



thePark

KITCHEN & BAR

Quarry Park | #1200 163 Quarry Park Blvd SE
Aspen | #114 326 Aspen Glen Landing SW



Starters

Available Gluten Free
 Available Vegetarian

- Dumplings 17**
Chicken or vegetarian dumplings served with ginger sesame soy sauce and micro greens
- Baked Brie 19.75**
Brie cheese baked in a puff pastry, served with baked crostini, roasted garlic puree and red pepper jelly
- Spring Rolls 15**
Cabbage, sweet corn, served with ginger sesame soy sauce
- Chicken Wings 19**
Salt & Pepper, Smoky BBQ, Honey Garlic, Buffalo Hot, Sweet Sesame Soy, Buffalo Parmesan, Sweet & Spicy Thai, Ginger Glaze, Chipotle BBQ, Hoisin-Apricot or Nashville Hot (dry rub)
Served with carrots, celery and dip
Available GF | Excl. Honey Garlic & Hoisin-Apricot
- Gochujang Cauliflower Wings 17.75**
Tender cauliflower florets, spicy gochujang, tahini, roasted sesame seeds and micro greens. Available vegan

- Brussel Sprouts 17.50**
Tender brussel sprouts fried with bacon, parmesan, balsamic crema, garlic and lime. Available Vegan
- Trio of Dips 17**
Your favourite housemade dips!
Garlic hummus topped with balsamic crema, bruschetta and tzatziki. Served with crostini, carrots & celery
- Park Nachos 26 or half order 19**
Tricolour tortilla chips, 3 cheese blend, jalapeños, banana peppers, chives and tomatoes, served with salsa and sour cream
Ground Beef +4 Guacamole +3 Chicken +4
Extra Cheese +4 Vegan Cheese Available +3
- Ginger Beef 19.75**
Crispy tender beef, tossed in a house made ginger glaze, topped with sesame seeds, carrots, and micro greens
Make it an entree! Add rice +3.50

Join Us for \$12 wings every Thursday after 2pm

Soups & Salads

All Available Gluten Free

ADD Pan Seared Salmon +7 | Ahi Tuna +7 | Grilled Chicken +6 | Garlic Butter Shrimp +7 | 6oz Striploin +8 | Crispy Tofu +6

- Daily Feature Soup Cup 7.50**
Daily Feature Soup Bowl 12
Made from scratch every day
- Baked French Onion Soup 11**
Topped with crostini, mozzarella and Swiss cheese
- Soup & Salad 16**
Feature soup, house salad or caesar salad, served with garlic bread
Sub French Onion Soup +4
- Grilled Steak Salad 23.50**
6oz CAB striploin, mixed greens, red onion, roasted red peppers, chopped cashews and pumpkin seeds, gorgonzola, roasted garlic dressing
Sub 10oz striploin +14
- Caprese Salad 18**
Tomato, fior di latte, arugula, pesto, olive oil and balsamic crema
- Beet Salad 19.50**
Arugula, red onion, chilled roasted red and golden beets, goat cheese, cashews, pumpkin seeds, citrus balsamic dressing
- Caesar Salad 16.50**
Our house made caesar dressing, garlic herb croutons and parmigiano reggiano
- Taco Salad 19.75**
Fragrant rice, romaine lettuce tossed in a lime vinaigrette, roasted chickpeas, green onions, avocado, blended cheese and tortilla strips, drizzled with chipotle sour cream and topped with salsa
Add Ground Beef +4 or Grilled Chicken +7
- Ginger Salmon Noodle Salad 22**
Artisan greens, rice noodles, Asian slaw, orange ginger dressing, with sesame seeds, and a ginger glazed salmon filet

JoinUs for DOUBLE HAPPY HOUR!
3pm - 6pm and 9pm - Close
Monday - Friday

Sandwiches & More

All Sandwiches available Gluten Free +3 | Add Cheese to any Sandwich +3

Choice of Side

House Salad, Caesar Salad, Soup, Fries, Garlic Mashed Potatoes or Sautéed Vegetables

