SEASONS Heritage CAFE & EATERY Lounge

appetizers

1 lb classic chicken wings 17 buffalo, salt & pepper, bbq, honey garlic with celery, carrots and buttermilk ranch

80's potato skins 13.5 cheese, bacon, green onion, salsa & sour cream

nachos 15
house-made tortilla chips, all the right stuff
add 4 spicy beef • 4 crunchy chicken

salt + pepper dry ribs 16.5 house-made dill dip

quesadilla 14 tomato, red pepper, green onion & cheddar, salsa, sour cream & guacamole

sweet chili chicken bites 13.5 crispy chicken bites tossed with sweet chili

chico blanco tacos 14 3 fish, 3 chicken or 3 spicy beef, cheese, shrettuce with black pepper lime sour cream, side salsa

loaded cactus chips 14.5 thin sliced potatoes fried crispy, topped with cheese, bacon bits, tomato, green onion & chipotle lime ranch

big chili cheese fries 13.5 chili & cheese & fries

dirty fries

buffalo chicken 14.5 classic 12.5 chicken, mozza, gravy, franks mozza, gravy

cheeseburger 16

beef, cheese, gravy, dill pickles, shrettuce, tomato, red onion, ketchup, mustard

salads

grilled chicken skewer salad 14.5

grilled garlic naan topped with bocconcini cheese & tomatoes, garden greens, with an olive oil balsamic drizzle

caesar salad 13

romaine, parmesan, croutons, garlic bread add 4. crunchy chicken

chef salad 16.5

garden greens, roast beef, ham, turkey, hard egg, tomato, cucumber & cheddar, choice dressing

garden greens 9

your choice of hellmann's dressing

taco salad 14.5

mixed greens, tomato, red pepper, onion & cheddar, salsa, sour cream & guacamole, roasted corn, black beans, crispy tortillas, chipotle lime ranch dressing, shredded cheese

add 4 spicy beef • 4 crunchy chicken

breakfast until 11 am... ask about all day & kids options

yogurt bowl 9

greek yogurt with fresh fruit & toasted granola drizzled with honey

health club 12.5

one poached egg, toast, fresh tomato, fresh fruit or greek yogurt

traditional eggs benedict 15.5

two lightly toasted english muffin, black forest ham, medium poached egg with shredded or diced potatoes, topped with buttery real hollandaise sauce

house-made pancakes, waffles or french toast 12.5 made fresh, garnished with whipped cream and fruit compote or syrup & butter

traditional breakfast 13

two eggs your way, three breakfast sausages or three strips of bacon or two slices of ham served with shredded or diced potatoes & toast add a pancake? 3.5

heritage heavenly omelette 14.5

three egg omelette with your choice of 3 fillings. served with shredded or diced potatoes & toast

the lumberjack 16.5

two golden pancakes, 2 bacon, 2 sausages, 1 slice of ham, 2 eggs any style, shredded or diced potatoes & toast

the rancher 19

charbroiled aaa sirloin, 2 eggs any style, shredded or diced potatoes & toast

oatmeal 6 cereal - assorted 6

milk, brown sugar & raisins milk

white • wheat • marble rye • multi-grain • sour-dough • gluten free

pasta

classic lasagna 16.5

house-made meat sauce, layered with pasta & baked with mozzarella. served with garlic toast

mac & cheese 15

this classic recipe is sure to satisfy the kid in all of us, comes with garlic toast

flat breads

classic margherita 10.5

a classic, made with fresh tomatoes, mozzarella cheese and basil pesto drizzled with olive oil

bbg chicken 12.5

a bbq treat! chicken smothered in cheese & red onion strings with a tangy bbq sauce base, sure to be a favorite

chicken alfredo 13.5

shredded chicken, oregano, parmesan cheese with an olive oil drizzle on a creamy alfredo base

bbg brisket 13.5

shredded brisket, bbq white sauce, red onion and arugula with an olive oil drizzle

entrées

veal cutlet dinner 15.5

fries + vegetable

liver & onions dinner 15.5

fries + vegetable

chicken fingers + fries 15

three crispy chicken tenders with plum sauce & fries + vegetable

hot beef sandwich 15.5

sliced tender house roasted beef piled high on garlic toast with our rich gravy + vegetable

grilled chicken breast 15.5

served with creamy mushroom sauce + vegetable

hot hamburger sandwich 15.5

6 oz. beef patty served on garlic toast with sautéed mushrooms, onions & gravy + vegetable

house-made fish & chips 17

2 piece fish, lightly battered. house-made tartar sauce, coleslaw

soup of the day 5 / 3.75

ask your server about a bowl or cup of our house-made soup {no soup on sunday}

dips & gravy

house-made dill dip 1.5

chipotle lime ranch 1.5

hot gravy 1.5

burgers

sk + fries 16.5

6 oz. fresh 100% canadian beef patty, chef's sauce on a toasted potato roll with shrettuce, tomato & onion add cheese/bacon add 2. ea.

