



The Inn

on Officers' Garden

Breakfast

Lunch

Dinner

Executive Chef Mike Preston



Soups & Salads

Baja Chicken Soup \$9

fresh herbs, vegetables, black beans

Soup of the Day \$9

ask your server about today's creation

Caesar Salad \$16

romaine, roasted garlic and parmesan dressing, croutons, bacon, parmesan

Baby Spinach \$17

dried apple, feta, raisins, toasted walnuts,
pomegranate & white balsamic vinaigrette, hemp hearts

Mediterranean Salad \$18

romaine, peppers, cucumber, tomatoes, red onion, kalamata olives,
crumbled feta, crispy chick peas, red wine & oregano vinegar dressing

Wild and Gathered Greens \$18

fresh berries, roasted squash, pepita nuts,
quinoa, tortilla chips, avocado ranch dressing

For the Table

Fried Brussels Sprouts \$17

korean bbq sauce, toasted sunflower seeds

Officers Provisions \$37

three cured meats, artisanal cheese, pickled vegetables, mustard, crostini

Vegetable Provisions \$32

mixed marinated olives, mushroom sauté, fried brussels,
house-made pickles, local tomatoes

Beef Tartare \$22

truffled potato chips, shallots, gherkins, grainy mustard,
horseradish, extra virgin olive oil, lemon

Hummus Dip \$12

roasted red pepper puree, tahini, grilled flatbread

Warm Olives \$9

mixed marinated olives

Lobster Croquettes \$24

heirloom tomato salsa, citrus ginger soya emulsion

Welcome...

Come Inn &
Stay Awhile

*Queen Elizabeth II was a
life well lived, made with
a promise of destiny kept,
and she is mourned most
deeply throughout the
world.*

Her lifelong service as the
longest reigning royalty,
included her personal
lodging at our building in
October 1951 when the
Princess Elizabeth was just
25. She and the Duke of
Edinburgh, Prince Philip,
spent an evening at The
INN on Officers' Garden
(Currie Barrack's Officer's
Mess).



Mains

Jambalaya \$35

grilled prawn and chicken skewers, scallops, house-made sausage, chicken, basmati rice, creole sauce
vegetarian option \$26

Chicken Orecchiette Pasta \$28

chicken, basil puree, peas, lemon, shallots, garlic, extra virgin olive oil

Roasted Red Beet “Medallions” \$27

wild mushroom and quinoa ragout, garlic confit, artichoke hearts, grilled romaine

Rotisserie Chicken Breast \$27

chimichurri, seasonal vegetables, roasted fingerling potatoes with garlic, parmesan and black pepper
add roasted chicken thigh \$5

Arctic Char \$34

roasted squash, local tomato concasse, wilted spinach and quinoa sauté, lemon beurre blanc

Mahi Mahi \$34

rice vermicelli, red thai curry sauce, sautéed vegetables, pickled “slaw”

Seasonal Seafood Platter for Two \$99

canadian lobster tail, arctic char, prawn skewers, calamari and selected shellfish,
tagliatelle pasta aglio e olio, chef's vegetables, local cherry tomatoes,
citronette, grilled baguette, warm tortillas

Grilled Top Sirloin and Lobster Ravioli \$39

beurre blanc, garlic, parmesan, pea shoots, roasted sweet pepper relish

Pork Tenderloin \$34

porcini mushroom demi-glace, sautéed vegetables,
roasted fingerling potatoes with garlic, parmesan and black pepper

Basic Training Burger \$19

house-ground and seasoned sirloin, toasted bun, local tomato, lettuce, house pickles, fries

Officers' Burger loaded \$26

house-ground and seasoned sirloin, house-smoked bacon, grilled onions, local tomato, lettuce,
aged cheddar, mustard, black pepper mayo, roasted mushrooms, fries

Steak Frites \$34

AAA reserve new york steak, whipped café de paris butter, grilled focaccia,
roasted mushrooms, mediterranean salad, fries

