

# TOWN SQUARE

RESTAURANT | CATERING | FOOD TRUCK

## SNACKS & SHARED

|                                                          |      |
|----------------------------------------------------------|------|
| Daily Soup 🍲                                             | \$6  |
| Pemberton Potato Chips 🍷🌱                                | \$5  |
| Handcut Tortilla Chips & Salsa 🍷🌱                        | \$6  |
| Poutine                                                  | \$9  |
| Chicken Wings 🍷                                          | \$7  |
| Carolina BBQ, salt & pepper, honey soy garlic, & Frank's |      |
| Shared Slow Roasted Short Ribs 🍷                         | \$16 |
| Boneless, beefy goodness                                 |      |
| Calamari 🍷                                               | \$17 |
| w/ jalapeños & Tzatziki                                  |      |
| Frontier Fries 🍷🌱                                        | \$5  |
| Fried Chicken Basket 🍷                                   | \$22 |
| 10 herbs & spices!                                       |      |
| Falefel Basket 🍷                                         | \$16 |
| w/ tzatziki                                              |      |
| Seared Paprika Prawns 🍷                                  | \$15 |
| Mussels                                                  | \$22 |
| w/ house made focaccia                                   |      |
| House Marinated Olives 🍷🌱                                | \$5  |
| Grilled Flatbread                                        | \$10 |
| w/ tzatziki, hummus & spiced yogurt                      |      |
| Grande Sized Nachos 🍷                                    | \$22 |
| Tortillas, cheese, jalapeños, sour cream & house salsa   |      |
| Add Guacamole                                            | \$3  |
| Add Pork or Beans                                        | \$6  |
| Creamy Mashed Potatoes 🍷                                 | \$7  |
| Roast Pemberton Potatoes 🍷🌱                              | \$8  |
| Warm Carrot Salad 🍷                                      | \$7  |
| Spiced yogurt & dukkah spice                             |      |
| Roast Vegetables 🍷🌱                                      | \$7  |
| Seasonal, Caramelized & sweet                            |      |
| Kale Gomaee 🍷🌱                                           | \$7  |
| Pickled Vegetables 🍷🌱                                    | \$7  |
| Seasonal & pickled in house                              |      |

## SALADS & BOWLS

|                                                                                                |         |
|------------------------------------------------------------------------------------------------|---------|
| Green 🍷🌱                                                                                       | \$14    |
| From local fields, dressed w/ glory bowl dressing                                              |         |
| Brutus 🍷                                                                                       | \$14.50 |
| Our take on a classic caesar                                                                   |         |
| Drop the Beet 🍷                                                                                | \$16    |
| Beets, greens, feta, tomato & falafel w/ tzatziki                                              |         |
| Q Bowl 🍷                                                                                       | \$15    |
| Quinoa, fried chicken, carrots, tomatoes, olives, moroccan dressing, w/ dukkah & spiced yogurt |         |
| Potato Valley 🍷                                                                                | \$15    |
| Warm potato salad, capiccoli, dark green veg, & roasted peppers w/ pesto                       |         |

## CASUAL FOOD

Casual food comes w/ frontier fries

|                                                 |         |
|-------------------------------------------------|---------|
| Bison Burger                                    | \$18.50 |
| Bacon mayo, balsamic onions & trimmings         |         |
| Fried Chicken Sandwich                          | \$15    |
| Classic or Buffalo style                        |         |
| The OG BLT                                      | \$14.50 |
| On fresh rye w/ loads of bacon                  |         |
| Banh Mi Wrap                                    | \$15    |
| Vietnamese style pork & pickled veg             |         |
| Montreal Smoked Meat                            | \$16.50 |
| On rye w/ a pickle & mustard                    |         |
| Double Meat                                     | \$23    |
| Bannock Taco 🍷                                  | \$14    |
| Juicy bison, lettuce, salsa on bannock          |         |
| Falafel Wrap 🍷                                  | \$14    |
| w/ spiced yogurt & pickled veg                  |         |
| Vegan Dog 🌱                                     | \$13.50 |
| Vegan bratwurst, dijon, arugula & pickled onion |         |
| Salmon Burger                                   | \$18.50 |
| Wild salmon w/ pesto mayo                       |         |
| A Little Breakfast?                             |         |
| Add a fried egg to any sandwich 🍷..... \$2      |         |

