



## 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  
**\$7.25**

**BRUSCHETTA**

Multigrain flatbread brushed with garlic butter and topped with parmesan snowed tomatoes  
**\$7.75**  
Add feta cheese: **\$1.50**

**VEGGIE PLATE**

All the freshest favourites with ranch dip  
**\$8.25**

**PROSPECT PLATTER**

1lb of wings, bruschetta, spring rolls and veggie sticks all on one platter!  
**\$23.50**

**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)  
**\$10.75** 1lb **\$19.25** 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  
**\$10.25**

**SLIDER TRIO**

One bacon'n cheddar burger, one pulled smoked chicken slider and one pulled pork slider topped with BBQ sauce and coleslaw served on a pretzel slider bun  
**\$10.75**

**NACHOS**

Homemade coloured corn chips topped with melted cheese, chopped tomato, green onion and jalapeños. Salsa and sour cream on the side.  
**\$12.25**  
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  
**\$10.75**

**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  
**\$11.75**

**LATTICE FRY NACHOS**

Lattice fries layered with cheese, chili, tomato, green onion, and jalapeño. Served with salsa and sour cream on the side  
**\$14.75**

**POUTINE**

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

**HOME CUT FRIES**

**\$3.75**

**HOMEMADE GRAVY**

**\$1.75**

**BLACK & TAN**

**ONION RINGS**

**\$6.00**

**LATTICE FRIES**

Served with homemade Dill Dip  
**\$4.50**

**LATTICE FRIES POUTINE**

**\$7.25**

Add: pulled pork **\$4.00**

Any Extra Side Sauces **\$0.75**

## Salads

Add any of the following to create an Entrée size salad:  
chicken breast **\$5** or salmon **\$6**

**CLASSIC CAESAR SALAD**

Our homemade creamy garlic dressing, bacon, parmesan and croutons  
**\$8.75**

**LEAN AND GREEN**

Mixed green salad, cherry tomato, roasted red pepper, toasted pumpkin seeds and red onion with shallot-herb vinaigrette  
**\$8.25**

**GREEK SALAD**

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

## Kids Menu

(12 and under)  
Includes unlimited soft drinks  
Add **\$1.00** for milk, chocolate milk or juice

**CHICKEN FINGERS**

Breaded chicken tenders served with fries and plum dipping sauce  
**\$7.95**

**HAMBURGER**

4oz beef burger grilled and served with fries  
**\$7.50**

**GRILLED CHEESE SANDWICH**

Made on Texas toast bread with cheddar cheese and served with fries  
**\$6.75**

**PENNE PASTA WITH TOMATO SAUCE**

Penne tossed with a light tomato basil sauce and topped with parmesan  
**\$6.50**



## 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)

**\$13.75**

### 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**

### CORNED BEEF ON RYE

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

**\$10.25**

### PULLED CHICKEN SANDWICH

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

**\$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)

**\$13.50**

### CANADIAN BLT

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

**\$11.25**

### FISH & CHIPS

In house beer battered haddock with coleslaw and house made tartar sauce

**\$11.50** 1pc **\$16.75** 2pc

### OPEN FACED STEAK SANDWICH

8oz AAA striploin steak brushed with house made BBQ sauce and topped with sautéed onions, mushrooms, red peppers and swiss cheese on garlic buttered flatbread

**\$17.95**



## Entrées



All served with daily vegetables. Add mushrooms **\$2.50**

### 12oz STRIPLOIN STEAK

AAA beef aged 6 weeks and grilled to perfection. Served with potato of the day and jus

**\$29.25**

### 10oz BASEBALL SIRLOIN STEAK

AAA beef aged 21 days and grilled to perfection. Served with potato of the day and jus

**\$23.25**

### WHOLE WHEAT PORTABELLA MUSHROOM AND CHEESE MEDALLIONS

Whole wheat pasta stuffed with sautéed portabella mushrooms, ricotta and parmesan cheese, served in a light tomato sauce

**\$15.50**

### "D-ROC's" KICK'N CHICKEN

Inspired by one of Prospects top chefs. A cajun spiced, pan seared boneless half chicken served with tomato rice and citrus-cilantro tomato salsa

**\$20.25**

### SMOKED BABY BACK RIBS

House smoked BBQ ribs with our special rub and sauce. Served with potato of the day and coleslaw

**\$25.50** full rack **\$19.50** half rack

### RIB'N WING COMBO

House smoked BBQ half rack with our special rub and sauce, one pound of wings, potato of the day and coleslaw

**\$26.95**

### GLAZED SALMON

Grilled fillet of salmon with maple-ginger-apricot glaze. Served with tomato rice and pineapple salsa

**\$19.95**

### SAUSAGE AND PEPPER PASTA

Italian sausage, roasted red pepper, zucchini, mushroom and penne tossed with a light tomato basil sauce

**\$15.50**

### CHICKEN PESTO PENNE

Grilled chicken breast, sundried tomato, zucchini, roasted red pepper and roasted cherry tomatoes served in a garlic pesto cream sauce

**\$16.95**

### FIVE CHEESE BORCHETTI

Large purse shaped pasta stuffed with ricotta, mozzarella, provolone, parmesan & emmental and roasted garlic, served in a garlic pesto cream sauce

**\$15.25**



# 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  
**\$9.75**

### CHEESEBURGER

Melted cheddar  
**\$11.25**

### CHL BURGER

A Canadian Classic. Melted cheddar and grilled peameal  
 bacon  
**\$13.25**

### AHL BURGER

An American pastime. Melted cheddar and crispy strip  
 bacon  
**\$12.75**

### TRIPLE THREAT BURGER

For all true burger lovers! Melted cheddar, grilled peameal  
 and crispy strip bacon  
**\$14.25**

### QUADRUPLE THREAT BURGER

A one of a kind to say the least! Melted cheddar, grilled  
 peameal, crispy bacon and pulled pork  
**\$15.25**

### CORNED BEEF AND SWISS

Topped with corned beef, swiss cheese and  
 horseradish-grainy mustard  
**\$13.25**

# Beverages

### BEVERAGES

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

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**



**General Motors Centre**



Executive Chef **Kim Ramsay**  
 Sous Chef **Stephen Herchak**  
 Restaurant Manager **Phil Nott**

Gift Certificates Now Available  
 Consult Your Server for Special Dietary Needs or Allergies