EST. 1929 WINNIPEG WINTER CLUB

URBAN prairie CUISINE

SMOOTHIES

Smoothie Bowl Feature 13.50 Ask your server.

Presidential 12.50
Banana, date, spinach, vanilla yogurt, almond beverage, and vanilla protein powder.

Chunky Monkey 9.50
Banana, WOWBUTTER, vanilla yogurt, and chocolate milk.

Tropical D&D 12.50
Banana, mango, raspberry, vanilla yogurt, almond beverage, and vanilla protein powder.

The Evolution 12.50
Banana, mango, vanilla yogurt, orange juice, and vanilla protein powder.

Make Your Own 9.50
Fruit: Banana, blueberry, raspberry, strawberry, mango, date, spinach, matcha, or acai

Liquid: Almond beverage, 2% milk, chocolate milk, orange juice

Vanilla Yogurt or WOWBUTTER

Protein Powder +3.50 • Vanilla, chocolate, plant based vanilla, or flaxseed with protein

BREAKFAST

The Weekender 12.50
Two eggs any style served with hashbrowns and toast.
Choice of bacon, breakfast sausage, or toupee ham.

Two Egg Omelet 12.50
Served with hashbrowns and toast.
Choice of three fillings: bacon, toupee ham, turkey, breakfast sausage, cheddar, feta, onion, tomato, bell pepper, spinach, avocado.

Texas Cut French Toast 9.50
Two pieces of French toast served with strawberry sauce and syrup.

Elsie's Avocado Toast 9.50
Spicy mashed avocado and two over-easy eggs on one slice of rye toast.

Classic Breakfast Sandwich 6.50
One fried egg and cheese on a toasted English muffin.
Choice of bacon or sausage.

Avocado Slammer 9.50
One fried egg, lettuce, tomato, and avocado on a toasted English muffin.

Denver Sandwich 9.50
Two eggs with ham, green onion, and cheddar on choice of toasted bread.

BLT Croissant 9.50
Bacon, romaine, tomato, and basil mayo on a toasted croissant bun.

Maple Salmon Croissant 14.50
Maple salmon, fried egg, avocado, and spicy tomato chutney on a toasted croissant bun.

BREAKFAST SIDES

One egg	1.50
One slice of toast	1.50
Cheese slice	1.00
Half avocado – sliced	2.00
Hashbrowns	4.00
Bacon (3)	4.00
Breakfast sausage (3)	4.00
Shaved toupee ham	4.00
Apple jack/diplomat/scone	4.50
Muffin/loaf	3.50
Fruit cup	5.00
Whole fruit	2.00
Yogurt cup	1.50
Yogurt parfait	5.50

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HANDHELDS & MORE

Sweet & Sticky BBQ Smoked Brisket 18.50
House smoked brisket, sweet and sticky sauce, BBQ mayo, and hickory sticks on a toasted brioche bun.

Turkey Club Wrap 18.50
Fresh turkey breast, bacon, romaine, tomato, and basil mayo in a whole-wheat tortilla.

Chicken Caesar Wrap 18.50
Choice of grilled or crispy chicken, romaine, parmesan, and housemade garlic Caesar dressing and croutons in a whole-wheat tortilla. Make it spicy with buffalo sauce.

Mango Chili Chicken Croissant 18.50
Choice of grilled or crispy chicken, romaine, tomato, crispy onion, mango chili chutney, and BBQ mayo on a toasted croissant bun.

Bacon Cheeseburger 18.50
Grilled burger patty, bacon, cheddar, romaine, tomato, crispy onion, and BBQ mayo on a toasted brioche bun.

Teriyaki Salmon Burger 20.50
Maple BBQ salmon, feta, kale, avocado, cucumber, pickled onion, and teriyaki glaze on a toasted brioche bun.

Egg Salad Croissant 12.50
Egg salad, romaine, cucumber, crispy onion, and basil mayo on a toasted croissant bun.

Tuna Salad Sandwich 12.50
Tuna salad, romaine, cucumber, crispy onion, and basil mayo on toasted multigrain bread.

BLT Chicken Stack 18.50
Choice of grilled or crispy chicken breast, bacon, romaine, tomato, and BBQ mayo on toasted brioche bun.

