

PREGAME

DEEP FRIED WONTONS 14
Pork-filled wontons served with sweet chili sauce.

VEGGIE PAKORA  14
Chickpea-battered cauliflower and onions. Served with sweet chili sauce and mint chutney.

WOK FRIED GYOZA 14
Golden-brown dumplings filled with pork and chicken. Served with soy and sesame oil dipping sauce.

CHICKEN TENDERS 17
Plump chicken fillets served with plum sauce, fries and coleslaw.

VEGETABLE SAMOSA  14
Crispy pastry filled with savoury potatoes, carrots, lentils, peas, onion, cilantro, and garlic. Served with sweet chili sauce and mint chutney.

CHICKEN WINGS  18
Crisp chicken wings tossed in your choice of sauce. Served with veggies and ranch dip. Flavors: Hot, Salt & Pepper, BBQ, Honey Garlic, Hoisin, Blackened, Sweet Chili, Plain

BONELESS GARLIC DRY RIBS 12
Lightly seasoned pork bites served with green onions and plum sauce.

PEPPER PRAWNS  19
Crisp fried jumbo prawns sautéed in butter, ginger, garlic, and black pepper. Served with fresh lemon wedges.

GAME ON GREENS

CAESAR SALAD MEAL 14 | STARTER 12
Artisan Romaine lettuce tossed with Caesar dressing, thick cut bacon, garlic croutons, parmesan cheese, and a lemon wedge. Served with garlic toast.

CHICKEN CAESAR PASTA SALAD 16
Chilled diced chicken thigh, rotini pasta, shredded romaine, parmesan cheese, crumbled bacon, and garlic croutons in creamy Caesar dressing.

FIRE GRILLED STEAK & ARUGULA SALAD 29
7oz Alberta AAA NY West Coast Cut Strip Steak, baby arugula, grape tomatoes, crumbled goat cheese, toasted walnuts and balsamic herb vinaigrette topped with crispy frazzled onions.

VIETNAMESE RICE NOODLE SALAD 16
Lemongrass-marinated chilled chicken thighs, vermicelli noodles, beansprouts, cucumbers, carrots, shredded cabbage, cilantro, fresh jalapeños and lime wedge with crushed peanuts, and house dressing.

HANDHELDS & CLASSICS

BLACKENED CHICKEN SANDWICH 19
Seared boneless chicken breast coated in our house blackening spice blend with mayo, lettuce, tomatoes, pickles on a brioche bun.

TRIPLE DECKER CLUBHOUSE 16
Roasted turkey breast, crisp bacon, cheddar, mayo, lettuce, tomatoes on white or whole wheat toast, served with dill pickles.

THE MERIDIAN BURGER 23
Signature Item! Two 5oz beef chuck patties topped with caramelized onions, crisp bacon, cheddar, on a toasted brioche bun with lettuce, tomatoes, pickles, and mayo.

MY WAY BURGER 15
5oz beef chuck patty on a toasted brioche bun with lettuce, tomatoes, onions, pickles, and mayo.

- Substitute chicken breast 5
- Extra beef patty 5 EACH
- Cheddar cheese, crisp bacon, a fried egg, sautéed mushrooms, caramelized onions, grilled black forest ham, or fresh avocado 2 EACH

STEAK SANDWICH 29
7oz Alberta AAA NY West Coast Cut Strip with onion tanglers, garlic toast, and fries.

VEAL CUTLETS 19
Tender breaded veal with sautéed mushrooms and beef gravy, served with seasonal vegetables and Yukon gold mashed potatoes.

Pick Your Side:

Fries • Mashed Potatoes • Smashed Browns
Side Garden Salad • Vegetable of the Day
Cup of Soup • Yam Fries: \$3 • Side Caesar Salad: \$2

SUMMER BLACKENED SALMON BOWL 25
Wild BC blackened salmon cooked medium well and served with fresh avocado, arugula and a pineapple jalapeno jelly compote.



PURE
REWARDS

Members Receive 10% Off!

Regular Priced Menu Items

Present your PURE Rewards 10% discount voucher to your server for your discount. Vouchers can be printed from any Pure Rewards kiosk. Discount may only be applied to regular priced menu items. Cannot be combined with other promotional offers or specials. Asian Express items are excluded.