rsk double + fries 18.5

two 6 oz. fresh 100% canadian beef patties, bacon, cheese & chef's sauce on a toasted potato roll with shrettuce, tomato & onion

crunchy chicken + fries 16

frank's buttermilk chicken breast on a toasted potato roll with crunchy slaw and pickles

sandwiches

southwest chicken wrap + fries 15.5

grilled chicken, bacon, tomato, shrettuce, cheese & poblano avocado ranch

turkey pesto mozza melt + fries 16.5

smoked turkey, bacon, tomato, bocconcini cheese, pesto mayo, on san francisco sour-dough, grilled to perfection

heritage classic club house + fries 16.5

smoked turkey, bacon, cheddar, shrettuce, tomato & mayo on white, brown, marble rye, multi-grain or sour-dough bread add 2. sautéed onions

french dip + fries 16.5

house roast beef, swiss, mushrooms & horseradish sauce on a toasted roll, served au jus

monte cristo + fries 15.5

dipped egg bread with turkey, ham, swiss, cheddar grilled to perfection

heritage steak sandwich + fries 19

charbroiled aaa sirloin, garlic toast, crispy onion strings, sautéed mushrooms

fish sandwich + fries 15

lightly battered, house-made tartar sauce, potato roll, shrettuce, cheese. it's really good!

veal parmigiana + fries 16.5

breaded veal, marinara, parm, swiss & arugula

white • wheat • marble rye • multi-grain • sour-dough • gluten free

We proudly serve & support!

Rungardt's

beverages

fruit juice sm 2.25 lg 3.25
milk or chocolate milk sm 2.25 lg 3.25
hot chocolate 2.25
pop or iced tea 2.75 (bottomless)
coffee or tea 2.25 (bottomless)
we have a wide variety of flavoured and herbal teas
please ask your server.

kids

grilled cheese triangles 4 with fries

chicken fingers 6 with fries & plum sauce

ACE

buttered noodles 5 with parm









BEER • WINE • COOLERS • SPIRITS

WINE

Beringer Main & VinePinot Grigio

California, USA
A refreshing bite of juicy
white peach and citrus,
finishing with a
flinty-minerality.

1/4e 8.75 1/2e 15.75 3/4e 22.5 Beringer Main & Vine Cabernet Sauvignon

California, USA
Moderate aromas of dark
berries, cassis and vanilla;
dry, medium-bodied with

1/4e 8.75 1/2e 15.75 3/4e 22.5

silky tannins.

Gandesola Rosé

Syrah, Tempranillo & Garnacha

Terra Alta, Spain
Sweet on the tongue, drier
finish. Fruity flavour,
generous and refreshing.

1/4e 8.75 1/2e 15.75 3/4e 22.5 Trivento Reserve
Chardonnay

Argentina

Gold tinged with green whose expressive mix of apple and banana aromas are touched off with pleasant vanilla notes.

1/4e 8.75 1/2e 15.75 3/4e 22.5 Trivento Reserve

Malbec

Argentina

Aromas of cherries, strawberries and raspberries with balanced notes of vanilla and coconut from the oak.

1/4e 8.75 1/2e 15.75 3/4e 22.5

WE PROUDLY POUR

HIGHWOOD® DISTILLERS

BEER

Ask your server for bottle selections

Domestic 5.75 Premium 7

COOLERS

Ask your server for Cooler selections

Domestic 7.25

DRAUGHT

Ask your server for draught selections

20 oz Pint 6.5 60 oz Jug 21

VIRGIN DRINKS

Ask your server for Cooler or Beer selections

Domestic 5.25

HIGHBALLS

1 oz Regular 5.5 Second ounce 3.5

1 oz Premium 6.75*
Second ounce 4.25*
*some exceptions apply

COCKTAILS

1 ounce 6.75 Second ounce 3.5

















BEVERAGES

Fruit Juice sm 2.25 lg 3.25
Milk or Chocolate Milk sm 2.25 lg 3.25
Hot Chocolate 2.25
Pop or Iced Tea 2.75 (bottomless)
Coffee or Tea 2.25 (bottomless)
We have a wide variety of flavoured and herbal teas, please ask your server.