## ENTREES

|                                                                                                                        |      |
|------------------------------------------------------------------------------------------------------------------------|------|
| Fried Chicken Dinner 🍷                                                                                                 | \$22 |
| w/ mash, gravy & wilted leafy greens w/ bacon                                                                          |      |
| Grilled Sausage Platter                                                                                                | \$22 |
| Vegan Bratwurst 🍷🌱 or Postmark Beef & Pork w/ pickled seasonal veg, warm potato salad, balsamic onions & stout mustard |      |
| Salmon Dinner 🍷                                                                                                        | \$30 |
| Seared wild sockeye, lemon butter, roast veg on creamy pesto quinoa                                                    |      |
| Pappardelle Pasta                                                                                                      | \$19 |
| Bison bolognese on egg noodles                                                                                         |      |
| \$25 Poutine                                                                                                           | \$25 |
| Yup. \$25. Ask why!                                                                                                    |      |
| Cottage Pie 🍷                                                                                                          | \$19 |
| Classic & back for the season                                                                                          |      |
| Gnocchi                                                                                                                | \$18 |
| Squash & roast garlic cream sauce w/ roast veg and cheese                                                              |      |
| Thai Green Curry 🍷                                                                                                     | \$15 |
| w/ bok choy on a bed of basmati rice                                                                                   |      |
| Add Chicken                                                                                                            | \$5  |
| Slow Roasted Short Ribs 🍷                                                                                              | \$30 |
| w/ mash & buttered carrots                                                                                             |      |

Gluten Free and Vegan Options Available

gluten free 🌾 | 🌱 vegan

We are inspired by our *valley*, by the *people*  
that inhabit it and the *food* it yields.

# TOWN SQUARE

BRUNCH AVAILABLE 9:30 AM - 1:30 PM ON WEEKENDS

## TOWN BENNY'S

*All Bennys are served on gluten free bannock w/ crispy potatoes (house made potato focaccia substitution)*

|                                                                  |         |
|------------------------------------------------------------------|---------|
| <b>Bacon Benny</b> .....                                         | \$15.50 |
| <b>Capiccoli Benny</b> .....                                     | \$15.50 |
| <b>The Buffalo Soldier</b> .....                                 | \$16.50 |
| Topped w/ a rich, slow cooked bison bolognese & house made salsa |         |
| <b>The Cure</b> .....                                            | \$17    |
| Smoked salmon & capers                                           |         |
| <b>The Pig &amp; Pepper</b> .....                                | \$16    |
| 108 mile house sausage & grilled sweet peppers                   |         |
| <b>The Euro</b> .....                                            | \$16.50 |
| Brie & prosciutto                                                |         |
| <b>The BB King</b> .....                                         | \$15    |
| Black beans, sour cream & house made salsa                       |         |
| <b>The Veggie</b> .....                                          | \$15    |
| Sautéed greens & grilled peppers                                 |         |
| <b>Fried Chicken Benny</b> .....                                 | \$18    |
| Classic or Buffalo style                                         |         |
| <b>Double meat</b> .....                                         | \$5     |

## TOWN FRENCH TOAST

*Gluten free option available*

|                                                                                         |         |
|-----------------------------------------------------------------------------------------|---------|
| <b>Sweet &amp; Simple</b> .....                                                         | \$12    |
| Traditional style french toast made w/ fresh baguette & topped w/ whipped cream & syrup |         |
| <b>Add seasonal berries</b> .....                                                       | \$3     |
| <b>Add bananas and chocolate syrup</b> .....                                            | \$4     |
| <b>Town Toast</b> .....                                                                 | \$14.50 |
| Capiccoli & cheese sandwich dipped in eggs, quick fried & baked                         |         |
| <b>Eastern Canadian Gold</b> .....                                                      | \$1.50  |
| 2 oz of the finest maple syrup                                                          |         |

## CLASSIC BRUNCH

|                                                                                                                                          |      |
|------------------------------------------------------------------------------------------------------------------------------------------|------|
| <b>Traditional Town</b> .....                                                                                                            | \$11 |
| Two eggs any style, bacon or sausage patty w/ crispy potatoes & your choice of baguette, house made potato focaccia, or rye              |      |
| <b>Light &amp; Fresh</b> 🌱 .....                                                                                                         | \$9  |
| Housemade granola, yogurt & fruit                                                                                                        |      |
| <b>The Local Bowl</b> 🌱 .....                                                                                                            | \$15 |
| Pemberton potatoes, grilled peppers, sautéed greens, topped w/ your choice of black beans, bacon or spicy capiccoli & two eggs any style |      |
| <b>Breakfast Poutine</b> .....                                                                                                           | \$25 |
| Cheese curds, crispy potatoes, gravy, roasted veg, sausage patty, bacon, spicy capiccoli, and two eggs any style                         |      |

