

Lunch Menu

SINCE 1978

MELISSA'S

SANDWICHES

All sandwiches come with your choice of fries, soup, garden or Caesar salad.

Sub yam fries with chipotle mayo - 1.5

Sub homemade onion rings - 5

Sub Poutine - 3

BEEF DIP 16

Slow roasted Alberta beef on French loaf with au jus for dipping.

Add mushrooms or onions 1.25 each

TRIPLE DECKER CLUBHOUSE 16

Stacked with REAL turkey breast, ham, lettuce and tomato between 3 pieces of multigrain toast.

GRILLED CHEESE & BACK BACON 14

Canadian cheddar cheese and back bacon between multigrain.

ABC SANDWICH 16

Avocado, strip bacon and grilled chicken breast, served with lettuce and tomato between multigrain toast.

BLT 13

Strip bacon, lettuce and tomato on multigrain toast.

CHICKEN BURRITO 16

Chicken with salsa in a flour tortilla. Baked with monterey jack and cheddar cheese.

HOT TURKEY SANDWICH 16

Made with REAL roasted turkey breast, topped with turkey gravy on French bread.

HOT HAMBURGER SANDWICH 16

Homemade hamburger patty topped with sauteed mushrooms and onions covered in beef gravy on French bread.

HOT ROAST BEEF SANDWICH 16

Slow roasted Alberta beef, topped with beef gravy on French bread.

HOMEMADE BURGERS

All burgers (6oz) come with lettuce, tomato and your choice of fries, soup, garden or Caesar salad.

Sub yam fries with chipotle mayo - 1.5

Sub homemade onion rings - 5

Sub poutine - 3

CAJUN CHICKEN 18

Cajun grilled chicken with raw onions.

CALIFORNIA CHICKEN 18

Grilled chicken, Monterey Jack cheese, avocado, sprouts and raw onions.

MEL'S OWN 18

Grilled Chicken with fried onions.

TERIYAKI CHICKEN 18

Grilled chicken with a teriyaki glaze and pineapple.

VEGETARIAN 18

Mushroom based patty with sprouts.



JOE CANADIAN 18

Strip bacon, sautéed mushrooms, cheddar.

GORGEOUS GEORGE 18

Canadian back bacon, pineapple, cheddar.

BLUE HAVEN 18

Canadian back bacon, Danish blue cheese.

LUCKY PIERRE 18

Onion and cheddar.

CHEESY JANE 17

Canadian cheddar cheese.

PLAIN JANE 16

The classic hamburger.

FINGER FOODS

PRIME RIB STUFFED YORKIES 15

Homemade Yorkshire puddings (3) stuffed with (CAB) Prime Rib, horseradish and au jus for dipping.

HOMEMADE ONION RINGS 12

Thick cut homemade onion rings served with chipotle mayo.

FRIED CHICKEN LEGS 15

Fried chicken drum sticks (3) served with fries.

CAULIFLOWER BITES 14

Fried tempura battered cauliflower bites, tossed in your choice of Buffalo hot or Teriyaki sauce. Add chipotle mayo - 1

CHICKEN WINGS 15

Chicken wings (10) baked then deep fried, served with fries and hot sauce on the side.

MOZZA STICKS 14

(8) Served with fries and your choice of marinara or chipotle mayo.

DRY RIBS 15

Oven baked garlic pork ribs served with fries and sweet and sour sauce.

CHICKEN FINGERS 15

Breaded chicken fingers (5) with fries and plum sauce.

CALAMARI 14

Tossed with seasoning, fried and served with tzatziki sauce.

STEAK & SEAFOOD

All entrees come with your choice of fries, soup, garden or Caesar salad.

Sub yam fries with chipotle mayo - 1.5

Sub homemade onion rings - 5

Mushrooms or onions - 1.25 each

8oz (CAB) New York Strip Steak Sandwich 23

Open faced on thick cut garlic toast.

10oz (CAB) Rib Eye Steak Sandwich 29

Open faced on thick cut garlic toast.

6oz AAA Sirloin Steak Sandwich 17

Open faced on thick cut garlic toast.

BC WILD SALMON FILET 4oz. 8oz. 16 23

Tender sustainable salmon filet, served with hollandaise sauce.

Fish & Chips 17

One large lightly battered haddock fillet with our homemade tartar sauce.

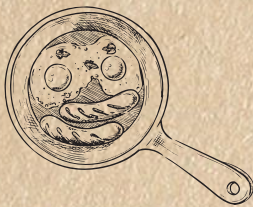
Double Up Any Burger 5
Add Turkey or Beef Gravy 2



Certified Angus Beef (CAB)

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Brunch



MOUNTAIN BREAKFAST STEAK AND EGGS **24**
6oz AAA Sirloin, three eggs, hash browns and multigrain toast.

HUEVOS RANCHEROS **17**
Two eggs, any style, on flour or corn tortilla topped with salsa, cheddar and Jack cheeses. Served with shredded hash browns and multigrain toast.

