

PREGAME

CALAMARI/椒鹽鱿鱼

14 | 12.60

Baby squid fried crispy with lemon wedge, red onions, and tzatziki sauce.

MERIDIAN CENTRAL NACHOS

17 | 15.30

/玉米片

Corn tortillas, cheddar and mozzarella cheese, tomatoes, green onions, and jalapenos with salsa and sour cream.

1LB. CHICKEN WINGS

15 | 13.50

/炸鸡翅

Crisp chicken wings tossed in your choice of sauce.

ALOO CHAT / 印度風味薯餅 10 | 9 Indian street food dish, fried potato, spices, and chutney served with yogurt dip.

DRY RIBS / 香炸排骨

11 | 9.90

Boneless pork bites, and served with your choice of dip.

PEPPER PRAWNS

17 | 15.30

/香蒜黑胡椒大虾

Fried jumbo prawns sauteed in butter, ginger, garlic, and black pepper. Served with lemon wedges.

BLACKENED STEAK BITES

18 | 16.20

/黑椒牛肉粒

Sirloin steak flash fried, tossed in blackening spice; with onions and served with veggies and ranch dip.

MAPLE BACON Wrapped Smokies

12 | 10.80

/培根燻腸

Smoked sausage wrapped bacon, baked until crispy; with Quebec maple syrup with mustard as a dip.



HANDHELDS

BLACKENED CHICKEN SANDWICH

17 | 15.30

/鸡肉三明治

Chicken breast coated and then seared in blackening spice blend. Served on a bun with mayo, butter leaf lettuce pickles and tomatoes.

BBQ CHICKEN QUESADILLA

12 | 10.80

/烧烤鸡肉餡餅

Flour tortillas with cheese, onions, salsa, chicken, bbq sauce and peppers. Served with BBQ ranch dressing.

BRAISED BEEF BRISKET BEEF DIP/牛腩面包

18 | 16.20

Braised Beef served on a fresh hoagie roll with sriracha mayo, crispy onions and Brisket gravy for dipping.

TRIPLE DECKER CLUBHOUSE

15 | 13.50

/什錦三明治

Turkey breast, bacon, cheddar cheese, mayo, lettuce and tomatoes on white or whole wheat toast with a dill pickle.

GAME ON GREENS

FIRE GRILLED STEAK & ARUGULA SALAD

22 | 19.80

/火烤牛排和芝麻菜沙拉

Steak, baby arugula, tomatoes, goat cheese, walnuts and balsamic herb vinaigrette with crispy frazzled onions.

CAESAR SALAD

MEAL 12 | 10.80 STARTER 9 | 8.10

/凯撒沙拉

Romaine lettuce with Caesar dressing and with bacon, parmesan cheese and lemon wedge. With garlic toast.

GRILLED ASIAN PEAR SALAD

15 | 13.50

/ 烤梨芝士沙拉

Arugula and baby spinach, Asian pears, crumbled goat cheese, walnuts with smoked peach vinaigrette.

GREEN GODDESS BOWL

12 | 10.80

/素菜什錦飯

Baby spinach, jasmine rice, walnuts, chickpeas, dried cranberries, carrots, cucumbers & goddess dressing.

GRILLED JAMAICAN JERK CHICKEN SALAD

18 | 16.20

/ 燒烤牙買加鸡肉沙拉

Butter leaf lettuce, jasmine rice, fire roasted peppers, fresh grilled pineapple, cucumbers, shredded carrots.

EAST MEETS WEST

STIR FRY / 干炒雞肉虾飯 17 | 15.30

Shrimp and chicken breast, broccoli, peppers, onions, mushrooms, and carrots in teriyaki sauce on jasmine rice.

VEGETABLE BIRYANI

14 | 12.60

/印度素菜加薄餅

Vegetables, herbs, spices, and rice all slow cooked together for sumptuous flavor in every bite served with naan bread.

WOR WONTON

REG 13 | 11.70 LRG 16 | 14.40

/ 馄饨汤

Baby shrimp, tender chicken, BBQ pork, suey choy, carrots and broccoli with pork wontons in clear broth.

YANG CHOW FRIED RICE

13 | 11.70

/ 杨州炒饭

Wok fried rice in soy and sesame oil with baby shrimp, BBQ pork, green onions, and eggs.

PALACE CHICKEN

16 | 14.40

/宫保鸡丁饭

Battered chicken breast with tender peas, water chestnuts, sweet and spicy palace sauce; served with jasmine rice.

BRAISED BEEF BRISKET

15 | 13 50

/ 红烧牛腩燴饭

Braised beef brisket with jasmine rice and bok choy.

FORK & KNIFE

STEAK SANDWICH

22 | 19.80

/紐約牛排三明治

Charbroiled Alberta NY strip steak topped crispy onions, and served with grilled garlic onion toast and fries.

VEAL CUTLETS

16 | 14.40

/ 蘑菇牛肉餅

Breaded cutlets topped with mushrooms and beef gravy served with vegetables and garlic mashed potatoes.

FISH & CHIPS / 炸鱼薯條 17 | 15.30

Two pieces of beer battered cod served on a bed of fries with tartar sauce and lemon.

TERIYAKI SALMON

24 | 21.60

/日式照烧三文鱼钣

Wild BC Salmon, cooked to medium well, marinated in Teriyaki sauce. With salsa, jasmine rice, and asparagus.

TERIYAKI CHICKEN

24 | 21.60

/ 日式照燒鸡肉钣

Chicken breast, marinated in Teriyaki sauce, and fire grilled. With salsa, jasmine rice, and asparagus.

SINGAPORE NOODLES

13 | 11.70

/星洲炒米

Rice noodles with curry, shrimp, BBQ pork and vegetables, topped with egg and green onions.

THAI CHICKEN & PRAWN CURRY BOWL

20 | 18

/泰式咖喱鸡肉虾飯

Chicken breast and shrimp in Thai curry sauce with mushrooms and peppers served on rice.

CANTONESE CHOW MEIN

16 | 14.40

/廣東炒面

Egg noodles, bok choy, Napa cabbage, peppers, carrots, water chestnuts, shrimp, bbq pork and chicken.

BUTTER CHICKEN

18 | 16.20

/奶油鸡饭

Chicken breast stewed in Indian butter sauce served with steamed rice and naan bread.

BEEF BRISKET NOODLE SOUP

15 | 13.50

/牛腩汤面

Slow braised beef brisket served with bok choy, ginger, scallion and flat rice noodles.

BURGERS

THE MERIDIAN BURGER

16 | 14.40

/特製芝士牛肉汉堡

Two 5oz pure beef chuck patties with onions, bacon, and cheddar cheese on a brioche bun with special sauce on the side.

BEYOND BEEF BURGER

14 | 12.60

/蔬菜汉堡

Plant based juicy burger patty topped with, mayo, crisp lettuce, tomatoes, onions and pickle!

MY WAY BURGER

10 | 9

/自選汉堡

Hand formed 5oz pure beef chuck patty, served on a toasted brioche bun with all the groceries.

Make it your way by adding any of the following: Extra patty

3 EACH

Cheddar or Mozza cheese, crisp bacon, sautéed mushrooms, caramelized onions, grilled black forest ham or a fried egg

2 EACH

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