



SERVED FROM OPEN UNTIL 2:00PM

BREAKFAST

FULL WELL BREAKFAST

\$16.00

Two eggs any style served with hash browns, fried tomatoes, two slices of toast and your choice of two meats: bacon, sausage, or ham

LIGHT WELL BREAKFAST

\$10.00

One egg any style with choice of bacon, sausage, or ham, served with hash browns and one slice of toast

EGGS BENNY

\$18.00

Two poached eggs on ham and toasted english muffin, covered in hollandaise sauce, served with hash browns

BACON TOMATO BENNY

\$18.00

Two poached eggs on bacon, grilled tomato and toasted english muffin, covered in hollandaise sauce, served with hash browns

BREAKFAST SANDWICH

\$10.00

Melted cheddar cheese on a fried egg, with ham and poblano avocado ranch on a toasted brioche bun, served with hash browns

FRITTATA

\$17.00

Three eggs scrambled, bell pepper, onion, tomato, goat cheese, then topped with shredded cheddar & mozzarella cheese and baked, served with salsa, hash browns and choice of toast

BREAKFAST WRAP

\$11.00

Scrambled eggs, salsa, mixed cheese, peppers and onions in a flour tortilla, served with hash browns.



SUNDAY – THURSDAY OPEN – 9:00PM, FRIDAY – SATURDAY OPEN – 10:00PM

SNACKS & SIDES

FEATURED SOUPS

cup \$6.00 bowl \$11.00

Ask your server for today's soups

WONTON SOUP

\$11.00

Pork wontons with carrots, onions, garlic and ginger in a fragrant chicken broth with a sweet chili sauce on the side

POUTINE

small \$10.00 regular \$13.00

A Canadian favourite! Fries, cheese curds and gravy

LOAD IT UP! Add bacon, fried onions, sour cream, and shredded cheddar & mozzarella cheese

\$4.00

Add brisket

\$7.00

MOZZA STICKS

\$11.00

Golden fried mozza sticks served with a creamy dill ranch

FRENCH ONION SOUP

\$13.00

House made french onion soup with a twice baked croissant crouton and melted havarti cheese

NACHOS

\$19.00

House fried corn tortilla chips topped with onions, tomatoes, banana peppers, kalamata olives, shredded cheddar & mozzarella cheese. Served with salsa and sour cream

Add guacamole

small \$3.00 regular \$5.00

Add pulled chicken, brisket or ground beef

\$7.00

CHICKEN WINGS

\$18.00

Crispy fried chicken wings tossed in your choice of BBQ, teriyaki, honey garlic, sweet chili, or hot sauce

DRY RIBS

\$14.00

Fried rib bites served with sweet chili sauce

LETTUCE WRAPS

\$18.00

Choice of chicken breast or ground beef, onion, carrot, garlic, and ginger in teriyaki sauce topped with wonton crisps, cilantro and green onions. Served with crisp iceberg lettuce, and sweet chili sauce

SPRING ROLLS

\$11.00

Vegetarian spring rolls served with plum sauce

GREENS

CAESAR SALAD

side \$9.00 full \$14.00

Crisp romaine, garlic croutons, with caesar dressing topped with parmesan and chopped bacon

SEARED CHICKEN SRIRACHA SALAD

\$21.00

Mixed greens, grilled chicken breast, carrot, red and green cabbage, cucumber, red onion, tomato, and shredded cheddar in a creamy sriracha honey dressing and finished with a lime and wonton crisps

SPRING SALAD

\$18.00

Romaine, spinach, quinoa, crasins, carrots, goat cheese, and strawberries, tossed in a house made apple cider vinaigrette topped with pumpkin seeds

 Vegetarian

 The Well Signature Item



SUNDAY – THURSDAY OPEN – 9:00PM, FRIDAY – SATURDAY OPEN – 10:00PM

WRAPS & SANDWICHES

SERVED WITH YOUR CHOICE OF FRIES, SOUP, GARDEN SALAD OR CAESAR SALAD.