Add Mel's homemade chorizo sausage - 3.5
Add Guacamole - 2
Add sour cream - 1

CRAB AND ASPARAGUS OMELETTE **17**
Crab, asparagus and Monterey Jack cheese, served with hollandaise sauce.

COMBO OMELETTE **16.5**
Ham, cheddar cheese, mushrooms, peppers, onions and tomatoes. Served with shredded hash browns and multigrain toast.

BIG BREAKFAST **18**
Two eggs, two strips of bacon, two sausages, two pancakes. Served with shredded hash browns and multigrain toast.
No Substitutions, thanks!

LARGE HOMEMADE BUTTERMILK PANCAKES **15**
Two pancakes served with choice of Canadian back bacon - Ham - Strip bacon or Sausage.
Add real maple syrup - 2.5
Add blueberries, bananas, strawberries or chocolate chips - 1.5

2 EGGS or 3 EGGS **11.5 13.5**
Eggs served with your choice of Canadian back bacon, strip bacon, ham or sausage, shredded hash browns and multigrain toast.

AVOCADO TOAST **5**
Build your own! Add any topping - 2.5 each
One egg - Tomato slices - Sautéed mushrooms - Sliced fresh mozzarella
Strip bacon - Back bacon - Smoked salmon - Shaved Prime Rib (CAB)
Add balsamic drizzle - 0.5

BANFFS BEST BENNY

Served with shredded hash browns

THE CLASSIC BENNY - The BEST in town!
A toasted English muffin, topped with poached egg(s), Canadian back bacon and hollandaise sauce.
ONE EGG - 11 TWO EGGS - 16

THE HARVEST BENNY - A vegetarian treat!
A toasted English muffin topped with poached egg(s), sliced tomato, asparagus spears and hollandaise sauce.
ONE EGG - 11 TWO EGGS - 16

SMOKED SALMON BENNY - A decadent start!
A toasted English muffin topped with poached egg(s), smoked salmon and hollandaise sauce.
ONE EGG - 12 TWO EGGS - 18

CHORIZO BENNY - Homemade chorizo!
A toasted English muffin topped with poached egg(s), homemade chorizo sausage and hollandaise sauce.
ONE EGG - 12 TWO EGGS - 18

PRIME RIB BENNY - Steak for Breakfast?!
A toasted English muffin topped with poached egg(s), shaved (CAB) prime rib and hollandaise sauce.
ONE EGG - 12 TWO EGGS - 18
While it lasts!

Add Avocado - 3



Certified Angus Beef (CAB)

DEEP DISH PIZZA

9" DEEP DISH PIZZA

STANDARD **24**
Our special deep dish pizza made with Alberta ground beef, a blend of cheeses and Mels homemade tomato sauce.

VEGETARIAN **26**
All of the veggies

HAWAIIAN **26**
Ham and pineapple

FULLY LOADED **27**
Everything with the standard, plus all the items listed below excluding pineapple.

Additions to the standard model:
Pepperoni - Bacon - Ham - **2.5**
Green pepper - Olives - Mushrooms Pineapple - Onions - **2**

MINI DEEP DISHES

Mini pizzas are served with fries, soup, garden or Caesar salad.

MINI STANDARD **13**

MINI HAWAIIAN **15**

MINI VEGETARIAN **15**

MINI FULLY LOADED **16**



SOUP & SALADS

TOSSED GREEN SALAD	HALF	FULL
Mixed greens with shredded carrots, diced cucumber, tomato and celery.	6.5	9.5
Your choice of Ranch, Roasted Red Pepper vinaigrette or Boccolino Swiss dressing.		

CAESAR SALAD	HALF	FULL
Crisp romaine, creamy caesar dressing, freshly grated parmesan and our home made croutons.	6.5	9.5
Add bacon -2		
Add chicken breast - 4.5		

CAJUN CHICKEN CAESAR SALAD **14**
Our delicious Caesar salad topped with cajun grilled chicken, served with garlic toast.

CAPRESE SALAD **14**
Sliced fresh mozzarella, tomato and basil leaves. Topped with olive oil and balsamic drizzle.

HOMEMADE BAKED FRENCH ONION SOUP **10**
Caramelized onions in a rich beef broth, topped with a thick slice of baguette and baked with Swiss cheese.

HOMEMADE TOMATO PARMESAN	CUP	BOWL
HOMEMADE SOUP OF THE DAY	4.75	6

LIGHT LUNCH **14**
Bowl of soup with small garden or Caesar salad and garlic toast.



FRENCH FRIES 4	POUTINE 7
YAM FRIES 6	Shredded mozzarella, fries & gravy.
Chipotle mayo on the side.	TURKEY OR BEEF GRAVY 2
HASHBROWNS 4	CHIPOTLE MAYO 1
SOUR CREAM 1	FRESH FRUIT BOWL - Small
SALSA 3.25	3.5 - Large - 6
GARLIC TOAST 4	CANADIAN CHEDDAR CHEESE
2 pieces.	SLICE 1.5

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