





Starters & Sharables

CAESAR SALAD

Romaine lettuce, crisp bacon bits and crunchy croutons tossed in our creamy garlic Caesar dressing. 13.00

CHEF SALAD V GF

Mixed greens, kale, cherry tomato, toasted pumpkin seeds, red onion, carrots and beets. Tossed in our fan favourite herb shallot vinaigrette. 13.00

ANGRY ENERGY BOWL

Chow mein noodles, roasted chickpeas, cherry tomato, carrots, spicy candied pecans, roasted sweet potato, cucumber and grilled halloumi cheese. Topped with lemon za'atar vinaigrette. 15.00 Add 5oz of Chicken 6.00 **CHEF'S SOUP** Ask your server. 6.50

FRIED PICKLES Served with ranch. 9.50

CHICKEN FINGERS & FRIES

Served with plum, ranch and your choice of wing sauce. 16.25 SPINACH & ARTICHOKE DIP Served with naan dippers and nacho chips. 13.50

FRIED CAULIFLOWER / Served with wasabi dip and lemon za'atar aioli. 9.50

Award Winning Chicken Wings 15.50

Tossed in your favourite sauce, served with ranch and veggie sticks. Sauces: Mild • Medium • Hot • Honey Garlic Spicy Maple • Sweet Honey Jerk • Dry Cajun Garlic Parmesan • Whiskey Mustard - Extra Sauce + 1.00 -



POUTINE

Fries or lattice - Fried until crispy, fresh cheese curds and chicken gravy. 10.75

FRIES/LATTICE FRIES Fried until crispy. 8.00

ROOT VEGETABLE FRIES // Fried until crispy. Served with chipotle aioli. 10.75

CHICKEN GRAVY 2.00

GF - Gluten Free │ - VEGETARIAN





Comes with choice of fries, chef salad, veggie sticks or lattice fries. Upgrade to side caesar, soup, or roasted root vegetable fries. 3.75 Our burgers contain no fillers and are served on a garlic toasted sesame seed bun or gluten free bun.

FISH & CHIPS

Beer battered haddock. Served with fries, slaw and tartar. 1 piece 14.50 | 2 pieces 19.00

BEEF BURGER

Two patties served with all the fixings. 13.50 -Add Cheddar 1.75 -Add Smoked Provolone 1.75 -Add Strip Bacon 1.75

BEYOND THE MEAT BURGER

Tomato, onion, pickle and chipotle aioli. 14.50 -Add Cheddar 1.75 -Add Smoked Provolone 1.75

THE PROSPECTS' BURGER

Beef patties topped with smoked cheddar cheese, bacon, fried onions, sautéed mushrooms and topped with Prospects' secret sauce. 14.50

CAJUN FRIED CHICKEN

Smoked cheddar cheese, mayo, lettuce, tomato, onion and pickle. 15.50

SMOKED TURKEY CLUB

Brined for 24 hours then smoked to give the turkey a sweet, delicate smokey flavour. Served on a garlic brushed bun with mayo, pesto, bacon, lettuce and tomato. 16.00

ROASTED VEGGIE

Seasonal roasted vegetables, grilled halloumi cheese and hummus. Hand wrapped in a flour tortilla. 16.00

CHICKEN CAESAR WRAP

Grilled chicken, romaine lettuce, parmesan cheese, bacon and Caesar dressing. Hand wrapped in a flour tortilla. 15.00

CORNED BEEF

Stuffed between toasted marble rye with a side of horseradish grainy mustard. 14.25