Upgrade your side to Greek salad, yam fries or poutine

\$4.00

CLUBHOUSE

Grilled chicken breast, crispy bacon, lettuce, tomato, and mayo on your choice of bread

\$22.00

CLASSIC BEEF DIP

Thinly shaved slow roasted beef, honey dijon herb aioli, crispy onions, on a toasted, garlic buttered baguette with au jus

\$21.00

PHILLY CHEESE

Thinly shaved slow roasted beef sauteed with onions peppers, mushroom and BBQ sauce covered in havarti, on a toasted, garlic buttered baguette

\$24.00

CALI CHICKEN WRAP

Crispy chicken and guacamole with crispy bacon, lettuce, cucumber, red onion, tomato, mozzarella tossed in ranch dressing, wrapped in a warm flour tortilla

\$21.00

CHICKEN CAESAR WRAP

Crispy chicken tenders wrapped in a warm flour tortilla with crisp romaine, parmesan, tossed in caesar dressing

\$21.00

MEDITERRANEAN WRAP V

Grilled peppers, zucchini, red onion, goat cheese, lettuce, tossed in sundried tomato aioli wrapped in a warm flour tortilla

\$19.00

RUEBEN

Grilled marble rye, havarti, fried sauerkraut and corned beef with dijon

\$23.00



SUNDAY – THURSDAY OPEN – 9:00PM, FRIDAY – SATURDAY OPEN – 10:00PM

BURGERS

SERVED WITH YOUR CHOICE OF FRIES, SOUP, GARDEN SALAD OR CAESAR SALAD.

Upgrade your side to Greek salad, yam fries or poutine \$4.00

WELL BURGER

\$22.00

The classic burger topped with bacon, BBQ sauce, havarti and crispy onions with lettuce, tomato, sriracha honey mayo and a dill pickle

CLASSIC BURGER

\$18.00

6oz beef patty and house seasoning on a warm brioche bun with lettuce, tomato, onion, mayo, and a dill pickle

Add cheddar or mozzarella \$2.00

Add bacon \$2.00

Add grilled onions \$1.00

Sub chicken breast \$3.00

SPICY CHICKEN

\$21.00

Crispy fried chicken breast, onions, banana peppers, sriracha honey slaw and dill pickles on a warm brioche bun

DOUBLE SMASH BURGER

\$22.00

Onion and two beef patties smashed on the flat top, topped with cheddar cheese

BBQ BRISKET BURGER

\$25.00

6oz beef patty and house seasoning topped with BBQ beef brisket on a warm brioche bun with onion, pineapple slaw, mayo, and a dill pickle

CAJUN CHICKEN BURGER

\$21.00

Grilled 6oz chicken breast coated in cajun seasoning on a warm brioche bun with pineapple relish, crispy onions, lettuce, tomato, mayo and a dill pickle

WELL CHICKEN BURGER

\$22.00

Grilled 6oz chicken breast with bourbon bacon jam and havarti on a warm brioche bun with lettuce, tomato, onion, pesto mayo, and topped with a dill pickle

VEGGIE BURGER

\$19.00

Sauteed onions, peppers, mushrooms and garlic on a black bean patty topped with melted havarti and balsamic reduction on a warm brioche bun with lettuce, tomato, pesto mayo, roasted red pepper sauce and topped a dill pickle

PLATES & BOWLS

CHICKEN QUESADILLA

\$21.00

Grilled chicken, bell peppers, onions, cheddar & mozzarella cheese, and spices in a flour tortilla. Served with salsa and sour cream

MUSHROOM CHOWMEIN

\$17.00

Sauteed mushrooms, onions, garlic, ginger, carrots, cabbage, noodles and soy sauce. Topped with green onions

Add chicken or prawns \$7.00

MEDITERRANEAN BOWL

\$19.00

Roasted vegetables, garlic, cinnamon, quinoa, coriander topped with cucumber and tomatoes, creamy lemon tahini on the side

Add chicken or prawns \$7.00

VEGETABLE STIR-FRY

\$17.00

Sauteed onions, garlic, ginger, celery, carrots, and broccoli, red peppers, and cabbage in a teriyaki sauce served over basmati rice

Add chicken or prawns \$7.00

Sub noodles \$2.00

GINGER BEEF & BROCCOLI

\$22.00

Sauteed onions, garlic, ginger, tender beef, broccoli, in a tangy hoisin sauce served over noodles or rice

FISH & CHIPS

1pc \$16.00 2pc \$20.00

Golden battered rockfish, with fries, coleslaw and tartar sauce

 Vegetarian

 The Well Signature Item



DESSERT

NY CHEESECAKE

\$12.00

Classic baked cheesecake with fruit compote and whipped cream

TIRAMISU

\$13.00

Rich creamy Tiramisu on a cocoa dusted plate garnished with mint

WARM BROWNIE SUNDAE

\$12.00

2 scoops of ice cream, warm chocolate brownie, strawberry sauce and whipped cream