AAA Alberta Beef Tenderloin 7oz \$53

red wine demi-glace, seasonal vegetables, sour cream and chive mashed potatoes

AAA Alberta Beef Ribeye 12oz \$58

green peppercorn sauce, seasonal vegetables, roasted fingerling potatoes with garlic, parmesan and black pepper

Additions

jumbo canadian lobster tail \$55 prawn skewer \$12 scallop skewer \$12

Wines by the Glass

White

Bollini Pinot Grigio *Italy* \$16
Manos Negras Chardonnay *Argentina* \$16
Lume Trebbiano *Italy* \$16
Whitehaven Sauvignon Blanc *New Zealand* \$17



Red

Poppy Pinot Noir *USA* \$18
Lis Cardinal Côtes du Rhône *France* \$16
Johnny Q Petite Sirah *Australia* \$17
Lapostolle Cabernet Sauvignon *Chile* \$17

Rosé

"F" de Fournier *France* \$17

Sparkling Wine

Canella Prosecco Superiore *Italy* \$15

These are just a few of our outstanding selection of wines. We invite you to view our wine menus or speak to our sommelier Bobby for help choosing the perfect pairing for your dinner.

We invite you to stop into Flanders' Market



Monday through Friday

House preserved pickles, a pastry case with Chef Carly's creations for you to enjoy at home, specialty meat and cheese, gourmet products to make your home-cooked meals even more special, and more.



Ask about our Gourmet Curated or Build-Your-Own Gift Baskets!



Desserts

Gluten Free Chocolate Cake \$14
passion fruit glaze, mango cardamon coulis,
white chocolate and espresso ganache

Mixed Berry Bread Pudding \$14
berry compote, lemon curd, sponge toffee, vanilla gelato

Plant Based Gelato \$10
seasonal fresh fruit, vegan coconut cookie, peach coulis.

Seasonal Cheesecake \$14
ask your server about today's flavour

Crème Brûlée \$14
house made biscotti,
ask your server about today's flavour

Specialty Coffee & Port

Irish Coffee \$12
Irish whiskey, whipped cream

Calypso Coffee \$12
coffee liqueur, dark rum, whipped cream

Espresso Martini \$14

Taylor Fladgate
10yr \$8 ... 20yr \$17 ... 30yr \$32

Croft Pink Port \$12

Sotto Sopra \$10
grapes and sour cherry

Black Sage Pipe VQA \$10

Hot Beverages

Coffee/Tea \$3 **Cappuccino or Latte** \$4.50 **Espresso** \$3



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fresh berries, roasted squash, pepita nuts,
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Additions

grilled sirloin \$15 arctic char \$12
prawn skewer \$12 chicken breast \$6

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heirloom tomato salsa, citrus ginger soya emulsion



Mains

Featured Catch ask your server about today's feature

Eggs Benedict \$19

*Choice of: ham or smoked salmon
or avocado & tomato salsa*

two medium poached eggs, grilled croissant,
brown butter hollandaise, hashbrowns

Rotisserie Chicken Thigh \$17

chimichurri, seasonal vegetables, roasted fingerling
potatoes with garlic, parmesan and black pepper

Pulled Chicken and Bacon Sandwich \$21

avacado, lettuce, local tomato, fresh mozzarella,
dijonaise, grilled schiacciata bun, fries

Seafood Pasta \$29

prawns, scallops, clams, mussels, baby calamari,
white wine, roasted tomato and fennel sauce,
parmesan, fresh herbs

House-Smoked Brisket \$24

caramelized onions, dijonaise, arugula, herb
and garlic pickle, grilled sub roll, fries

Basic Training Burger \$19

house-ground and seasoned sirloin, toasted bun,
local tomato, lettuce, house pickles, fries

Officers' Burger loaded \$26

house-ground and seasoned sirloin, house-smoked bacon,
grilled onions, local tomato, lettuce, aged cheddar,
mustard, black pepper mayo, roasted mushrooms, fries

