped in a saffron yellow soft shell, grilled to perfection and served with salsa and sour cream. **\$8.25**

Plum Tomato Baguette

Two garlic grilled baguettes with a 3-cheese blend, oven-baked with diced plum tomatoes. **\$7.95**

Baked Pepper Pot Soup

Rich aged beef in a light broth with peppers and sautéed onions, splashed with red wine and baked with cheese. **\$7.25**

The Daily Fresh Soup

Our freshly prepared soup is served with a roll and butter. **Cup \$4.25 Bowl \$5.45**

Mandarin Spinach Salad

Fresh leaves of spinach tossed in a fresh herb vinaigrette with toasted almonds, Burma onion rings, tomatoes, mandarin wedges and slices of peppers. **\$9.45**

Spring Spinach Salad

Mediterranean herbs with red and green peppers, cucumber, feta cheese, tomatoes, black olives and red onions. Of course, with fresh spinach leaves. **\$9.45**

Richards Salad

This is our chef's meal-sized creation. Fresh julienne vegetables with smoked turkey, ham and cheddar cheese on a bed of mixed greens crowned with sliced egg and your choice of dressing. **\$11.35**

Salad of the Sea

Fresh leaves of romaine, green leaf and kale, red peppers, cucumber around an abundance of seafood with tomatoes and olives wrapped in seafood dressing and served fresh. **\$11.95**

So Good Grilled Chicken Fruit Salad

Fresh leaves of lettuce wrapped with cucumber, resting on a bed of fresh fruit with grilled chicken. Wrapped in a key-lime dressing finished with gold-tequila minced herbs. **\$11.45**

Chefs Classic Caesar Salad

Crisp romaine medley of lettuce with our personalized dressing, grated parmesan, toasted croutons and lemon. **\$9.45**

Any of our salads can be enhanced with grilled chicken or beef for an additional \$3.95.

Veggie Wrap

Our GM's favourite! Soft tortilla shells wrapped around lettuce, tomato, cucumber, carrot, green onion, cilantro, and cheese. Finished with a fresh herb vinaigrette. Served with a cup of soup. **\$9.95**

Classic Caesar Wrap

Sautéed breast of chicken wrapped in a soft tortilla shell with our famous caesar dressing. Served with a cup of soup. **\$10.95**

Pita of Grilled Chicken

Breast of chicken in a pita with romaine lettuce, cucumber, onion, tomato and Swiss cheese with our peppered ranch dressing. Served with a cup of soup. **\$9.95**

Carving Board Burgers

All burgers are 6 oz. pure beef patties and are accompanied with lettuce, tomato, pickle and chefs sauce.

Served with coleslaw and your choice of fries, side salad or a cup of soup.

Substitute a side caesar salad or onion rings for \$1.25

The Canadian

Broiled and topped with Canadian back bacon and cheddar cheese. **\$9.85**

The American

Broiled and loaded with fried onions and finished with Philly cream cheese. **\$9.85**

The Mexican

Broiled and loaded with fried peppers and jalapeno jack cheese. **\$9.85**

The M & M

Broiled and topped with sautéed mushrooms and mozzarella cheese. **\$9.85**

The Plain Jane

Just like it sounds folks. **\$8.95**

The Big Guy Burger

Some of all of the above; 2 broiled burgers, back bacon, fried onion, mozza cheese, peppers and mushrooms for the big guy. **\$ 12.95**

Café Classics

Ideal for lunchtime or a quick light dinner, these classics are served with your choice of a side salad, french fries, potato salad or a cup of soup.
Substitute a caesar salad or onion rings for \$1.25

Monte Cristo

Sliced turkey, sweet ham and Swiss cheese layered with three slices of either white or brown bread. Dipped in egg and grilled until golden brown and served with red currant jelly. It's the best Monte in the city. **\$10.25**

Classic Clubhouse

Built with smoked turkey, maple cured bacon, tomato, lettuce and mayonnaise. Served on your choice of white, brown or dark rye bread. **\$9.95**

Fresh Veggie Club

Built with tomato, lettuce, cucumber, grated carrot, Swiss cheese and mayonnaise. Served on your choice of white, brown or dark rye bread. **\$9.50**

The Big Bamboo

Hot roast beef served open-faced on a garlic grilled whole wheat baguette, piled high with mushrooms, roasted onions, mozza cheese and served with pan gravy. **\$10.95**

Italian Grill

Grilled chicken with Italian herbs, topped with prosciutto ham, mozza cheese, garnished with Italian peppers. Served open-faced on a garlic grilled baguette. **\$10.25**

You Roll Wraps

Fresh sautéed bell peppers and vegetables, lettuce and tomatoes, cheese and soft shells. Served with salsa and spiced sour cream.