BEERS, CIDERS & COOLERS

DRAUGHT BEER

The Well Pilsner	\$8.00
Molson Canadian	\$8.50
Coors Light	\$8.50

IMPORT BOTTLE

Heineken 330 ml	\$9.50
Corona 300 ml	\$9.50
Guinness 440ml	\$10.25

ROTATING DRAUGHT SELECTION

Ask your server for local offerings

DOMESTIC BOTTLE

Molson Canadian	\$8.50
Coors Light	\$8.50
Miller Genuine Draft	\$8.50

CIDERS & COOLERS

Smirnoff Ice 330 ml	\$8.50
Grower's Apple 355ml	\$8.50
Grower's Peach 355ml	\$8.50

WINES

RED WINE

	5oz	8oz	Bottle (750ml)
Jackson Triggs <i>Merlot</i>	\$9.00	\$13.50	
Inniskillin <i>Shiraz Cabernet Sauvignon</i>	\$10.50	\$15.50	\$40.00
Sumac Ridge <i>Cabernet Merlot</i>	\$10.50	\$15.50	\$40.00

WHITE WINE

Jackson Triggs <i>Sauvignon Blanc</i>	\$9.00	\$13.50	
Inniskillin <i>Pinot Grigio</i>	\$10.50	\$15.50	\$40.00
Sumac Ridge <i>Chardonnay (Unoaked)</i>	\$10.50	\$15.50	\$40.00
Jackson Triggs <i>Rosé</i>	\$9.50	\$14.00	\$38.00

WINE COCKTAILS

RED SANGRIA

Dark rum, triple sec, merlot, oj, ginger ale	\$10.00
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WHITE SANGRIA

Peach vodka, peach schnapps, sauvignon blanc, pineapple juice, 7-up	\$10.00
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BELLINI MIMOSA

White rum, peach purée, sparkling wine, red wine float served on ice	\$10.00
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FEATURE WINES

RED WINE

	5oz	Bottle (750ml)
Black Sage <i>Cabernet Sauvignon</i>	\$14.00	\$64.00
Sunrock <i>Shiraz</i>	\$15.00	\$86.00
Dark Horse <i>Cabernet</i>	\$19.00	\$85.00
Quails Gate <i>Pinot Noir</i>	\$22.00	\$95.00
Poplar Grove <i>Pinot Noir</i>	\$23.00	\$115.00
Osoyoos <i>Larose</i>		\$155.00

WHITE WINE

Laughing Stock <i>Chardonay</i>	\$13.00	\$52.00
Laughing Stock <i>Pinot Gris</i>	\$13.00	\$52.00
Wild Goose	\$16.00	\$65.00

ROSÉ

Laughing Stock <i>Chardonay</i>	\$13.00	\$52.00
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CHAMPAGNE

Pol Roger		\$300.00
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THE WELL COCKTAILS 1oz

WELL CAESAR

Vodka, clamato, tabasco, worcestershire, pickled asparagus

\$10.00

RASPBERRY PEACH CRUSH

Raspberry vodka, peach purée, pineapple juice, soda

\$9.00

RASPBERRY GIN SMASH

Gin, muddled raspberries, simple syrup, soda, lime juice

\$9.00

GIN SPRITZ

Gin, pink grapefruit juice, lime juice, soda

\$9.00

PALOMA

Silver tequila, pink grapefruit, lime juice, soda, salted rim

\$9.00

ROCKS MARGARITA

Silver tequila, triple sec, lime juice, salted rim

\$9.00

WELL MAI TAI

White and dark rum, triple sec, oj, pineapple juice, lime juice

\$9.00

NON-ALCOHOLIC

MOCKTAILS

PEACH SUNSET

Peach purée, pineapple juice, soda, grenadine

\$5.00

RASPBERRY KISS

Fresh raspberries, simple syrup, soda, lime juice

\$5.00

HEINEKEN N/A 0.0

\$6.00

ROCKSTAR ENERGY

\$5.00

FRUIT JUICE

Cranberry, orange, pink grapefruit, pineapple

\$3.50

FOUNTAIN POP

Pepsi, diet pepsi, 7-up, ginger ale, iced tea

\$3.00

SPECIALTY TEAS

\$3.00

FRESH BREWED COFFEE

\$2.50