Steak Frites \$34

grilled sirloin, whipped café de paris butter, grilled focaccia,
roasted mushrooms, mediterranean salad, fries

Flatbread and Medium Salad Towers

Your choice of Caesar, Baby Spinach, Mediterranean Vegetable or Wild and Gathered Greens Salad

Margherita \$25

mozzarella, fresh local tomatoes,
organic basil puree brushed crust

Wild Boar and Roasted Pepper \$30

house-made sausage, roasted sweet peppers,
balsamic glazed onion, mozzarella, chili oil

Mushroom \$27

cremini mushroom, garlic confit puree,
caramelized onion, mozzarella, arugula, truffle oil

Oh Canadian \$28

ham, pineapple, dried apple, cheese curds,
parmesan, maple syrup brushed crust

Desserts

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passion fruit glaze, mango cardamon coulis,
white chocolate and espresso ganache

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Available until 11am

Eggs Benedict \$19

Choice of: ham or smoked salmon or avocado & tomato salsa
two medium poached eggs, grilled croissant,
brown butter hollandaise, hashbrowns

Cinnamon French Toast \$19

three slices french toast, banana brûlée,
maple syrup, whipped cream

Steak & Eggs \$24

4oz top sirloin, two sunny-side up eggs,
hashbrowns, whole grain toast

Basic Training \$19

choice of bacon or maple sausage
two scrambled eggs topped with Canadian
brie, hashbrowns, whole grain toast

Breakfast Bowl \$19

vanilla greek yogurt, honey nut granola, fresh fruit and berries

Freshly Baked Croissant \$6

served warm with butter and jam

Coffee/Tea \$3

Espresso \$3

Cappuccino or Latte \$4.50

Hot Chocolate \$6

Juice \$4

Milk \$3



Available after 10am

Mimosa \$10

Caesar \$10

Bailey's \$8

Kahlua \$8

Frangelico \$8

Sheringham Coffee Liqueur \$12

Executive Chef Mike Preston



The Inn

on Officers' Garden

The Pub

Executive Chef Mike Preston
Bar Manager Moira Kenney

Appetizers and Shareables

Warm Marinated Olives \$9

mixed spiced
olives

Chips & Salsa \$9

tortilla,
house-made salsa

Hummus Dip \$12

roasted red pepper puree,
tahini, grilled flatbread

Mediterranean Salad \$18

romaine, chick peas, peppers, cucumber, tomatoes, red onion,
kalamata olives, red wine & oregano vinegar dressing

Caesar Salad \$16

chopped romaine, bacon lardon, croutons,
parmesan, roasted garlic & parmesan dressing

Baked Brie Bundles \$21

white truffled honey, grilled baguette

Officers Provisions \$37

three cured meats, artisanal cheese,
pickled vegetables, mustard, crostini

Vegetable Provisions \$32

mixed marinated olives, mushroom sauté,
fried brussels, house-made pickles, local tomatoes

Chicken Wings \$17

1lb, hot sauce & parmesan aioli, crudité

Entrées

Grilled Chicken Skewers \$17

mediterranean salad, korean bbq sauce, yam fries

Grilled Prawn Skewers \$23

mediterranean salad chimichurri, yam fries

Mahi Mahi Tacos \$18

grilled mahi mahi, sriracha and chimichurri,
pickled slaw, three soft tacos

Grilled Ham and Cheese \$16

tuscan ham, custom cheese blend, fries

Grilled Chicken Burger \$21

fresh mozzarella, local tomato,
lettuce, spicy aioli, pickle

Wild Boar "Dog" \$17

house-made wild boar sausage, caramelized onion, fries

Basic Training Burger \$19

house-ground and seasoned sirloin, toasted bun,
local tomato, lettuce, house pickles, fries

Officers' Burger loaded \$26

house-ground and seasoned sirloin, house-smoked bacon,
grilled onions, local tomato, lettuce, aged cheddar,
mustard, black pepper mayo, roasted mushrooms, fries

