

GOOD FOOD. GOOD FRIENDS. GOOD TIMES.

THE HUB

FOR STARTERS

BATTERED PICKLES / 7

CRUNCHY DILL PICKLE QUARTERS BREADED AND FRIED GOLDEN BROWN.

served with your choice of garlic or chipotle aioli

MAC & CHEESE BITES / 7

THE BEST COMFORT FOOD SERVED IN A CRISPY THREE BITE SIZE. *served with your choice of garlic or chipotle aioli*

POUTINE / 8

OUR VEGAN GRAVY OVER CRISPY FRIES AND QUEBEC CHEESE CURDS

+4 for you choice of:

breakfast poutine – eggs, hashbrowns, bacon

pulled pork – with corn, black bean & red onion

buffalo chicken – spicy tenders, green onions

steakhouse – 3oz steak, sautéed mushrooms & onion

butter chicken – grilled chicken, butter chicken curry

POUND OF WINGS / 11

CRISPY, GLUTEN FRIENDLY WINGS.

your choice of cajun, butter chicken, lemon pepper, hot, teriyaki, honey garlic, honey hot, or BBQ. Served with ranch, or your choice of dip

HUB'S ULTIMATE NACHOS

LARGE / 13 SHARE-SIZED / 17

CRUNCHY TORTILLAS LAYERED WITH SHREDDED CHEESE, RED ONION, CANDIED JALAPEÑOS, BANANA PEPPERS, BLACK OLIVES, BLACK BEANS, CORN, TOPPED WITH HOT QUESO SAUCE. *includes salsa and sour cream*

+4 to add guacamole, extra cheese, taco beef, pulled pork, or grilled chicken

HUB PLATTER / 19

CHICKEN WINGS, MAC & CHEESE BITES, BATTERED PICKLES, ONION RINGS, SWEET POTATO FRIES, TATER TOTS AND FRESH VEGGIES.

FULL ORDERS OF SNACKS

SWEET POTATO FRIES WITH DIP / 6

ONION RINGS WITH DIP / 6

VEGGIES & DIP / 5

TATER TOTS WITH DIP / 6

FRIES / 5

BOWLS + SALADS

SOUP OF THE DAY BOWL / 7 CUP / 4

ASK YOUR SERVER ABOUT TODAY'S FRESHLY MADE SOUP.

+1 to add a big slice of garlic toast

WONTON SOUP / 8

HOMEMADE CHICKEN BROTH WITH AL DENTE VEGETABLES AND FLAVOURFUL CHICKEN WONTONS.

+2 to add two extra wontons

HOUSE SALAD / 7 SIDE / 3

SPRING GREENS, CARROTS, AND SHREDDED BEETS TOPPED WITH SUNFLOWER SEEDS. FULL SALAD SERVED WITH GARLIC TOAST.

your choice of dressing: Italian, balsamic, raspberry, ranch, house citrus tahini

CHICKEN CAESAR SALAD / 11

WITHOUT CHICKEN / 8

CRISP ROMAINE, CREAMY DRESSING, FRESH PARMESAN AND BACON. TOPPED WITH GRILLED CHICKEN BREAST AND GARLIC TOAST. *+2 to add avocado*

UNICORN BOWL / 10

GINGER SESAME TOFU, SHREDDED BEETS AND CARROTS ON TRI-COLOUR QUINOA AND GREENS. TOPPED WITH SESAME AND SUNFLOWER SEEDS AND TAHINI GARLIC DRESSING.

+2 to add avocado +4 to add salmon or chicken +1.5 sub quinoa for rice

DRAGON BOWL / 10

SAUTÉED ONION, MUSHROOM, PEPPERS, BROCCOLI, CARROTS, AND BLACK BEANS OVER RICE. TOPPED WITH YOUR CHOICE OF SAUCE: TERIYAKI, GREEN CURRY OR GINGER SESAME.

+1.5 to add fried egg +2 to add avocado +4 to add tofu, salmon, chicken or steak

CURRY BOWL / 11

A RICH BUTTER CHICKEN-STYLE SAUCE OVER SPICED CHICKPEAS, BROCCOLI, AND YAM ON A BED OF RICE TOPPED WITH GREEN ONION AND LIME.

+2 to add avocado +1.5 sub quinoa for rice +4 to add salmon or chicken

OUR MAINS

BREAKFAST! SERVED ALL DAY / 8

START THE DAY OFF RIGHT WITH TWO EGGS, TWO SLICES OF BACON, CRISPY HASHBROWNS, AND TOAST.

+1.5 to add melted cheese to your hashbrowns, +1.5 for double bacon +1.5 to add an extra egg +2 to add avocado, sausage +4 to make your Breakfast! into Breakfast! poutine

PEROGY PLATTER / 10

HEARTY POTATO AND CHEESE PEROGIES SERVED ONE OF THREE WAYS:

LOADED / *cheese, bacon, sautéed onions, and sour cream*

TRADITIONAL / *sautéed onions, sausage and sour cream* +1

POUTINE / *cheese curds and homemade gravy* +2

PULLED PORK HASH / 11

CRISPY HASHBROWNS, A LAYER OF SAUTÉED ONIONS, BELL PEPPERS, CORN AND THE HUB'S PULLED PORK, FINISHED WITH TWO SUNNY-SIDE EGGS.