Side Substitutions

French Onion Soup +5
Sweet Potato Fries +3
Poutine +5 Mac & Cheese +6

- Cajun Chicken Club 20**
Blackened chicken, crispy bacon, fresh tomato, green leaf lettuce, guacamole, basil aioli
Also available as a wrap
- Park Chicken Wrap 19**
Grilled chicken, crispy bacon, green leaf lettuce, bruschetta, caesar dressing and basil aioli
- Prime Rib Sandwich 22**
Slow roasted & thinly sliced with sautéed onions, Swiss cheese, sautéed mushrooms, basil aioli and jus, served on toasted artisan bread

- Fish & Chips 2pc 22 | 1pc 18**
Crispy Pacific cod, tartar sauce, fresh lemon, served with fries unless otherwise stated
- Steak Sandwich 24**
6oz CAB Striploin, frizzled onions, arugula, on artisan bread drizzled with chimichurri
Sautéed Mushrooms or Onions +3
- Crispy Chicken Tenders 21**
Hand breaded tenders served with fries
- Ahi Tuna Tacos 19.75**
2 tacos, lightly seared ahi tuna, sesame seeds, arugula, pickled ginger, pickled carrots and wasabi aioli

Please let your server know of any allergies. Although we will do our best to accommodate any and all requests, we are unfortunately unable to 100% guarantee that our dishes will be free of any allergen. Thank you!

Please note parties of 10 or more are subject to an 18% gratuity

Bowls

All Bowls Available Gluten Free

- Warm Vegan Thai Curry 20**
Coconut Thai red curry, jasmine rice, bok choy, red peppers, carrots, crispy chickpeas, cilantro, garnished with crispy rice noodle & basil
Shrimp +7 Grilled Chicken +6 Crispy Tofu +6
- Spicy Mac & Cheese 21**
Mornay sauce with cajun spices, tender macaroni, bacon, sautéed onions, candied jalapenos
Shrimp +7 Grilled Chicken +6 Gluten Free +3
- Tofu Mushroom Bowl 21**
Marinated crispy tofu, portobello mushroom, jasmine rice, avocado, pickled onion, pineapple mango salsa, roasted chickpeas, drizzled with chipotle aioli. Available vegan
- Butter Tofu 21**
Tandoori marinated tofu, in a creamy butter sauce. Served with fragrant rice, garlic naan bread yogurt drizzle topped with micro greens
- Lemon Mediterranean Pasta 21**
Herb and garlic marinated chicken breast, artichoke, sun dried tomatoes, red onion, chili flakes, herb oil, parmigiano reggiano, lemon cream sauce, served with grilled garlic toast
Gluten Free +3
- Poke Bowl 22.50**
Spicy marinated tuna, avocado, jasmine rice, edamame beans, pickled red onion, shredded carrots, topped with rajili aioli and nori strips
Sub Crispy Tofu
- Butter Chicken 22**
Tandoori marinated chicken in a creamy butter sauce. Served with fragrant rice, garlic naan bread, yogurt drizzle, microgreens



Entrees

All Entrees Available Gluten Free

- Thai Salmon 28.75**
Grilled Atlantic salmon, fragrant rice, pineapple mango salsa, sautéed vegetables, cilantro ginger vinaigrette
- Baby Back Ribs**
Full Rack 36 Half Rack 27
Slow braised baby back ribs, smoky BBQ sauce, cajun baby potatoes, sautéed vegetables
- Boracay Ahi Tuna 30**
Blackened and seared rare, topped with chermoula. Served with Asian slaw and rice noodles tossed in an orange ginger miso sauce
- Asiago Chicken 30**
Crispy chicken breast, asiago lemon sauce, brown butter baby potatoes, sautéed vegetables
- Blackened Chicken 31**
Skin on blackened double chicken breast, roasted baby potatoes, remoulade, sautéed vegetables, pineapple mango salsa
- Surf & Turf 46**
8oz CAB Sirloin, garlic butter shrimp with bearnaise sauce served with garlic mashed potatoes, sautéed vegetables
Sub 10oz CAB Striploin +12
- Steak Frites 36**
Sliced 8oz CAB Sirloin, crispy fries, chimichurri drizzle
Garlic Butter Shrimp with Béarnaise +8

Steaks

- NY Striploin 41**
10oz CAB striploin, garlic mashed potatoes, sautéed vegetables, choice of chimichurri or peppercorn demi-glaze
Sautéed Mushrooms/Onions +3
Garlic Butter Shrimp +7

