

BREAKFAST

WELLINGS OF CALGARY

OPENING
HOURS

9:00 AM
11:00 AM

MAINS

WELLINGS BREAKFAST (GF)	13	CHOC CHIP PANCAKES (V)	10
2 eggs to order, toast, served with bacon or sausage, choice of potatoes or fresh fruit		3 pancakes stacked, whipped cream, berry compote	
OMELETTE (GFO)	11	YOGURT PARFAIT	8
2 eggs, toast, choice of potatoes or fresh fruit toppings choices: cheese, bacon mushroom, onion, tomato, peppers		layers of greek yogurt, house granola and fruit compote	
REUBEN BENNY (GFO)	11	COFFEE WAFFLES (V)	10
sourdough toast, pastrami, sauerkraut, poached egg, hollandaise, choice of potatoes or fresh fruit <i>+ additional benny for \$4</i>		2 Belgian waffles, coffee butter, whipped cream, berry compote	
CLASSIC BENNY (GFO)	10	OATMEAL BOWL (V)	7
toasted english muffin, ham, poached egg, hollandaise, choice of potatoes or fresh fruit <i>+ additional benny for \$4</i>		served with maple syrup, whipped cream, berry compote, cinnamon sugar	
BUN ON THE RUN (GFO)	6	AVOCADO TOAST (GFO)	11
brioche bun, ham, fried egg, tomato, house chutney		sourdough topped with smashed avocado, sunnyside up egg, cherry tomatoes and balsamic drizzle, choice of potatoes or fresh fruit	

SIDES

1 EGG	2.5	SIDE TOAST	1
SIDE BACON	4	SOURDOUGH TOAST	1.5
SIDE SAUSAGE	4	SIDE FRUIT	4.5
SIDE POTATOES	4		

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

MENU

WELLINGS OF CALGARY

OPENING HOURS

11:00 AM
7:00 PM

DAILY SOUP served with toasted bun	6	GRILLED HALLOUMI grilled halloumi cheese, cherry tomatoes, balsamic drizzle	8
BUTTERNUT SQUASH SOUP served with toasted bun	6	CRAB RANGOON ROLLS crab, corn, cream cheese in a crispy spring roll	10
CHIPPERS & DIP house made crispy potato chips with aioli dip	6		
GARDEN SALAD (V) (GF) greens, tomato, carrot, cucumber, house vinaigrette	7	BUTTERNUT SQUASH SALAD (V) (GF) roasted butternut squash, craisins, mandarins, radish, snap peas	12
CALIFORNIA SALAD (GF) greens, watermelon, cherry tomato, cucumber, avocado, bocconcini, ranch dressing	13	CAESAR SALAD crisp romaine, bacon lardon, parmesan cheese, garlic crouton, lemon wedge	11
PEPPERONI pepperoni, cheese, tomato sauce + honey drizzle for \$.50	11	HAM & PINEAPPLE shaved ham, pineapple, tomato sauce, cheese, balsamic reduction	12
MARRY ME CHICKEN chicken, spinach, sliced tomato, cheese, tomato sauce, sun dried tomato pesto	12	MARGHERITA tomato sauce, cherry tomato, mozzarella cheese, basil pesto	10
PESTO CHICKEN QUESADILLA chicken, basil pesto, cheese, craisins	11	CHICKEN STRIPS 3 pieces of breaded chicken strips, served with fries	13
1/2 CHICKEN WINGS 1 lb CHICKEN WINGS sauces & rubs: salt & pepper, black cherry BBQ, hot, honey mustard	8.5 16	FISH & CHIPS battered cod, fries, lemon, tartar sauce	14
		PAPA'S BOLOGNESE rich slow cooked meat sauce, parmesan cheese, spaghetti, garlic bread	14

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

HAND HELDS

SERVED WITH FRENCH FRIES OR HOUSE SALAD

UPGRADE TO CAESAR SALAD +3

+ADD BACON FOR \$1

SUB GF BUN + \$2

Make any burger vegetarian with our delicious garden patty

GRILLED CHEESE (V) (GFO) 10

cheddar, swiss & monterey jack cheese on sourdough toast
-deluxe with bacon & tomato + \$2

CLASSIC BLT (GFO) 10

bacon, tomato, lettuce, honey mustard, choice of white, whole wheat, or sourdough toast

CALIFORNIA CHICKEN CLUB (GFO) 16

grilled chicken breast, bacon, avocado, tomato, greens, ranch, choice of white, whole wheat, or sourdough toast

WELLINGS BURGER 16

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

BLACK CHERRY BRISKET (GFO) 16

house smoked brisket in black cherry bbq sauce on toasted brioche with pickles

WELLINGS REUBEN (GFO) 14

pastrami, swiss cheese, sauerkraut and reuben dressing on sourdough toast

STEAK HOUSE

AVAILABLE AFTER 5PM

10 OZ STRIPOIN CENTRE CUT STEAK (GF) 30

seared to your liking, garlic & herb compound butter, roasted potato, seasonal vegetables

OVEN ROASTED CHICKEN (GF) 20

chicken breast finished with a lemon pan jus, roasted potato, seasonal vegetables

1/2 RACK RIBS (GF) 20

smoked baby back ribs finished in black cherry BBQ sauce, cheddar mashed potatoes, sauteed snap peas

PAN SEARED DIJON SALMON (GF) 20

salmon fillet in a dijon butter, pan seared and served over lemon & herb capellini and sauteed snap peas

GARDEN SALAD (V) (GF) 3

HOME FRIES 3

GRAVY (GF) .5

CAESAR SALAD 5

FRENCH FRIES 3

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 sever for daily dessert options

DESSERT