

**SMALL PLATES**

SOUP FEATURE	6
TEQUILA FRIED FRESH QUESO CROSTINI	7
TEMPURA OF VEGETABLES PONZU DIPPING SAUCE	7
POTATO GNOCCHI WITH TRUFFLE AND PARMESAN	10
SPICED ALBERTA BEEF STEAK CHIPOTLE SYRUP	10
RISOTTO BALLS CREAMY RISOTTO WRAPPED AROUND PIECES OF CHICKEN BASIL SAUSAGE, SERVED WITH LEMON AIOLI	10
CRISPY FRIED CALAMARI WITH TZATZIKI	11
BALANCE CHICKEN WINGS FULL POUND OF WINGS TOSSED IN THE FLAVOR OF YOUR CHOICE (HOT, SALT & PEPPER OR SATAY)	11
ROASTED RED PEPPER DIP SIMMERING PARMESAN & CREAM CHEESES, WITH SPINACH, ARTICHOKE & CHUNKS OF ROASTED RED PEPPER	14
TEMPURA SHRIMP MARTINI FIVE CRISPY FRIED SHRIMP SERVED WITH TOGARASHI MAYONNAISE	14
BAKED BRIE WHEEL WITH CHEFS SEASONAL OFFERING	14
3-LAYERED NACHOS HEAPING CORN TORTILLA CHIPS LAYERED WITH PEPPERS, ONIONS, OLIVES, TOMATOES, LOADS OF CHEESE. SERVED WITH SIDES OF SOUR CREAM & SALSA.	15
ADD CHICKEN OR BEEF	5

**SALADS**

CHEF'S HOUSE CREATION PLEASE ASK YOUR SERVER FOR DETAILS	9
CAESAR SALAD CRISP ROMAINE LETTUCE, PARMESAN CHEESE, CROUTONS & BACON, SERVED WITH GARLIC TOAST	9

**MAINS**

BALANCE CLUB MAPLE PEPPER BACON, SEASONED CHICKEN BREAST, BRUSCHETTA & DILL MAYO, ON CIABATTA. SERVED WITH YAM FRIES	12
MOTHERS MAC AND CHEESE ELBOW PASTA TOSSED WITH WHITE CHEDDAR & PARMESAN SAUCE, CHICKEN BASIL SAUSAGE, TOPPED WITH BUTTERED BREAD CRUMBS	14
THAI SATAY CHICKEN WRAP SERVED IN FLOUR TORTILLA WITH RICE NOODLES, GARNISHED WITH CUCUMBERS, CARROTS, CILANTRO & PEANUT SAUCE. SERVED WITH YAM FRIES	14
VEGETARIAN LASAGNA LAYERS OF ROASTED VEGETABLES & MOZZARELLA CHEESE WITH MARINARA SAUCE	18
PACIFIC SALMON PROSCIUTTO WRAPPED FILLET OF SALMON, BROWN BUTTER SAUCE, RICE PILAF	22
BLACKENED PORK TENDERLOIN RED WINE EMULSION, DOUBLE-SMOKED BACON POTATO	22
PAN ROASTED CHICKEN SUPREME STUFFED WITH TOMATOES & HERBED CREAM CHEESE, WHITE WINE SHALLOT SAUCE	22
ALBERTA BEEF STRIPLOIN CHAR GRILLED 6OZ ALBERTA AAA STRIPLOIN STEAK, ROASTED SHALLOT BRANDY BUTTER, GARLIC MASHED POTATOES	24

ADD-ONS: SALMON \$8    6OZ CHICKEN \$6    YAM FRIES \$5    GARLIC TOAST \$4    CHEESE TOAST \$5

ASK YOUR SERVER ABOUT TODAY'S DESSERT FEATURE!

CREATIONS BY: CHEF HEATHER ROACH & CHEF MICHAEL DEKKER

BALANCE: A SATISFYINGLY HARMONIOUS BLEND OF FLAVOURS, TEXTURES & INGREDIENTS

\*AUTOMATIC 18% GRATUITY ADDED FOR PARTIES OF 6 OR MORE