## MORE LIKE LUNCH

|                                                                                               |         |
|-----------------------------------------------------------------------------------------------|---------|
| <b>Fried Chicken Sandwich</b> .....                                                           | \$15    |
| Classic or Buffalo style                                                                      |         |
| <b>The OG BLT</b> .....                                                                       | \$14.50 |
| On fresh rye w/ loads of bacon                                                                |         |
| <b>Bannock Taco</b> 🌱 .....                                                                   | \$14    |
| Juicy bison, lettuce, salsa on bannock                                                        |         |
| <b>Falafel Wrap</b> 🌱 .....                                                                   | \$14    |
| w/ spiced yogurt & pickled veg                                                                |         |
| <b>Bison Burger</b> .....                                                                     | \$18.50 |
| Bacon mayo, balsamic onions & trimmings                                                       |         |
| <b>Salmon Burger</b> .....                                                                    | \$18.50 |
| Wild salmon w/ pesto mayo                                                                     |         |
| <b>Q bowl</b> 🌱 .....                                                                         | \$15    |
| Quinoa, fried chicken, carrots, tomatoes, olives, Moroccan dressing w/ dukkah & spiced yogurt |         |
| <b>Drop the Beet</b> 🌱 .....                                                                  | \$16    |
| Beets, greens, feta, tomato & falafel w/ tzatziki                                             |         |
| <b>Potato Valley</b> 🌱 .....                                                                  | \$15    |
| Warm potato salad, capiccoli, dark green veg & roasted peppers w/ pesto                       |         |

## YA' YOU COULD EAT MORE

|                                |     |                                                   |     |
|--------------------------------|-----|---------------------------------------------------|-----|
| <b>Bacon</b> 🌱 .....           | \$4 | <b>Fries</b> 🌱🌱 .....                             | \$5 |
| <b>Sausage Patty</b> 🌱 .....   | \$4 | <b>Add smoked paprika dip</b> 🌱 .....             | \$1 |
| <b>Spicy Capiccoli</b> 🌱 ..... | \$4 | <b>Daily Soup</b> 🌱 .....                         | \$6 |
| <b>Side Potatoes</b> 🌱 .....   | \$4 | <b>Add bread</b> .....                            | \$2 |
| <b>An Extra Egg</b> 🌱 .....    | \$2 | <b>Greens</b> 🌱🌱 .....                            | \$6 |
| <b>Side Toast</b> .....        | \$2 | From local fields, dressed w/ glory bowl dressing |     |
| <b>Poutine it!</b> .....       | \$3 | <b>Brutus</b> 🌱 .....                             | \$5 |
|                                |     | Our take on a classic caesar                      |     |

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## ZOCALO NIGHT

### \$4.50 TACOS

*soft shell, cabbage  
& handcut salsa*

**Chicken & Feta** 🌾

**Pulled Pork & Sour Cream** 🌾

**Fried Cod, Cilantro & Mango** 🌾

**Black Beans, Tomatillo & Feta** 🌾

**Add Guacamole** ..... \$3

### DRINKS

**Mexican Beer** ..... \$6.50  
Dos Equis or Pacifico

**Lime Margarita** ..... \$7

**Strawberry Margarita** .... \$7.50

**Tequila Shot!!** ..... \$5

### CLASSICS

**Handcut Tortilla Chips  
& Salsa** 🌾🌿 ..... \$6

**Mexi Salad** 🌾 ..... \$12.50  
Greens & cabbage, black  
beans, cilantro, feta &  
tortilla chips

**Add Chicken or Pork** ..... \$5

**Grande Sized Nachos** 🌾 .... \$22  
Tortillas, cheese, jalapeños,  
sour cream and house salsa

**Add Guacamole** ..... \$3

**Add Pork or Beans** ..... \$6

**Chimichanga** ..... \$14  
Chicken, bean, rice & cheese  
wrapped up & deep fried w/  
salsa & sour cream

Gluten Free and Vegan Options Available

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