Reserve Angus Steak Sandwich \$29

caramelized onion, arugula,
garlic butter toasted herbed ciabatta, pickles, fries

Margherita Flatbread \$16

mozzarella, fresh local
tomatoes, organic basil
puree brushed crust

Wild Boar and Roasted Pepper Flatbread \$21

house-made sausage,
roasted sweet peppers,
balsamic glazed onion,
mozzarella, chili oil

Mushroom Flatbread \$18

cremini mushroom, garlic
confit puree, caramelized
onion, mozzarella,
arugula, truffle oil

Oh Canadian Flatbread \$19

ham, pineapple, dried
apple, cheese curds,
parmesan, maple syrup
brushed crust

Make it a Tower... Add a medium Caesar, Baby Spinach, Mediterranean Vegetable or Wild and Gathered Greens Salad add \$9

Desserts

Carly's Cookies

\$3 each

Ice Cream

\$3/scoop

Flanders' Squares

\$3 each





The Inn

on Officers' Garden

Kids

Executive Chef Mike Preston

Kids' Menu

Snacks

Caesar Salad \$7
romaine lettuce, parmesan, bacon, croutons

Cup of Rotisserie Chicken & Vegetable Soup \$6
chicken, corn, herbs

Chicken Wings \$8
½ lb house brined, veggies, ranch, salt & pepper

Veggie Sticks \$4
vegetables, ranch dip

Main Event

The Burger \$12 ... add bacon \$3
single patty of house ground alberta beef, cheese, choice of fries or caesar salad

Chicken Fingers \$13
plum sauce, fries

Steak Frites Junior \$15
4oz top sirloin steak, fries, gravy

Grilled Cheese Dippers \$10 ... add bacon \$3
sourdough, house cheese blend, tomato soup dip, choice of fries or caesar salad

7" Kids Pizza \$10 ... add pepperoni \$2
tomato sauce, mozzarella

Creamy Cheese Sauce and Shells \$10
creamy four cheese sauce, orecchiette pasta

Desserts

Ultimate Kids Sundae \$6
vanilla bean ice cream,
brownie

Daily Cake Pops \$3



Beverages

Fountain Soda \$3

Juice \$3

Milk \$3

Grizzly Paw Sodas \$5

Wine and Dine

2023

Dinner for Two Sundays and Mondays 5-9pm

*Choice of One Entrée Per Person and
a bottle of our featured house wine*

Charbroiled Alberta Striploin

signature roasted fingerling potatoes with garlic,
parmesan and black pepper,
seasonal vegetables, steak butter

Rotisserie Chicken Breast

yukon gold mashed potatoes, seasonal vegetables,
wild mushroom sauce

Grilled Tuna Fillet

quinoa sauté, wilted greens,
warm citrus and tomato salsa

\$95 per couple, plus tax and gratuity

Dine-In Reservations Recommended



The Inn
on Officers' Garden

Table d'Hôte Menu

Cellar 2023

Starter

choice of one

Grilled Tiger Prawns

peach beurre blanc,
basil oil

Charcuterie and Cheese Plate

house pickling,
grilled baguette

Entrée

choice of one

AAA Alberta Beef Tenderloin

mushroom duxelle, pomme puree, seasonal
vegetables, cabernet sauvignon demi-glace

Arctic Char

orecchiette, gochujang sauce,
local tomato salsa

Dessert

choice of one

Dark Chocolate Sponge Cake

passion fruit mousse, mango coulis,
whipped white chocolate ganache

Seasonal Cheesecake

ask your server about
today's selection

Three Courses plus Surprises \$110 per person

Enhance your experience with wine from our Cellar

A unique featured pairing with each course \$30 for per person

Sommelier's Bottle Selection to pair perfectly with the Table d'Hôte Menu Market Price

All pricing plus tax and gratuity

Reservation only in the Cellar Dining Room



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