

CONFERENCE ROOM

HOLDING YOUR LUNCH MEETINGS SINCE 1994

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Lunch Specials ~ Monday to Friday ~ 11^{AM} to 3^{PM}

WEE LUNCH

SERVED WITH HALF FRIES & HALF GREENS SALAD 8.50

Small Fish & Chips

Sustainably caught North Atlantic Cod fried light and crispy in house-made beer batter, with tartar sauce

Reduced Reuben

Corned beef, sauerkraut, Swiss, 1000 island dressing on caraway rye

Half Chicken Shots

Crispy chicken tossed in a honey whiskey glaze

Chicken Little Sandwich

Grilled chicken with pepper jack, applewood-smoked bacon, Whiskey glaze, fully garnished on a brioche bun

Bacon Avocado Half Sandwich

Candied pepper bacon, sliced avocado, red wine dressed spinach, tomatoes & basil mayonnaise

Petite Pot Roast

House roasted, topped with caramelized onions on a brioche bun

Lunch Burger

Fini Cheddar, lettuce, tomato, onion & pickle on a brioche bun

Wee Veggie Burger

Quinoa, vegetables, wild rice, garbanzo & black beans pattied together, topped with Havarti and a cucumber, onion tomato & avocado salad

Lunch Spiced Turkey Burger

Five spice, cashews, mushrooms, cabbage carrot slaw, sweet chili sauce

Soup & Salad

Your choice of soup. Your choice of half salad. Sorry, no fries on this one.

MID DAY ENTRÉE

SAME BIG TASTE, SMALLER PORTIONS

Pot Roast Lunch

Slow roasted beef, braised carrots, mushrooms and cipollini onions served with mashed potatoes. Topped with au jus 11.00

Curry Lunch

Roasted cauliflower, baby bok choy, broccoli, red pepper, onions, yellow curry, steamed basmati rice, cucumber raita. Choose chicken or tofu 10.25

Salmon Lunch

Pan seared salmon, roasted squash, wild rice, mushrooms, lingonberry 11.00

Corned Beef Lunch

Slow roasted corned beef with braised cabbage, carrots and potatoes. Topped with parsley sauce 10.50

Chicken Pub Pie

Chicken breast in a tarragon cream sauce with vegetables & topped with a parmesan crusted puff pastry 9.50

Pork & Poblano Pie

White beans, poblano, parmesan crusted puff pastry & herb sour cream. 10.00

*Thoroughly cooking foods of animal origin such as beef, eggs, fish, lamb, pork, poultry or shellfish reduces the risk of food-borne illness.

Individuals with certain health conditions may be at higher risk if these foods are consumed raw or under-cooked. We cook all of our meats to a minimum internal temperature of 155 ° F.

WEEKDAY SPECIALS

Cheese Toastie & Tomato Soup

Cheddar, Swiss & Parmesan on a butter toasted hoagie with a cup of tomato basil soup 7.00 | Add tomato & bacon 2.00
Add cucumber, tomato, roasted red pepper & spinach 2.00

Mac & Cheese

Our beer cheddar cream sauce with gobetti pasta 5.25
Add broccoli & cauliflower 2.00 | Add Italian sausage 2.00
Or add any of our salad addition proteins

Kieran's

Weekend Brunch Buffet

Served with a complimentary house bloody or mimosa and includes eggs done two ways, creamy hash browns, roasted herb potatoes, sausage, bacon, French toast, fruit, yogurt, granola & assorted pastries 13.99