



Heartland Café & Restaurant
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APPETIZERS

HEART-HEALTHY BROCCOLI SOUP ... 7 / 10

Vibrant broccoli, cooked to perfection, then mixed with a smooth velvety cream, finished with crunchy croutons, a truly satisfying soup.

* Gluten free options available. *

SMOKED SALMON SPREAD ... 15

A delicious and light spread that always gets many compliments. Served with fresh vegetables and toasted baguette.

CHARCUTERIE BOARD ... 18.70

Chef's Selection of 4 (salami and sausages), sun-dried tomato goat cheese, toasted baguette. A tempting, light, yet satisfying arrangement of flavours and textures.

* Gluten free options available. *

CHEESE BOARD ... 16

A delectable selection of carefully chosen cheeses, easily enjoyed as an appetizer and delightful when paired with some of our diverse wines.

* Gluten free options available. *

SALADS

ROASTED BEET SALAD WITH GOAT CHEESE ... 10 / 18

The most quintessential Heartland dish! A melody of vibrant red and gold slow roasted beets, mixed crisp lettuce, creamy goat cheese, balanced with juicy mandarin orange segments, pickled onion, roasted pumpkin and sunflower seeds, tossed with our homemade feta dressing.

GARDEN SALAD ... 7 / 12

Crisp leafy lettuce, juicy ripe tomato, cucumber, carrots, pickled onion, green onion, roasted pumpkin seeds and sunflower seeds.

CAESAR SALAD ... 9 / 16

Crisp romaine lettuce tossed with our coveted homemade Caesar dressing, croutons, zesty bacon bits, and lightly covered with shredded parmesan cheese.

* Gluten free options available. *

POUITINES

CLASSIC POUITINE ... 10

Homemade gravy, fries, cheese curds.

PULLED PORK POUITINE WITH BBQ GRAVY ... 16

Pulled Pork, Homemade Gravy & Barbecue Sauce, Green Onion, Fries, Cheese.

BACON, SAUSAGE, FRIED EGG, GOAT CHEESE POUITINE ... 18

Juicy applewood-smoked bacon, Hungarian sausage, fried egg, goat cheese, green onion, tomato, pickled onion.

PHILLY CHEESESTEAK POUITINE ... 20

Aged Certified Angus Beef tenderloin, paired with bell peppers, onions, then stacked on fries and topped with a complimenting rich melted cheese and homemade gravy.

BURGERS

(All Burgers are served with your choice of side soup, side garden salad, baked baby potato or coleslaw, Add 2 for Caesar 3 for beet salad.)

CHICKEN BURGER ... 19

Perfectly cooked 6 oz. grilled, juicy chicken breast, aioli, balanced with the freshness of cucumber, ripe tomato slices, lettuce and finished with toasted feta cheese.

* Gluten free options available. *

HEARTLAND BURGER ... 22

A generous half pound of local Certified Angus Beef chuck, ground in-house daily. Finished with two juicy applewood-smoked bacon strips, lightly melted cheddar cheese, our secret homemade burger sauce, red onion, lettuce, roma tomato, pickle. This burger is the perfect indulgence.

* Gluten free options available. *

SALMON BURGER ... 20

Charbroiled fresh B.C. salmon fillet, baby spinach, tomato, cucumber, aioli, served on a burger bun.

* Gluten free options available. *

PULLED PORK BURGER ... 19

In-house smoked pork shoulder blade in a burger bun, served with in house-made coleslaw.

* Gluten free options available. *

VEGGIE BURGER ... 20

Beautifully charred, savoury veggie patty, topped with roma tomato, pickled red onion, fresh cucumber, mayonnaise, lightly stacked on freshly baked sesame burger bun.

* Gluten free options available. *

SANDWICHES

(All Burgers are served with your choice of side soup, side garden salad, baked baby potato or coleslaw, Add 2 for Caesar 3 for beet salad.)

HEARTLAND CHICKEN AND BRIE SANDWICH ... 19

Slow roasted and perfectly seasoned chicken breast, complimented with silky double cream brie, sliced Granny Smith green apple, baby spinach, lightly finished off with a signature winter spiced date jam.

* Gluten free options available. *

CHICKEN WRAP ... 16

Grilled chicken breast, cream cheese, cucumber, tomato, bell peppers, lettuce, and spring onion.

SALMON WRAP ... 20

Grilled fresh salmon complimented with crisp lettuce, juicy tomato, fresh cucumber, green onion, then finished with the perfect drizzle mayonnaise.

SCHNITZEL SANDWICH ... 20

Breaded veal cutlet, spring onion, tomato, mayonnaise served in a fresh baguette.

BEEF BURRITO ... 20

Beef ragu, corn, tomato, green onion, bell pepper, shredded cheese mix, sour cream, lime-coriander pesto.

10% OFF All pick up orders. (Food Only)

PHILLY STEAK SANDWICH ... 23.50

Aged Certified Angus Beef tender loin, paired with bell peppers, onions, then stacked on a fresh baguette and topped with a complimenting rich melted cheese.

