



Cougar Pete's

Dinner

STARTERS

Daily soup 10
Ask for our daily selection. Served with toasted french bread and butter.

Curry chickpea salad v 6
Chickpeas dressed in a mild curry mayo with raisins, and onions, served on a bed of spring mix lettuce.

White bean salad v 6
Cannoli beans, cherry tomatoes, onions, and cucumber, tossed in an olive oil dressing. Topped with feta cheese.

Pesto pasta salad v 6
Penne pasta tossed in a basil pesto mixed with parmesan cheese. Topped with pine nuts.

LITE BITES

B.L.T. 15
Bacon, lettuce, tomato, and mayonnaise on a toasted french loaf.

Italian Caprese sandwich v 15
Mozzarella, tomato, basil, arugula, pesto, and balsamic vinaigrette on a toasted french loaf.

Curry chickpea sandwich v 15
Chickpeas dressed in a mild curry mayo with spring mix and tomatoes on a toasted french loaf.

Grilled French onion sandwich v 15
Caramelized red onions and melted cheddar cheese on a toasted french loaf.

Grilled ham and cheese sandwich 12.5
Ham and melted cheddar cheese on a toasted french loaf.

Poutine 10
House fries topped with beef gravy and real cheese curds.

Nachos v gf 14
Shareable pile of crunchy tortilla chips topped with a blend of cheese and veggies. Served with a side of salsa and guacamole.

BURGERS & WRAPS

Beef burger 17.5
4oz house-made beef patty on a toasted brioche bun, with garlic mayo, lettuce, onion, tomato, and cheddar cheese. Served with house fries.

Southwest chicken burger 17.5
Crispy breaded chicken breast on a toasted brioche bun, with chipotle mayo, lettuce, onion, tomato, and jalapenos. Served with house fries.

Black bean & mushroom burger v 17.5
Black bean burger on a toasted brioche bun, with garlic mayo, lettuce, onion, tomato, and garlic mushrooms. Served with house fries.

Chicken Caesar wrap 14.5
Chicken, lettuce, parmesan cheese, and caesar dressing wrapped in a soft flour tortilla. Served with house fries.

Falafel wrap ve 14.5
Falafel, spring mix, apple, walnuts, red onion, tomato, and italian dressing wrapped in a soft flour tortilla. Served with house fries.

MAINS

Fish & chips 15
4oz battered cod fillet served with house fries and tartar sauce.
Add fish fillet \$8

Chicken tenders 15
Crispy chicken tenders served with house fries and your choice of sauce.

Creamy mushroom alfredo v 15
Penne pasta, garlic mushrooms, and onion in a creamy alfredo sauce. Served with garlic toast.

Falafel salad ve 16
Crispy falafel balls served on a bed of spring mix lettuce, with onions, tomatoes, apple, and walnuts, tossed in an italian dressing.

Cheese quesadilla v 10
Melted cheese and chipotle mayo inside a warm flour tortilla. Served with house fries.
Add grilled veggies \$4.25

Beef chili 17
Ground beef and beans in a rich tomato sauce. Served with tortilla chips.

Vegan chili ve 14
Mixed beans and vegetables in a rich tomato sauce. Served with tortilla chips.

SIDES

House fries v 6
Add gravy \$2.50

Potato wedges v 8.25

Onion rings v 8.25

DESSERTS

Warm chocolate brownie v 7
Soft, gooey chocolate brownie served with a scoop of vanilla ice cream.

New York cheesecake v 8
Indulgent vanilla cheesecake served with a scoop of vanilla ice cream and raspberry coulis.

Sticky toffee pudding v 9
Hot toffee pudding served with a scoop of vanilla ice cream.

BEVERAGES

Draft beer (20oz) Served from 5pm to 9pm 8.6

Cerveza de Lima
Banff Ave Brewing Co.

Head Smashed IPA
Banff Ave Brewing Co.

Fountain pop 3.5

Juice 3.5

Hot chocolate 4

Assorted teas 3.5

Drip coffee 3.5

ESPRESSO:

Single Espresso	2.6	
Double Espresso	3.6	
	12oz	16oz
Americano	4	5
Cappuccino	6.30	7.60
Latte	6	7
Iced Coffee	4	
Iced Latte	5	
Decaf		+1
Oat Milk		0.50

v - vegetarian
ve - vegan
gf - gluten free option available

  @hibanff