+1.5 to add melted cheese to your hashbrowns, extra egg +2 to add avocado

CHICKEN TENDERS / 11

A HUB FAVOURITE! FOUR GOLDEN TENDERS SERVED WITH FRIES, VEGGIE STICKS, AND YOUR CHOICE OF RANCH, PLUM, HONEY GARLIC, OR BBQ SAUCE.

+4 to add two extra tenders

GRILLED TERIYAKI SALMON / 11

STEAMED RICE, SAUTÉED VEGGIES, AND A SWEET TERIYAKI GLAZE.

Substitute chicken or tofu for salmon at no additional cost

DIETARY RESTRICTIONS OR FOOD ALLERGIES?

To provide you with a satisfactory and safe dining experience, please let your server know if any allergies or dietary restrictions prior to ordering.

BURGERS +

SANDWICHES

Our beef burgers are a 6 oz blend of ground Alberta chuck and ground beef, made in-house, served on an artisanal bun with mayo, garlic or chipotle aioli, topped with lettuce, tomato, pickle, and an onion ring.

All of the Hub's burgers and sandwiches come with your choice side: fries, fresh veggies, house salad, or our daily soup. **+1.5** to add a second side **+2.5** to substitute your side for a Caesar salad, sweet potato fries, onion rings or poutine.

Substitute for gluten free bread or bun at no charge.

THE VEGGIE BURGER / 8

A DELICIOUS VEGGIE PATTY MADE OF BROWN RICE, MUSHROOM, FLAXSEED, ONION, AND OATS IN A THREE CHEESE BLEND.

+1 to add Swiss or cheddar +2 to add avocado

CLASSIC CHEESEBURGER / 10

THE CLASSIC CHOICE. OUR HOMEMADE PATTY, GRILLED, AND TOPPED WITH CHEDDAR CHEESE.

+2 to make it a mushroom Swiss burger

BBQ CHICKEN BURGER / 10

GRILLED CHICKEN BREAST GLAZED IN SMOKEY BBQ SAUCE, TOPPED WITH MELTED CHEDDAR CHEESE.

SALMON BURGER / 11

WITH LETTUCE, TOMATO AND ZESTY CITRUS DILL AIOLI.

THE CARNIVORE BURGER / 17

OUR HOMEMADE PATTY WITH BACON, PULLED PORK, AND GRILLED CHICKEN BREAST. TOPPED WITH CHEDDAR, SWISS AND A SUNNY SIDE EGG.

PERFECTLY GRILLED CHEESE / 8

MELTED CHEDDAR AND SWISS BETWEEN BIG SLICES OF GOLDEN GRILLED FRENCH BREAD.

AVOCADO BLT / 11

BLT WITHOUT AVOCADO / 9

LIGHTLY TOASTED FRENCH BREAD WITH FOUR STRIPS OF BACON, AVOCADO, TOMATO, LETTUCE AND MAYO.

BUFFALO CHICKEN CAESAR WRAP / 12

OUR EVER-POPULAR CHICKEN TENDERS TOSSED IN RED-HOT SAUCE COMBINED WITH OUR CLASSIC CAESAR SALAD IN A WHOLE WHEAT TORTILLA.

our classic Caesar contains bacon

ALBERTA COWBOY STEAK SANDWICH / 12

6OZ ALBERTA COWBOY-CUT STEAK, COOKED TO YOUR LIKING. SERVED ON GARLIC TOAST.

+1 to add sautéed mushrooms, onions or gravy

THE HUB CLUB / 11

FLAME-GRILLED CHICKEN BREAST ON A FRESH BAGUETTE WITH BACON, MELTED CHEDDAR, LETTUCE, AND TOMATO.

MEMPHIS PULLED PORK SANDWICH / 10

OUR HOME-MADE SLOW ROASTED PULLED PORK ON A TOASTED BUN WITH MAYO AND HERITAGE GREENS.



BURGER & SANDWICH UPGRADES

+1 to add sautéed mushrooms, onions, Swiss, cheddar or mozzarella cheese, gravy, or dip +1.5 to add bacon, or egg +2 to add avocado +4 to add an extra patty, 4 oz pulled pork, or a grilled chicken breast

Desserts

THE COOKIE BOAT / 5

WARM, CHEWY CHOCOLATE-CHIP COOKIE DOUGH WITH VANILLA ICE CREAM, AND TWO COOKIES.

DEEP FRIED BROWNIE / 6

A RICH PECAN, CARAMEL, AND CHOCOLATE BROWNIE IN A SAVORY, CRUNCHY WONTON SHELL. DEEP FRIED, TOPPED WITH VANILLA ICE CREAM AND DRIZZLED WITH CHOCOLATE AND CARAMEL.

EXTRAS & SIDES

DIP, SAUCE, GARLIC TOAST, OR GRAVY (VEGAN) / 1

HOUSE SALAD / 3

SOUP / 3

FRIES / 3

VEGGIES / 3

ONION RINGS / 4

CAESAR SALAD / 4

SWEET POTATO FRIES / 4

VANILLA ICE CREAM / 2

HOURS OF OPERATION: MONDAY-THURSDAY 11AM - 11PM, FRIDAY 11AM - 9PM

Closed weekends & holidays, open later for events, per demand.

Questions or comments, please email thehub@samru.ca

Takeout is available: please call the Hub at **403.440.6403**.

Prices do not include GST.