Burgers

All Burgers Available Gluten Free +3

All of our burgers are served on a brioche bun
Sautéed Mushrooms +3 | Avocado +2 | Sautéed Onions +3 | Cheese +2 | GF Bun +3

Choice of Side

House Salad, Caesar Salad, Soup, Fries, Garlic Mashed Potatoes or Sautéed Vegetables

Side Substitutions

French Onion Soup +5
Sweet Potato Fries +3
Poutine +4 Mac & Cheese +6

- Feature Burger**
Ask your server about the monthly Chef's Feature!
- Bacon Cheese 22**
House made patty, crispy bacon, cheddar cheese, lettuce, onion, tomato, pickle and roasted garlic aioli
- Veggie 19**
Homemade beet and bean patty, topped with a spicy mango chutney, lettuce, tomato and a chipotle aioli

- Fresno 22.50**
House made patty, topped with goat cheese, fresh bruschetta, arugula, pickle, tzatziki and drizzled with balsamic crema
- Crispy Chicken 21**
Breaded chicken breast, jalapeño cream cheese, pickled onion, chipotle BBQ sauce, frizzled onion, tomato and arugula,

Pizzas

All Pizzas Available Gluten Free +3

All of our pizzas are 10" | Vegan cheese available to substitute +3

- The Two Topper 18.50**
Choose 2: pepperoni, mushroom, bacon, ham, pineapple, tomato or jalapeño
Extra toppings +2
- The Wild Mushroom Pizza 19.75**
Wild mushrooms, truffle oil, roasted garlic, parmesan, arugula
- BBQ Chicken 19.50**
Chicken breast, mozzarella, red onion, roasted red pepper, BBQ sauce, fresh cilantro
- Gaucha 19.50**
Chorizo sausage, ham, salami, mozzarella, chimichurri drizzle

Join Us for \$4 off all Pizzas every Wednesday after 2pm!



Draught Beer

16oz Glass

- Park Bench Lager 6.75**
Lager | Canada
- Rotating Tap**
Please ask server for details
- Madri Excepcional 9.50**
European Lager | Spain
- Trolley 5 Hazy Shade 8.50**
Pale Wheat Ale | Calgary
- Wild Rose Wraspberry 8.50**
Rasperry Fruit Ale | Calgary

- '88 Hi-Fi 8.50**
Hazy IPA | Calgary
- Coors Original 8.50**
Copper Ale | Canada
- Stella Artois 9.5**
Lager | Belgium,
- Phillips Blue Buck 8.75**
Pale Ale | Canada
- Banded Peak Mt. Crushmore 8.75**
Pilsner | Canada

Join Us every Friday for \$1 off Import Draught all day!

Non-Alcoholic

- Corona SunBrew 6**
Non-Alcoholic Lager | Mexico 330ml
- Heineken 0.0 6**
Non-Alcoholic Lager | Netherlands 330ml

- Erdinger Non-Alcoholic 8.25**
Non-Alcoholic Lager | Germany 500ml
- Guinness 0.0 9**
Non-Alcoholic Stout | Ireland 440ML

Coolers

- Palm Bay Pineapple Mandarin 7**
Vodka Cooler Canada 355ml
- Arizona Peach Hard Ice Tea 9**
Hard Ice Tea USA 473ml

Join Us \$2 off any Park cocktail every Thursday all day

Park Cocktails

- Rose and Cardamom Lemonade 12**
Vodka, rose and cardamom syrup, lemon, soda 2oz
- Pretty in Pink 14**
Tequila blanco, chambord, lemon, raspberries 1.5oz
- Marasca 14**
Gin, Maraschino, cherry, lemon, orange 2oz
- Naughty & Spice 14**
Spiced rum, cointreau, lime, pineapple, spicy rim 2oz
- Park Gin & Tonic 14**
Tanqueray, St Germain elderflower, tonic, lime slush, earl grey simple syrup 2oz
- The Canadian 15**
Bulleit bourbon, averna amaro, maple syrup, torched orange 2oz
- The Empress 15**
Empress Gin, Passionfruit, Lemon, Rose 2oz
- Pot of Gold 15**
Jameson, amaretto, lemon, aquafaba, rosemary 2oz