 **Gluten Friendly**

 **Vegetarian**

0625

ALL DAY BREAKFAST

ALL DAY BREAKFAST 11
Two eggs any style, your choice of bacon, ham or sausage, with smashed browns, and toast.

DEALERS OMELET 10
Three-egg & cheese omelet with smashed browns and toast.
Additional Fillings: Ham, bacon, sausage, 2 EACH
green onions, tomatoes, spinach, or mushrooms.

STEAK AND EGGS 29
Alberta AAA 7oz NY West Coast Cut strip steak, served with two eggs any style, toast and smashed browns.

ASIAN EXPRESS

BLACK PEPPER CHICKEN 17.88
香煎鸡扒黄油飯
Crispy grilled marinated chicken thigh, egg fried rice, steamed vegetables and house black pepper sauce.

BEEF AND BLACK PEPPER STIR FRY 18.88
黑椒牛柳粒
Tender marinated sliced Alberta AAA Sirloin, stir fried in our house Schezwan sauce with onions, mushrooms and bell peppers. Served on thick rice noodles and finished with fresh black pepper.

CONGEE 海鮮/鸡 粥 (油条) 8.88
Chicken or seafood congee garnished with peanuts and green onions. Served with Chinese donuts.

HONG KONG FRENCH TOAST 8.88
港式(雪糕)西多士
Thick brioche bread with peanut butter filling, egg dipped and golden fried, served with butter and syrup.
Add ice cream and strawberry sauce. 2.00

SPECIAL HOUSE FRIED NOODLES 9.88
家鄉炒米
Rice noodles with wok fried red peppers, carrots, bean sprouts, green onion, egg, BBQ pork in a dark soy and sesame sauce.

ORANGE GINGER BEEF 香橙牛柳絲 14.88
Tender marinated beef strips stir-fried with peppers and onions in orange ginger sauce with toasted sesame seeds and served with rice.

FISH BALL & DRIED SEAWEED HO FAN IN SOUP 紫 菜鱼蛋鱼片汤河 12.88
Thick flat rice noodles served in a savory broth, topped with tender fish balls and delicate strands of dried seaweed.

STIR FRIED SEASONAL VEGETABLES 12.88
炒青菜
Farm-fresh seasonal vegetables, wok-tossed over high heat with garlic and a light soy-based sauce.

EAST MEETS WEST

WOR WONTON BOWL GF REG 13 | LRG 20
Shrimp, chicken, BBQ pork suey choy, carrots, broccoli with fresh pork wontons in savory chicken broth.

BEEF BRISKET NOODLE SOUP GF 18
Slow braised beef brisket with bok choy, green onions and choice of thin or thick rice noodles.

YANG CHOW FRIED RICE 14
Wok-fried rice with egg, peas, carrots, shrimp, BBQ pork and green onions.

BRAISED BEEF BRISKET GF 18
Slow braised beef brisket with jasmine rice and steamed bok choy.

SINGAPORE NOODLES 14
Rice noodles wok-fried with curry, baby shrimp, BBQ pork, peppers and onions, topped with egg and green onions.

BUTTER CHICKEN 22
Marinated chicken breast stewed in our authentic Indian butter sauce served with steamed rice and naan bread.
Vegetarian Option: Substitute Crispy Marinated Tofu V

CHILI CHICKEN OR CHILI TOFU 18
Crispy tofu or chicken bites in sweet and tangy hot chili sauce with bell peppers and onions. Served with rice.

DESSERTS

CHEESECAKE 9
Manhattan-style cheesecake with graham cookie crust, served with strawberries and whipped cream.

LEMON MERINGUE PIE 8
Tangy lemon filling with fluffy meringue in flaky pastry crust.

APPLE OR STRAWBERRY RHUBARB PIE 8
Your choice served warm with vanilla bean ice cream.

WARM CINNAMON SUGAR DONUTS 8
Four mini yeast ring donuts fried fresh and tossed in cinnamon sugar, topped with vanilla bean ice cream.

CARROT CAKE 9
Classic spiced carrot cake loaded with pineapple, walnuts, and carrots topped with rich cream cheese icing, white chocolate drizzle, and toasted almonds.

CHOCOLATE CHEESECAKE 9
Rich chocolate NY style cheesecake on a chocolate cookie crust, finished with fudge icing.

DESSERT SPECIAL 8
Ask your server for the weekly selection.