

BREAKFAST SANDWICHES + WRAPS

Egg Sandwich \$4

Fried egg on an English muffin.  

Egg + Cheese \$6

Fried egg and cheddar cheese on an English muffin. 

Bacon Egg + Cheese \$8

Bacon, fried egg, and cheddar cheese on an English muffin.

Sausage Egg + Cheese \$8

All beef sausage, fried egg, and cheddar cheese on an English muffin.

Western Sandwich \$8

Eggs, ham, bell peppers, and onion on whole wheat toast. 

Huevos a la Mexicana Sandwich \$8

Eggs, pico de gallo, and mayo on whole wheat toast.  

Burrito Wrap \$11

Eggs, chorizo sausage, pico de gallo, black beans, and cheddar cheese.

Meat Lovers Wrap \$11

Eggs, bacon, ham, roast beef, provolone cheese, crispy onion, and mayo.

Super Huevos Wrap \$11

Eggs, pico de gallo, jalapeño jack cheese, avocado, and mayo. 

Ultimate Steak Wrap \$12

Eggs, steak, jalapeño jack cheese, fried onion, hash browns, and spicy mayo.

Ultimate Wrap \$11

Eggs, bacon, jalapeño jack cheese, fried onion, hash browns, and spicy mayo.

 Dairy Free  Gluten Friendly  Vegetarian  Vegan  Halal



LUNCH BOX WRAP / SANDWICH SELECTION

Chicken Bacon Ranch Wrap \$10

Roasted chicken breast, bacon, cheddar cheese, lettuce, tomato, ranch dressing.

Chicken Caesar Wrap \$10

Roasted chicken breast, romaine, bacon, parmesan cheese, caesar dressing.


Chicken Salad Wrap / Sandwich \$10

Housemade chicken salad (chicken breast, mayo, celery, onion, mustard, salt, pepper), lettuce.

Chipotle Chicken Wrap \$10

Roasted chicken breast, red pepper, red onion, tomato, spinach, chipotle mayo. 

Egg Salad Wrap / Sandwich \$10

Housemade egg salad (hardboiled egg, mayo, celery, white onion, green onion, mustard, white pepper, salt), lettuce. 


Falafel Wrap \$10

Falafel, iceberg lettuce, pickles, pickled turnips, tomato, tahini, hummus. 

Ham + Swiss Wrap / Sandwich \$10

Ham, swiss cheese, lettuce, tomato, honey mustard dressing. 

Sweet Thai Chili Wrap \$10


Roasted chicken breast, romaine, red onion, carrot, cucumber, sweet thai chili dressing. 

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LUNCH BOX WRAP / SANDWICH SELECTION & OTHER

Tuna Salad Wrap / Sandwich \$10

Housemade tuna salad (tuna, celery, onion, mayo, mustard, salt, pepper, panko, lime juice) lettuce. 


Turkey Havarti Wrap / Sandwich \$10

Turkey, havarti cheese, cranberry sauce, lettuce, tomato.

Turkey Avocado Provolone Wrap \$10

Turkey, avocado, provolone cheese, cucumber, alfalfa sprouts, tomato.

Vegetarian Sandwich \$10

Roasted red pepper spread, cucumber, lettuce, tomato, alfalfa sprouts, cheddar cheese. 

Vegan Sandwich \$10

Roasted red pepper spread, cucumber, lettuce, tomato, alfalfa sprouts. 

Sandwich Platter (Minimum order of 10) \$10

Chef's selection of a variety of sandwiches or wraps.

Assorted Sandwiches \$10

A diverse assortment of all types of sandwiches.

Mini Pita Pockets \$14

Mini pita pockets filled with tuna salad, egg salad, chicken salad, and cheddar cheese, along with a mix of broccoli, cauliflower, celery, carrot, grape tomato, and ranch dressing.



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SALADS

Beetroot Feta Salad \$15

Spring mix, kale, chicken breast, beets, feta cheese, avocado, walnuts, red onion, radish, white balsamic and lemon vinaigrette. 



Cobb Salad \$15

Iceberg lettuce, chicken breast, hardboiled egg, bacon, cherry tomato, avocado, green onion, honey dijon dressing.  

Crispy Chicken + Kale Salad \$15

Spring mix, kale, crispy chicken, nacho cheese, carrot, tomato, corn, red onion, fried pita chips, cilantro, sriracha BBQ ranch dressing.

Garden Salad with Roast Chicken Breast \$15

Iceberg lettuce, cherry tomato, cucumber, red onion, shredded carrot, bell peppers, and sliced chicken breast. Choice of dressing.  

