

The Local Grill

Served from 11am

BAMM burger – 6 oz hamburger patty, lettuce, tomato, onions, sweet pickles & Chef Joe’s burger spice on a local bun \$10.49, 780 Cals

“The Gzowski” hot southern chicken sandwich – crispy or grilled chicken breast, Chef Joe’s Nashville-style spice, mayo, lettuce & sweet pickles on a local bun \$10.49, 840 Cals

Korean-style chicken burger – crispy or grilled chicken breast, gochujang sauce, kimchi slaw & coleslaw on a local bun \$10.49, 670 Cals

Black bean burger – black bean patty, lettuce, tomato, onion & dill pickles on a local bun \$10.49, 540 Cals

Fish & chips – tempura battered haddock, fries & coleslaw. Served with tartar sauce \$12.99, 1,300 Cals

Fries \$3.79, 190 Cals

Poutine \$7.59, 340 Cals

Chipotle BBQ pulled pork sandwich – BBQ pulled pork, ancho chipotle sauce & dill pickle slices on a bun \$8.49, 690 Cals

Sweet potato fries \$4.99, 430 Cals

Sweet potato poutine \$8.79, 590 Cals

California club – deli turkey, guac, lettuce, tomato, bacon & mayo on local 7-grain bread \$10.49, 530 Cals

Onion rings \$3.79, 500 Cals

Swiss cheddar grilled cheese – local cheddar & Swiss cheese between 2 slices of local 7-grain bread \$7.99, 510 Cals

Apple brie grilled cheese – local brie cheese, granny Smith apple slices & sauteed onions on local 7-grain bread \$7.89, 560 Cals

Pesto grilled vegetable sandwich – pesto grilled zucchini, peppers, mushrooms & red onion, hummus, baby arugula & balsamic on a ciabatta bun \$6.99, 440 Cals

Local chicken wings – ½ lb or 1 lb of tender, local chicken wings with choice of sauce. Sauces: BBQ, sweet chili Thai, honey garlic or hot sauce \$8.49/\$12.99, 55/1,100 Cals

Local chicken bites – 5 seasoned, battered local chicken bites with choice of dip. Dips: plum, BBQ, sweet & sour, sweet chili Thai, honey garlic, hot sauce or chipotle mayo

Make it a combo – combo with a dole juice, 500ml milk, 591ml pop, 473ml bubly or montellier slim water and fries or a side salad Add \$4.99, 120-650 Cals

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.



MAKE IT A COMBO

Combo with a dole juice, 500ml milk, 591ml pop, 473ml bubbly or montellier slim water and fries or a side salad

Add \$4.99 (120 - 650 Cals)

- 1 BAMB Burger**
6 oz hamburger patty, lettuce, tomato, onions, sweet pickles & Chef Joe's burger spice on a local bun
\$10.49 780 Cals

- 2 "The Gzowski" Hot Southern Chicken Sandwich**
Crispy or grilled chicken breast, chef Joe's Nashville-style spice, mayo, lettuce & sweet pickles on a local bun
\$10.49 840 Cals

- 3 Korean-Style Chicken Burger**
Crispy or grilled chicken breast, gochujang sauce, kimchi slaw & coleslaw on a local bun
\$10.49 670 Cals

- 4 Black Bean Burger**
Black bean patty, lettuce, tomato, onion & dill pickles on a local bun
\$10.49 540 Cals



- 5 Fish & Chips**
Tempura battered haddock, fries & coleslaw. Served with tartar sauce
\$12.99 1,300 Cals

- 6 Chipotle BBQ Pulled Pork Sandwich**
BBQ pulled pork, ancho chipotle sauce & dill pickle slices on a bun
\$8.49 690 Cals

TASTY SIDES

		Cals
Fries		\$3.79 190
Poutine		\$7.59 340
Sweet Potato Fries		\$4.99 430
Sweet Potato Poutine		\$8.79 580
Onion Rings		\$3.79 500



MAKE IT A COMBO

Combo with a dole juice, 500ml milk, 591ml pop, 473ml bubly or montellier slim water and fries or a side salad

Add \$4.99 (120 - 650 Cals)

7 California Club

Deli turkey, guac, lettuce, tomato, bacon & mayo on local 7-grain bread

\$10.49 530 Cals

8 Swiss Cheddar Grilled Cheese



Local cheddar & Swiss cheese between 2 slices of local 7-grain bread

\$7.99 510 Cals

9 Apple Brie Grilled Cheese



Local brie cheese, granny Smith apple slices & sauteed onions on local 7-grain bread

\$7.89 560 Cals

10 Pesto Grilled Vegetable Sandwich



Pesto grilled zucchini, peppers, mushrooms & red onion, hummus, baby arugulas & balsamic on a ciabatta bun

\$6.99 440 Cals

11 Local Chicken Wings

½ lb or 1 lb of tender, local chicken wings with choice of sauce

Sauces: BBQ, sweet chili Thai, honey garlic or hot sauce

\$8.49/\$12.99 550/1,100 Cals

12 Local Chicken Bites

5 seasoned, battered local chicken bites with choice of dip
Dips: Plum, BBQ, sweet & sour, sweet chili Thai, honey garlic, hot sauce or chipotle mayo

\$9.99 180 Cals

TASTY SIDES

		Cals
Fries		\$3.79 190
Poutine		\$7.59 340
Sweet Potato Fries		\$4.99 430
Sweet Potato Poutine		\$8.79 580
Onion Rings		\$3.79 500