

# BREAKFAST

WELLINGS OF CALGARY

OPENING  
HOURS

9:00 AM  
11:00 AM

## MAINS

### WELLINGS BREAKFAST (GF)

13

2 eggs to order, toast, served with bacon or sausage, choice of potatoes or fresh fruit

### OMELETTE (GFO)

11

2 eggs, toast, choice of potatoes or fresh fruit  
toppings choices: cheese, bacon mushroom, onion, tomato, peppers

### REUBEN BENNY (GFO)

11

sourdough toast, pastrami, sauerkraut, poached egg, hollandaise, choice of potatoes or fresh fruit  
+ additional benny for \$4

### CLASSIC BENNY (GFO)

10

toasted english muffin, ham, poached egg, hollandaise, choice of potatoes or fresh fruit  
+ additional benny for \$4

### BUN ON THE RUN (GFO)

6

brioche bun, ham, fried egg, tomato, house chutney

### CHOC CHIP PANCAKES (V)

10

3 pancakes stacked, whipped cream, berry compote

### YOGURT PARFAIT

8

layers of greek yogurt, house granola and fruit compote

### COFFEE WAFFLES (V)

10

2 Belgian waffles, coffee butter, whipped cream, berry compote

### OATMEAL BOWL (V)

7

served with maple syrup, whipped cream, berry compote, cinnamon sugar

### AVOCADO TOAST (GFO)

11

sourdough topped with smashed avocado, sunnyside up egg, cherry tomatoes and balsamic drizzle, choice of potatoes or fresh fruit

### 1 EGG

2.5

### SIDE BACON

4

### SIDE SAUSAGE

4

### SIDE POTATOES

4

### SIDE TOAST

1

### SOURDOUGH TOAST

1.5

### SIDE FRUIT

4.5

## SIDES

(V) - Vegetarian (GF) - Gluten Free (GFO) - Gluten Free Option on Request

# MENU

WELLINGS OF CALGARY

OPENING  
HOURS

11:00 AM  
7:00 PM

## SNACKS & STARTERS

## SALADS

+ \$5 FOR GRILLED OR  
CRISPY CHICKEN

+ \$10 FOR ADD ON  
SALMON

## PIZZA

\*ALL OF OUR PIZZA  
DOUGH IS MADE FRESH  
IN HOUSE\*

+ \$0.50 ADD HONEY  
DRIZZLE TO ANY PIZZA

## PUB FARE

### DAILY SOUP

served with toasted bun

### BUTTERNUT SQUASH SOUP

served with toasted bun

### CHIPPERS & DIP

house made crispy potato chips  
with aioli dip

### GARDEN SALAD (V) (GF)

greens, tomato, carrot,  
cucumber, house vinaigrette

### CALIFORNIA SALAD (GF)

greens, watermelon, cherry  
tomato, cucumber, avocado,  
bocconcini, ranch dressing

### PEPPERONI

pepperoni, cheese, tomato  
sauce

+ honey drizzle for \$.50

### MARRY ME CHICKEN

chicken, spinach, sliced tomato,  
cheese, tomato sauce, sun dried  
tomato pesto

### PESTO CHICKEN QUESADILLA

chicken, basil pesto, cheese,  
craisins

### 1/2 CHICKEN WINGS 1 lb CHICKEN WINGS

saucers & rubs: salt & pepper,  
black cherry BBQ, hot, honey  
mustard

6

6

6

7

13

11

12

11

8.5  
16

### GRILLED HALLOUMI

grilled halloumi cheese, cherry  
tomatoes, balsamic drizzle

### CRAB RANGOON ROLLS

crab, corn, cream cheese in a  
crispy spring roll

### BUTTERNUT SQUASH SALAD (V) (GF)

roasted butternut squash,  
craisins, mandarins, radish, snap  
peas

### CAESAR SALAD

crisp romaine, bacon lardon,  
parmesan cheese, garlic  
crouton, lemon wedge

### HAM & PINEAPPLE

shaved ham, pineapple,  
tomato sauce, cheese,  
balsamic reduction

### MARGHERITA

tomato sauce, cherry tomato,  
mozzarella cheese, basil pesto

### CHICKEN STRIPS

3 pieces of breaded chicken  
strips, served with fries

### FISH & CHIPS

battered cod, fries, lemon,  
tartar sauce

### PAPA'S BOLOGNESE

rich slow cooked meat sauce,  
parmesan cheese, spaghetti,  
garlic bread

8

10

12

11

12

10

13

14

14

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*\*Make any burger vegetarian with our delicious garden patty\**

# HAND HELDS

**SERVED WITH FRENCH  
FRIES OR HOUSE SALAD**

**UPGRADE TO CAESAR  
SALAD +3**

**+ADD BACON FOR \$1**

**SUB GF BUN + \$2**

# STEAK HOUSE

**AVAILABLE AFTER 5PM**

# DESSERT

**GRILLED CHEESE (V)  
(GFO)**  
cheddar, swiss & monterey jack  
cheese on sourdough toast  
-deluxe with bacon & tomato + \$2

**10**

**CLASSIC BLT (GFO)**  
bacon, tomato, lettuce, honey  
mustard, choice of white,  
whole wheat, or sourdough  
toast

**10**

**CALIFORNIA CHICKEN  
CLUB (GFO)**  
grilled chicken breast, bacon,  
avocado, tomato, greens, ranch,  
choice of white, whole wheat,  
or sourdough toast

**16**

**10 OZ STRIPLOIN CENTRE 30  
CUT STEAK (GF)**  
seared to your liking, garlic &  
herb compound butter, roasted  
potato, seasonal vegetables

**30**

**½ RACK RIBS (GF)**  
smoked baby back ribs finished  
in black cherry BBQ sauce,  
cheddar mashed potatoes,  
sauteed snap peas

**20**

**WELLINGS BURGER**  
Alberta Angus patty, bacon jam,  
caramelized onion, smoked  
cheddar, pickles, tomato,  
lettuce, burger sauce on a  
brioche bun

**16**

**BLACK CHERRY BRISKET 16  
(GFO)**  
house smoked brisket in black  
cherry bbq sauce on toasted  
brioche with pickles

**16**

**WELLINGS REUBEN (GFO) 14**  
pastrami, swiss cheese,  
sauerkraut and reuben dressing  
on sourdough toast

**14**

**OVEN ROASTED CHICKEN 20  
(GF)**  
chicken breast finished with a  
lemon pan jus, roasted potato,  
seasonal vegetables

**20**

**PAN SEARED DIJON  
SALMON (GF)**  
salmon fillet in a dijon butter,  
pan seared and served over  
lemon & herb capellini and  
sauteed snap peas

**20**

**GARDEN SALAD (V) (GF) 3**

**CAESAR SALAD 5**

**HOME FRIES 3**

**FRENCH FRIES 3**

**GRAVY (GF) .5**

**ICE CREAM (GF) (V) 5**  
3 scoops  
ask your server for our selections

**MILKSHAKE (GF) 7.5**

**BANANAS FOSTER SPRING  
ROLLS (V) 6**  
crisp pastry, rum bananas,  
banana bread and chocolate

**DAILY DESSERT 3**  
please ask your server for daily  
dessert options

**(V) - Vegetarian (GF) - Gluten Free (GFO) - Gluten Free Option on Request**