Spicy Chicken Caesar \$15

Romaine, cajun chicken breast, bacon bits, parmesan cheese, housemade croutons, caesar dressing, and lemon wedge.

Spicy B.L.T Chicken Salad \$15

Lettuce blend, cajun chicken breast, nacho cheese, bacon, cherry tomato, tortilla chips, thousand island dressing.



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SALADS & POWERBOWLS



Thai Peanut Chicken \$15

Chicken breast, cabbage, edamame, bell peppers, shredded carrot, cucumber, green onion, radish, cilantro, fried pita chips, Thai peanut dressing, hot sauce, and lime wedge. 



Mediterranean Powerbowl \$15

Lettuce blend, quinoa, chicken breast, onion, cucumber, bell peppers, feta cheese, cherry tomato, chickpea, carrot, red onions, greek dressing, lemon wedge. 




Sesame Powerbowl \$15

Spring mix, quinoa, chicken breast, red onion, bell peppers, broccoli, shredded carrot, sesame dressing, chili garlic sauce, green onion, hot sauce, lime wedge. This item cannot be modified.  

Southwestern Powerbowl \$15

Lettuce blend, quinoa, chicken breast, red onion, tomato, corn, black beans, roasted red pepper, poblano avocado dressing, lime wedge.  

Vegetarian Southwestern Powerbowl \$15


Lettuce blend, quinoa, tomato, corn, black beans, red onion, roasted red pepper, poblano avocado dressing, lime wedge.   

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RICE BOWLS


Burrito Bowl \$14

Ancho chipotle chicken breast, Mexican brown rice, guacamole, pico de gallo, corn, black beans, cilantro, and chipotle mayo. 


Steak Fajita Bowl \$14

Marinated Alberta steak, Mexican brown rice, guacamole, pico de gallo, red onion, bell peppers, mushrooms, corn, green onion, and chili lime sour cream. 

Gochujang Chicken \$15

Gochujang chicken, brown rice, bok choy, mushroom, cucumber, carrot, kimchi, hardboiled egg, green onion, radish, soy sauce and sesame seeds. 

Gyudon \$15

Sesame wasabi steak, brown rice, edamame, red pepper, red onion, cucumber, carrot, hardboiled egg, green onion, soy sauce and sesame seeds. 



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MEDITERRANEAN GRILL


Chicken Shawarma \$13.5

Marinated chicken, iceberg lettuce, seasoned red onions, tomato, pickled turnip and cucumber, hummus, garlic sauce, sweet sauce, wrapped in a pita. 



Beef Donair \$13.5

Beef donair, iceberg lettuce, seasoned red onions, tomato, pickled turnip and cucumber, hummus, garlic sauce, sweet sauce, wrapped in a pita. 


Falafel \$13.5

Falafel, iceberg lettuce, seasoned red onions, tomato, pickled turnip and cucumber, hummus, garlic sauce, tahini, wrapped in a pita. 


Chicken Shawarma Plate \$15

Marinated chicken, iceberg lettuce, seasoned red onions, tomato, pickled turnip and cucumber, hummus, garlic sauce, sweet sauce.  

Donair Plate \$15

Beef donair, iceberg lettuce, seasoned red onions, tomato, pickled turnip and cucumber, hummus, garlic sauce, sweet sauce. 

Falafel Plate \$15

Falafel, iceberg lettuce, seasoned red onions, tomato, pickled turnip and cucumber, hummus, garlic sauce, tahini. 

Add-ons:

Pita Chips \$4. Hummus (Chickpeas, tahini, garlic, lemon, salt) \$4. Tabouli (Parsley, tomato, couscous, oil, lemon, salt, pepper) \$6. Baklava \$4.



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olly FRESCO'S BOW VALLEY SQUARE

HOT BREAKFAST (SMALL 8-10, LARGE 12-15)


- Scrambled Egg \$30/\$35 
- Bacon \$31/\$45  
- All Beef Sausage \$31/\$40
- Hashbrowns \$24/\$30 
- Waffles \$32/\$47
- Served with syrup 
- Banana Bread French Toast 
\$38/\$56

COLD BREAKFAST

- Triple Berry Yogurt Parfait \$5.5 
- Overnight Oats \$5.5 
- Flavours change weekly
- Trio Fruit \$5.5
- Trio of seasonal fruits   
- Fruit Platter:
- Available in two sizes   
- Small: Serves 10-15 \$40
 - Large: Serves 15-20 \$70

BREAKFAST PASTRIES + MUFFINS

A La Carte Chef's Basket \$5

Minimum 12 pieces. A selection of chef's choice pastries
and muffins. 

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