Martinis

2oz

- Orchard Martini 15**
Smirnoff cucumber vodka, lime juice, muddled raspberries, shaken and topped with soda
- Classic Martini 14**
Gin or vodka, vermouth, olives
- Premium Classic Martini 16**
Premium gin or vodka, vermouth, olives
- Vanilla Espresso Martini 15**
Smirnoff vodka, kahlua, vanilla, espresso 2oz

Beverages

- Pepsi Products 3.50**
Pepsi, Diet Pepsi, Gingerale, 7UP, Brisk Ice Tea
- Juices 4**
Orange, grapefruit, apple, cranberry, pineapple, tomato
- Coffee 4**
- Cappuccino or Latte 5.75**
- Espresso 3.50**
- Loose Leaf Tea 4**
Creamy Earl Grey | English Breakfast | Strawberry Green Tea | Sencha Kyoto Cherry Rose Green Tea | *Chamomile Lemongrass | *Peppermint | *Roman Provence Rooibos Tea *Caffeine free *Soy milk available
- Grizzly Paw Sodas 5**
Root Beer, Ginger Beer or Cream Soda
- True Buch Kombucha 6.25**
Ginger or Rooibos Blueberry
- Red Bull 7**

Classic Cocktails

- Shaft 11.50**
Vanilla Vodka, Kahlúa, milk, cold brew 2oz
- Mexican Bulldog 16**
José Cuervo, lime, shaved ice, Coronita 1oz + 255ml
Lime, mango, peach, rasperry or strawberry
- Italian Bulldog 17**
Chambord, peach slush, mini prosecco 1oz + 187ml
Mango, peach, rasperry or strawberry
- Classic Mojito 10**
White rum, lime juice, fresh mint, simple syrup, soda 1oz
- Margarita 13**
José Cuervo, cointreau, agave, lime, on the rocks or shaved ice 2oz
Lime, mango, peach, rasperry, coconut or strawberry
- Negroni 13**
Campari, sweet vermouth, bombay 2oz
- Old Fashioned 15**
Bulleit Bourbon, simple syrup, bitters, orange peel 2oz
- Frozen Peach Bellini 13**
Appleton Estate VX Rum, peach liqueur, peach purée, wine 2oz
- White Sangria 13.50 Pitcher 34**
Vodka, prosecco, brandy, Cointreau, strawberry puree, lime, cranberry, orange juice, gingerale
Glass 1.5oz + 100ml | Pitcher 4.5oz + 300ml serves 4
- Red Sangria 13.50 Pitcher 34**
Cabernet, vodka, brandy, Cointreau, peach puree, lime, cranberry, orange juice, gingerale
Glass 1.5oz + 100ml | Pitcher 4.5oz + 300ml serves 4
- Mimosa Flight 15**
Choose three of your favourite flavours!
Orange, cranberry, grapefruit or pineapple 3 x 3oz

Desserts

- Banana Cream Pie 11**
Banana Pudding, fresh bananas, graham crackers topped with whipped cream and caramel drizzle
- Warm Chocolate Brownie 11**
Vegan brownie served with vanilla ice cream and caramel sauce Vegan ice cream available
- Raspberry Chocolate Ganache 11**
A slice of chocolate ganache served with ice cream, whipped cream, white chocolate & rasperry drizzle
- Mini Cheesecake 11**
Two homemade mini cheesecakes, ask about our current flavour!

Mocktails

- Virgin Naughty & Spice 7**
Grapefruit, pineapple and lime juice, simple syrup, grenadine, soda
- Virgin Rose and Cardamom Lemonade 7**
Rose and cardamom syrup, lemon juice, soda
- Virgin Roasted Lime and Grapefruit Mojito 7**
Grapefruit juice, lime juice, simple syrup, mint, soda
- Virgin Frozen Peach Bellini 8**
Peach slush, cranberry juice

Join Us

for Brunch Saturdays & Sundays 10:30am-2pm
\$7 Caesars and Mimosas all day!

