



Lunch Menu

Salads

Add the following to create an Entrée size salad:
Chicken Breast \$5

CLASSIC CAESAR SALAD

Our homemade creamy garlic dressing, bacon, parmesan and croutons
\$8.50

LEAN AND GREEN

Mixed green salad, cherry tomato, roasted red pepper, toasted pumpkin seeds and red onion with shallot-herb vinaigrette
\$7.95

GREEK SALAD

Chopped romaine leaves, chunks of tomato, cucumber, red pepper, red onion, Kalamata olives and feta cheese
\$8.95

SOUP'N SALAD COMBO

A cup of soup with side lean and green salad and bruschetta
\$6.95

Express

Pressed for time during the lunch hour? We can get you fed and on your way back to the office before your boss even notices you are gone!

Just ask your server about our Express Items. We guarantee your lunch will be cooked in 12 minutes or it's free. Items are marked with the Prospects Express Lunch logo. Put our kitchen to the test.



EXPRESS LUNCH

Appetizers

DAILY SOUP - Ask your server
\$5.25

CHEESY FLAT BREAD

Multigrain flatbread brushed with garlic butter and topped with melted cheddar and monterey jack cheese
\$6.95

BRUSCHETTA

Multigrain flatbread brushed with garlic butter and topped with parmesan snowed tomatoes
\$7.50
Add feta cheese: **\$1.50**

PROSPECT PLATTER

1lb of wings, bruschetta, spring rolls and veggie sticks with ranch dip on one platter!
\$21.95

CHICKEN WINGS

Lightly dusted and tossed in homemade Honey Garlic, Mild, Medium, Hot, BBQ Jerk, Sweet with Heat, Dry Cajun, Lemon Pepper or Garlic Parm. Served with blue cheese and veggie sticks (Insane heat available)
\$9.95 1lb \$17.95 2lbs

SPRING ROLLS

Vegetable spring rolls served with plum dipping sauce
\$8.95

SMOKED CHICKEN TORTILLA ROLLS

A sundried tomato flour tortilla stuffed with house smoked chicken, cheddar and monterey jack cheese, tomato and green onion. Brushed with garlic butter and served with chipotle sour cream
\$9.95

NACHOS

Homemade coloured corn chips topped with melted cheese, chopped tomato, green onion and jalapeños. Salsa and sour cream on the side
\$11.75
Add: smoked chicken **\$4.50** or bowl of chili **\$3.00**

CHICKEN FINGERS & FRIES

Chicken tenders served with plum dipping sauce
\$9.95

BUFFALO CHICKEN FINGERS & FRIES

Chicken tenders tossed in your choice of homemade Honey Garlic, Mild, Medium, Hot, BBQ Jerk, Sweet with Heat, Dry Cajun, Lemon Pepper or Garlic Parm. Served with a side of ranch
\$10.65

BONELESS CHICKEN BITES

All white meat boneless chicken pieces tossed in homemade Honey Garlic, Mild, Medium, Hot, BBQ Jerk, Sweet with Heat, Dry Cajun, Lemon Pepper or Garlic Parm. Served with veggie sticks and blue cheese.
\$11.25

POUTINE

Home cut fries, homemade gravy and melted cheese
\$6.75
Add: pulled pork **\$4.00**

HOME CUT FRIES
\$3.75

HOMEMADE GRAVY
\$1.75

BLACK & TAN ONION RINGS
\$5.50

LATTICE FRIES
Served with homemade Dill Dip
\$4.50

LATTICE FRY POUTINE
\$7.25
Add: pulled pork **\$4.00**

Any Extra Sauces **\$0.75**



★ Favourites ★

All sandwiches served with home cut fries or lean and green salad

Substitute with Caesar, Greek Salad, Lattice Fries, Onion Rings, Poutine, Lattice Fry Poutine, Daily Soup or a Bowl of Chili **\$2.25**

BAKED BBQ BEEF WRAP

BBQ seasoned beef with caramelized onions, sautéed red peppers, asiago cheese and house made BBQ sauce wrapped in a flour sundried tomato tortilla.
A fan favourite! (We recommend utensils)
\$13.25

BARBECUE SMOKED PORK SANDWICH

In house smoked pork shoulder piled high on a kaiser topped with coleslaw. Served with our two homemade sauces (BBQ sauce and Carolina style mustard sauce)
\$12.50

GRILLED CHICKEN BREAST CLUB

A chicken breast brushed with house made BBQ sauce. Served on a kaiser with scallion mayo, jalapeño havarti cheese, lettuce, tomato, onion and pickle
\$13.50

CANADIAN BLT

Peameal bacon sliced thin and grilled. Served on a kaiser with scallion mayo, cheddar, lettuce, tomato, onion and pickle
\$10.50

BBQ CHICKEN TENDERS WRAP

Breaded chicken tenders tossed with our homemade BBQ sauce and wrapped with lettuce, tomato and scallion mayo
\$9.50

FISH & CHIPS

In house beer battered haddock with coleslaw and house made tartar sauce
\$9.95 1pc **\$16.75** 2pc

CORNED BEEF ON RYE

Sliced corned beef piled high on rye bread with a side of horseradish-grainy mustard spread and a pickle spear
\$9.99

PULLED CHICKEN SANDWICH

House smoked chicken piled high on a kaiser topped with house made BBQ sauce and a side of coleslaw
\$12.50

CHICKEN CAESAR WRAP

Grilled chicken breast and caesar salad rolled in a sundried tomato flour tortilla
\$9.95

★ Burgers ★

All burgers are homemade, served on a kaiser with all the fixins with home cut fries or lean and green salad

Substitute with Caesar, Greek Salad, Lattice Fries, Onion Rings, Poutine, Lattice Fry Poutine, Daily Soup or a Bowl of Chili **\$2.25**

GENERALS BURGER

For the purest plain and simple
\$9.50

CHL BURGER

A Canadian Classic. Melted cheddar and grilled peameal bacon
\$12.75

AHL BURGER

An American pastime. Melted cheddar and crispy strip bacon
\$12.50

CORNED BEEF AND SWISS

Topped with corned beef, swiss cheese and horseradish-grainy mustard
\$12.95

CHEESEBURGER

Melted cheddar
\$10.95

TRIPLE THREAT BURGER

For all true burger lovers! Melted cheddar, grilled peameal and crispy strip bacon
\$13.95

QUADRUPLE THREAT BURGER

A one of a kind to say the least! Melted cheddar, grilled peameal, crispy bacon and pulled pork
\$14.95

★ Beverages ★

BEVERAGES

Coke, Diet Coke, Sprite,	
Canada Dry Ginger Ale, Nestea Iced Tea	\$3.00
Dasani Spring Water	\$2.75
Perrier Sparkling Water	\$2.75

DRAUGHT BEER

	Small (14oz)	Medium (20oz)	Large (28oz)
Canadian	\$5.09	\$7.08	\$9.51
Coors Light	\$5.09	\$7.08	\$9.51
Rickard's Red	\$5.09	\$7.08	\$9.51
Heineken	\$6.41	\$8.91	\$10.65

BOTTLED BEER

Canadian	\$5.09
Coors Light	\$5.09
Export	\$5.09
MGD	\$5.09
Keith's	\$5.31
Heineken	\$5.75
Corona	\$5.75
Guinness	\$6.64

COOLERS

Smirnoff Ice	\$6.64
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