



Express Lunch

The bill will be dropped within 45 minutes of being seated or your lunch is free*

Chef's Feature Soup 9

Quinoa & Beet Salad 14

Goat cheese / artisan greens / grape tomatoes / dried cranberries / toasted pumpkin seeds / white balsamic citrus dressing
add Cajun chicken 7
add garlic prawns 6

Kale Caesar Salad 11

signature dressing / crisp romaine / kale / ciabatta wafers / shredded parmesan
add Cajun chicken \$7
add garlic prawns \$6

Fried Chicken 15

crispy buttermilk chicken tenders / hand cut fries / bed of kale / peanuts / carrot purée / choice of honey mustard aioli or plum sauce

Grilled Chicken Quesadilla 18

bell peppers / red onion / tomato / mozzarella / pico de gallo salsa / sour cream

The BPL Club Sandwich 17

grilled chicken breast / Canadian back bacon / sliced tomato / lettuce / Swiss cheese / garlic aioli / Italian ciabatta bun
served with choice of fries, side salad or side soup
Upgrade to Caesar salad or yam fries for \$2

The Local Burger 18

6oz Top Grass beef burger / red onion / lettuce / tomato / house dressing / toasted artisan bun
add aged cheddar 1
add Canadian back bacon 1

Three Street Tacos 19

Choose from Shrimp / Crispy Chicken / Beef / Tuna Poke

Shrimp – fried shrimp / daikon radish / savoy cabbage / mango / peanuts / sriracha mayo
Crispy chicken – fried chicken / mayonnaise / shredded cabbage / banana peppers / teriyaki drizzle
Beef – grilled Alberta striploin / sautéed peppers / crispy onions / goat cheese / pea shoots / chipotle aioli
Tuna Poke – ahi tuna / avocado / cabbage / pineapple / puffed rice / sriracha mayo

*In order to qualify for the free lunch, you must order within 10 minutes of being sat, not available for groups of 8 or more, no modifications to menu and only available on 1 course lunch.

Express lunch is only available from Monday – Saturday from 11am – 2pm.