Bottled Beer

- Budweiser 7.25**
Lager | Canada 341ml
- Bud Light 7.25**
Light Lager | Canada 341ml
- Kokanee 7.50**
Lager | Canada 341ml
- '88 Night Gallery 9.25**
Pale Ale | Calgary 473ml Can
- Blindman Five Diamonds 9**
Pilsner | Lacombe 473ml Can
- Somersby 10**
Cider | Denmark 500ml
- Corona 7.75**
Lager | Mexico 330ml

- Heineken 7.75**
European Lager | Netherlands 330ml
- Zero Issue Nemesis IPA 9.25**
IPA | Calgary 473ml Can
- Stiegl Grapefruit Radler 8.75**
Fruit Beer | Austria 500ml Tall Can
- Railyard Peach Sour 9.25**
Sour | Calgary 473ml Can

- Whistler Brewing Forager GF Lager 6.75**
Lager | Whistler 355ml Can
- Glutenberg GF Blonde Ale 6.75**
Blonde Ale | Quebec 355ml Can
- Glutenberg GF Stout 9.50**
Stout | Quebec 473ml Can

Join Us Wednesdays for Half Price Bottle of Wine!

Wine List

RED	6oz	9oz	Bottle
Della Casa Rosso Veneto, Italy Hints of cassis, cherry and herbs	9.5	14.5	
Pascual Toso Malbec Mendoza, Argentina Medium bodied with plum and black cherry notes	11.75	16.75	49
Guenoc Pinot Noir California, USA Oak, clove, cedar with cherry and plum flavours	11.75	16.75	46
L'Oie Du Périgord Merlot Vin de Pays, France Red fruits, earthy and smoky	11.5	16.5	49
Bramosia Chianti Classico DOCG Tuscany, Italy Dark ruby colours with intense aromas of cherry and red fruit	11.5	16.5	49
Silvia Cellars Cabernet Sauvignon California, USA Notes of plum with layers of tannins and slight oak	15.5	20.5	54
Château Ferran Bordeaux Bordeaux, France Violet notes, with currant, strawberry and cherry on the palate *organic			60
Collazzi Liberta Merlot Syrah Sangiovese Florence, Italy Notes of plum and dark cherry with a spicy finish			69
Henry Of Pelham Reserve Baco Noir VQA Niagra, Canada Plum, blackberry and dark fruit with oak and vanilla notes			72
Batasiolo Riserva Barolo La Morra, Italy Full bodied, smooth with leather oak and tar aromas			95
Crossbarn Pinot Noir Sonoma, California Balanced and full with bright fruit and complex earth notes			98
Col D'Orcia Brunello Di Montalcino Toscana, Italy Full bodied and balanced with plum jam notes followed by toasted vanilla			125
Louis Bernard Châteauneuf Du Pape Vallee Du Rhone, France Creamy and lush palate, with notes of mocha and black tea			125
Reva Barolo DOCG Piemonte, Italy Smooth, full bodied red with notes of oak and vanilla			142
WHITE	6oz	9oz	Bottle
Della Casa Bianco Veneto, Italy Light, fresh and fruity	9.5	14.5	
Louis Guntrum Riesling Rheinhessen, Germany Light bodied, floral aromas, sweet fruit, taut acidity	14	19	53.5
Villa Antinori Bianco Toscano IGT Blend Tuscany, Italy Aromas of peach, honey and citrus	13.5	18.5	50
Campagnola Pinot Grigio Veneto, Italy Aromas of green apple, pear and citrus	11.75	16.75	45
Colombelle Rosé Cotes de Gascogne Crisp with intense acidity and brightness	11	15.5	42
Le Gouleyant Sauvignon Blanc France Citrus aromas, with balanced acidity and fruitiness	11.75	16.75	46
The Original Chardonnay France Green apples and a zippy acidity	12	17	47
Stratum Sauvignon Blanc New Zealand Lively refreshing with tropical fruit, gooseberry and citrus flavours			63
Church & State Pinot Gris Okanagan Valley, Canada Aromas of lemon, exotic fruit, ripe pear and ginger			59
Collazzi Otto Muri Tuscany, Italy Full and intense with scents of yellow peach and mango			65
Chardonnay Oak Emilia-Romagna, Italy Medium bodied, with hints of tropical fruit and a twist of vanilla and sweet tobacco			70
Segura Viudas Brut Cava Spain Dry medium body with flavours of citrus & nuts	200ml 14		45
La Favorita Lambrusco Northern Italy Notes of red fruit aromas combined with a touch of floral			45
Alexandrie Cellars Brut California, USA Flavours of cantaloupe, baked apple tart and ground nutmeg			112
Dom Perignon France Full bodied, spicy and fruity			357