P A S T A S

TOMATO BASIL PENNE PASTA ... 16

A timeless classic, penne pasta, fresh tomato, basil, and garlic finished on top with aromatic ground Parmigiano-Reggiano and garlic toast.

CREAMY TOMATO PASTA ... 16

This timeless, classic pasta welcomes silky cream cheese, fresh tomato, basil, and garlic. Finished with aromatic fresh ground Parmigiano-Reggiano and garlic toast.

TRIPLE CHEESE PASTA ... 16

A lovely blending of shredded white cheddar, Parmesan and Gruyere cheese, in-house-made cream sauce, garlic toast, beautifully aromatic atop our pasta.

PAN-FRIED SPINACH GNOCCHI WITH MUSHROOM CREAM SAUCE ... 22

Guest favourite! In house fresh-made gnocchi, shared with selection of seasonal local and wild mushrooms, a hint of garlic, parsley, and spinach. All gently folded into our signature velvety mushroom sauce.

BUTTERNUT SQUASH RAVIOLI ... 20

Butternut Squash Ravioli with mascarpone butternut squash Sauce, freshly grated parmesan cheese and roasted garlic and butternut, tastes like heaven.

TUSCAN WILD BOAR RAGU WITH STROZZAPRETI PASTA ... 30

Slow roasted pulled wild boar and welcoming truffle, paired with celery, tomato, carrots, onion, garlic, and a delightful fresh ground Parmigiano-Reggiano.

BEEF TORTELLINI ... 22

This Beef Tortellini is fine main course tossed with a simple tomato sauce and topped off with a light grating of fresh ground Parmigiano-Reggiano.

M A I N S

HEARTLAND PECAN CHICKEN ... 30

Our most loved, signature dish. Served with our vegetable fried rice and velvety creamy corn sauce. Once you have tried it you will understand why it has become so famous.

THAI RICE BOWL ... 18

Thai jasmine fried rice, pan fried vegetables, mushroom, lightly paired with soy sauce, ginger, complimented with zesty lemon grass, lime, garlic, cilantro, peanuts and sesame seeds. This dish is a welcomed escape.

THAI RICE BOWL WITH SHRIMP ... 28

Thai jasmine fried rice, pan fried vegetables, mushroom, lightly paired with soy sauce, ginger, complimented with zesty lemon grass, lime, garlic, cilantro, peanuts, sesame seeds. This dish is a welcomed escape.

FISH AND CHIPS ... 28

Cod fillets seasoned with Italian herbs and spices then fried in extra virgin olive oil, these fillets turn out light and crispy every time. Served with fries.

CRISP-SKINNED GRILLED SALMON ... 36

Fresh and perfectly grilled Atlantic salmon, silky yam potato puree, our signature roasted beets, matched with lightly roasted flavourful brussel sprouts.

HUNGARIAN CABBAGE ROLLS ... 30

A thick ground beefed, ground pork and rice filling is rolled in blanched cabbage leaves and braised in a paprika-spiked tomato sauce in a comforting dish, served with bread.

FALL-OFF-THE-BONE OVEN BAKED PORK RIBS ... 34

Mouthwatering, seasoned, juicy and tender Pork Ribs paired with oven-baked potatoes with a hint of rosemary, in house-made red cabbage coleslaw with corn.

WIENER SCHNITZEL ... 28

Breaded veal cutlet served with fries.

CHILLI CON CARNE ... 24

Packed full of beef, black beans coated in a lightly chilli spiced tomato sauce with corn served with toast.

BEEF BOURGUIGNON ... 32

Tender fall apart chunks of beef simmered in a rich red wine gravy makes Heartland's beef bourguignon an incredible family dinner.

AGED FILET MIGNON ... 48

Aged Certified Angus Beef complimented by pan-fried, roasted, and lightly seasoned potatoes, crispy thick bacon, onion, fresh tomato and bell pepper.

LAMB SHANK CONFIT WITH ROASTED TOMATO AND WHITE BEAN STEW ... 43

This fall-off-the-bone perfectly cooked Lamb Shank will not soon be forgotten! Accented by bacon, onion, garlic, tomato, red-pepper and navy beans.

D E S S E R T

COLOSSAL CARROT CAKE ... 9

Two layers of moist, spicy carrot-laden cake with crushed pineapple, walnuts and coconut. chocolate drizzle finishes it. Toasted almonds skirt the sides.

SALTED CARAMEL CHEESECAKE ... 9

The perfect pairing of sweet and salty. A delectable white chocolate cheesecake baked atop a chocolate cookie graham base. Topped with our rich homemade salted caramel.

TURTLE CHEESECAKE ... 9

Candied pecans and milk chocolate chunks wrapped in a vanilla cheesecake batter, topped with a white fond, brownie cubes, more pecans and chocolate chunks, then drizzled with chocolate and caramel.

CHOCOLATE CAKE ... 10

Four layers of decadent chocolate cake separated by rich chocolate fudge icing. Finished with a dark chocolate glaze and skirted with fine pajets.

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