Vegetarian: \$9.75

Chicken: \$10.45

Beef: \$10.95

New York Steak Sandwich

6 oz. New York strip steak broiled to your choice and served with fried onions or sautéed mushrooms. **\$11.95**

Fish & Chips

Beer battered and fried golden. Served with french fries, coleslaw, tartar sauce and a wedge of lemon. **\$10.25**

Garden Quiche

This favourite is loaded with potato, zucchini, apple, red pepper, squash, Burma onion and carrot, topped with mozza cheese and oven-baked. Finished with seasoned wine sauce and roasted sweet peppers. **\$9.95**

Café House Omelette

A three egg omelette with tomato, ham, cheese and mushrooms. Cooked to perfection!

\$9.85



Oriented towards dinner, the following items take a little more preparation time but are more than worth it!

All selections, where appropriate*, are served with your choice of steamed rice, baked potato or french fries and fresh grilled market vegetables with fine herbs.

Skillet Baked Tortellini

Tortellini baked with white wine sauce or rich tomato sauce, finished with julienne prosciutto and crowned with a blend of baked cheese and chicken. **\$12.95**

Medley of Seafood

Mussels, shrimp, squid and clams over penne pasta with a light rosé sauce finished with Chardonnay, crowned with blended cheese. **\$13.95**

*Pork Schnitzel

Lightly breaded and sautéed pork loin resting on a sauce of sautéed onions with capers and Riesling wine, finished with lemon and chopped parsley. **\$13.95**

*Grilled Calf Liver

Grilled calf liver with bacon and red onion, served with a pan gravy, touched by red wine. **\$11.95**

*Wild Alberta Meat Loaf

A blend of beef, buffalo, and wild boar that is truly special. Baked with Madagascar peppercorns, grilled and finished with rich red wine hunter sauce. **\$12.95**

Café Signature Series

These items are the Glenmore's Signature Series and are served chateau style to the table and available after 6:00 pm only.

The West Coast Special

Black pepper salmon with a light citrus vodka sauce on a bed of wild scallions. **\$17.45**

The Prairie Roast

Breast of chicken infused with fresh herbs, roasted and laid out on julienne red peppers touched with a Dijon and tarragon sauce. **\$16.95**

Alberta's Best

Triple "A" Alberta strip loin broiled to perfection, resting on sautéed mushrooms with smoked paprika, touched with a Mayan demi glaze. **\$21.95** Or (Seaside) with 6 large shrimp in Garlic. **\$29.95**

All of our Signature Series items are served with sautéed vegetables, with your choice of potato or rice. Soup or tossed salad and a roll and butter to start are complimentary.

Café Sides

All items may be enhanced by adding a side order.

French Fries	\$3.25
Onion Rings	\$3.45
Pan Gravy	\$1.00
Sautéed Mushrooms	\$2.45

Desserts

A perfect way to complete your meal or just for the fun of it.
Please ask your server for our dessert menu.

Beverages

Soft Drinks	\$1.70		
Coffee	\$1.70		
Tea	\$1.70		
Iced Tea	\$1.70		
Milk Small	\$1.95	Large	\$2.45
Chocolate Milk Small	\$2.15	Large	\$2.60
Assorted Juices Small	\$2.00	Large	\$2.50

Enjoy These Other Fine Outlets

Elbow Room Lounge

Open Monday thru Saturday from 11:00 am 'til 1:00 am and
Sundays from 12:00 noon 'til midnight.

Garden Court Buffet

Open for lunch Monday thru Friday from 11:30 am 'til 2:00 pm.
Open for dinner Friday thru Sunday from 5:00 pm 'til 9:00 pm.

Enjoy our award winning Sunday Brunch from 10:00 am 'til 2:00 pm
with the addition of our three foot chocolate fountain.

Spirit Shop

Let our friendly and knowledgeable staff assist you with our
wide selection of cold beer, spirits and fine wines.
Open Sunday thru Thursday from 10:00 am 'til 10:00 pm and
Friday and Saturday from 10:00 am 'til 11:00 pm.