California Burger 18.50
Choice of grilled or crispy chicken or grilled beef patty, romaine, avocado, pickled onion, tomato, and basil mayo on toasted brioche bun.

Classic Reuben Sandwich 18.50
Shaved corned beef, Swiss, sauerkraut, and Thousand Island dressing on grilled rye bread.

Veggie Burger 18.50
Homemade quinoa and brown rice patty, romaine, avocado, pickled onion, and tomato chutney on toasted brioche bun.

Chicken Fingers & Fries 13.50
Crispy chicken fingers served with honey dill sauce.

Grilled Chicken Alfredo 18.50
Grilled chicken breast, cavatappi noodles, alfredo sauce, bacon bits, and parmesan.

Pasta Primavera 15.50
Cavatappi noodles, seasonal vegetables, tomato sauce, and parmesan.

SALADS

Caesar Salad
Small | 7.50 • Large | 10.50
Romaine, bacon bits, and parmesan tossed with housemade garlic Caesar dressing and croutons.

Summer Salad
Small | 7.50 • Large | 10.50
Tuscan greens, fresh dill, feta, carrot, tomato and red onion tossed with a balsamic chive vinaigrette.

Greek Salad
Small | 7.50 • Large | 10.50
Romaine, feta, cucumber, tomato, bell pepper, olive, and red onion tossed a with Greek vinaigrette.

Cranberry Apple Salad
Small | 7.50 • Large | 10.50
Tuscan greens, apple, cranberries, carrot, tomato, and red onion tossed with a maple dijon vinaigrette.

Club Chop Salad
Small | 13.50 • Large | 18.50
Romaine, grilled chicken breast, toupee ham, bacon bits, cheddar, avocado, tomato, and housemade croutons tossed with a lemon herb vinaigrette.

Mediterranean Chicken Salad
Small | 13.50 • Large | 18.50
Romaine, grilled chicken breast, feta, cucumber, tomato, bell pepper, olive, avocado, and red onion tossed with a sun-dried tomato vinaigrette.

Cobb Chicken Salad
Small | 13.50 • Large | 18.50
Romaine, grilled chicken breast, bacon bits, sliced hard-boiled egg, feta, and tomato tossed with a maple dijon vinaigrette.

Add Ons: Grilled Herbed Chicken Breast | 5.95
Maple BBQ Salmon | 9.95

POWER BOWLS

Chicken Shawarma Bowl 21.50
Tri-colour quinoa and brown rice pilaf, Middle Eastern spiced chicken breast, romaine, avocado, tomato, pickled onion, and crispy chickpea with a garlic yogurt sauce.

Fresh Vegetable Bowl 21.50
Tri-colour quinoa and brown rice pilaf, sliced hard-boiled egg, kale, avocado, cucumber, bell pepper, edamame, pickled onion, and crispy chickpea with a spicy tomato chutney.

Asian Salmon Bowl 25.50
Tri-colour quinoa and brown rice pilaf, maple BBQ salmon, kale, avocado, cucumber, edamame, carrot, and toasted sesame seeds with a teriyaki glaze.

Mediterranean Chicken Bowl 21.50
Tri-colour quinoa and brown rice pilaf, grilled chicken breast, romaine, feta, cucumber, tomato, bell pepper, olive, avocado, and red onion with a sun-dried tomato vinaigrette.

SOUP

Soup of the Day 5.00
Ask your server.

Garden Vegetable 5.00
Vegetables and herbs simmered in a vegetable broth | 5.00

KIDS MENU 12.50

Choose one main, one side, and one drink.

Main: Hot dog, Chicken fingers, Hamburger, Cheeseburger, Cheese quesadilla, Mac & cheese, Mac & butter, Grilled cheese, Grilled ham & cheese

Side: Fries, cucumber & ranch, apple slices, apple sauce

Drink: Juice box, 2% milk, chocolate milk

SIDES

Fries Small | 4.00 • Large | 6.00

Poutine Small | 6.00 • Large | 8.00

Sweet Potato Fries & Chipotle Dip
Small | 5.00 • Large | 7.00

Garden Salad
Small | 6.00 • Large | 9.00