

PREGAME

DEEP FRIED WONTONS14

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 GYOZA14

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

CHICKEN TENDERS17

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 RIBS12

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 SALADMEAL 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 SALAD16

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

FIRE GRILLED STEAK & ARUGULA SALAD29

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 SANDWICH19

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

TRIPLE DECKER CLUBHOUSE16

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

THE MERIDIAN BURGER23

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 BURGER15

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

- Substitute chicken breast5
- Extra beef patty5 EACH
- Cheddar cheese, crisp bacon, a fried egg, sautéed mushrooms, caramelized onions, grilled black forest ham, or fresh avocado2 EACH

STEAK SANDWICH29

7oz Alberta AAA NY West Coast Cut Strip with onion tangles, garlic toast, and fries.

VEAL CUTLETS19

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 BOWL25

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  Spicy

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

BEEF BRISKET NOODLE SOUP 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 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

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.