



## Starters



### PULLED PORK STREET TACOS (3)

Pork shoulder slow braised in BBQ sauce, shredded purple chili coleslaw, tri coloured corn tortillas. micro green garnish. \$12

### DUO CREAM CHEESE DIP + CHIPS

Spinach with red pepper cream dip, bacon marmalade cream cheese dip, fried wonton cups with seasoned naan bread chips. \$13

### CHICKEN WINGS

Lightly breaded wings served with carrots, celery, and dip with the following sauces: hot, BBQ, teriyaki, sweet chili, honey garlic or salt and pepper. \$12



### CHARCUTERIE

Variety of locally cured meat selection, brie cheese, smoked gouda, baby bel cheddar, home preserves, pickled purple onion, red relish, bacon marmalade and grapes served with a home loaf of bread. \$24  
\*share for 2-3 people\*

## Soups

Served with garlic toast, can sub gluten free \$1.00



### CHICKEN RICE SOUP

Generous serving of rich chicken broth with vegetables, rice, herbs, spices and fresh chicken. \$8

### BEEF BARLEY

We roast our beef in our kitchens daily. This hearty soup is a rich blend of our roast beef, barley, vegetables, herbs and spices. \$8

### DAILY INSPIRATION SOUP

Our talented team comes up with a delicious soup every day. \$9

## Salads & Bowls



### GARDEN SALAD

Fresh mixed greens and vegetables encircled in a cucumber slice. Served with your choice of our house made dressings. Served with garlic toast, can sub gluten free \$1.00 \$8

### CAESAR SALAD

Pulled romaine lettuce lightly covered in our own dressing, served with croutons and freshly grated Parmesan cheese. Served with garlic toast, can sub gluten free \$1.00 \$9



### BIG VEGAN BOWL

Warm quinoa with seasoned roasted chickpeas, roasted sweet potato, fresh cabbage, avocado, julienned carrots and hummus on a bed of greens. \$17



### OH MY GODDESS BOWL

Fresh spring mix lettuce, cashews, carrot, heirloom tomatoes, basil/quinoa quenelle, dried cranberries, house green goddess dressing. \$14



### YOGI BOWL

Fresh spinach, julienned carrots, red/green sweet peppers, dates, Green Bean's potato crumble, chickpeas, sliced almonds, house champagne vinaigrette. \$14



Gluten Free



Ocean Wise



Vegetarian



Mealshare

## DAILY FEATURE

Fresh ideas every day.

## Sandwiches

Served with your choice of french fries, soup, green salad, or daily vegetables.

Substitute sweet potato fries, Caesar salad or our gluten free bun for \$2

### WAGYU BEEF BURGER

A hand-made eight-ounce Alberta wagyu beef patty, brioche bun, chili aioli with lettuce, bacon jam, red relish and smoked Gouda. \$18

### BEEF DIP

Freshly roasted beef shaved and sautéed with caramelized onions on a garlic baguette, served with au jus. \$16

### CHIPOTLE CHICKEN KAISER

Whole juicy chicken breast grilled and topped with bacon and mozzarella served on an onion Kaiser with chipotle aioli, avocado slice, lettuce, onion and tomato. \$16

### REUBEN SANDWICH

Freshly cut smoked meat, sauerkraut, Swiss cheese, grainy mustard on grilled rye bread. \$16



### HOUSE BUFFALO CHICKEN WRAP

Seasoned and breaded home cut chicken strips tossed in buffalo sauce, crispy onion, sundried tomato, mixed Caesar salad filling wrapped in a flour tortilla. \$15



### BLACKENED SALMON SANDWICH

Wild west coast Pacific salmon cooked and seasoned in Cajun spices topped with lettuce, tomato and avocado spread and served on a fresh baguette. \$16 1/2

## Entrées

Served with daily sides or your choice of french fries, soup, garden salad, seasonal vegetables.

Substitute sweet potato fries or Caesar salad \$2

### STEAK SANDWICH

8 ounce 28 Day Aged Alberta Benchmark NY Striploin grilled to order. Served on a toasted garlic baguette with mushrooms and hay onions. \$24



### HALIBUT FISH AND CHIPS

Two pieces of London-style halibut dipped in our signature batter and served with our homemade tartar sauce with french fries. \$23

### TURKEY POT PIE

We roast turkeys every day at the Bean. This favorite is delicious turkey and vegetables in a rich velouté sauce capped with a delicious puff pastry. \$16



### STUFFED GRILLED SWEET PEPPER

Grilled sweet pepper, quinoa and ancient grain filling with sautéed vegetable and mozzarella garnish. \$15  
\*can be made vegan\*



## Pasta



### SEAFOOD PAPPARDELLE PASTA

Prawns, halibut and smoked salmon in a creamy bacon Alfredo sauce with garlic toast. \$17



### HOUSE MADE LASAGNA

Layered pasta and fresh ground beef with tomato sauce and cottage cheese topped with mozzarella, cheddar and fresh Parmesan cheese blend. Served with Caesar salad and garlic toast. \$16

## Toppers & Add Ons



### SALMON FILET \$8

HONEY DIJON, BLACKENED OR SWEET CHILI LIME

### 4 OZ STEAK \$10

### EXTRA BEEF PATTY \$5



### GARLIC SAUTÉ PRAWNS (3) \$6

### GRILLED CHICKEN BREAST \$6

### GRAVY \$2

### GARLIC TOAST \$2



We'll provide one meal to a youth in need through [Mealshare](#)



FREE WIFI chowderhouse or greenbean Password: 403 269 1434