

THE ICE CAFÉ

Urban Prairie Cuisine

BREAKFAST

Available from 7am-1pm

THE WEEKENDER 8.95

2 eggs any style, choice of bacon or ham or sausage, with toast and hash browns

AVOCADO SLAMMER SANDWICH 6.45

fried egg, avocado, tomato, lettuce on a toasted English muffin

CLASSIC BREAKFAST SANDWICH 5.45

Fried egg, cheese choice of bacon or sausage on a toasted English muffin

TWO EGG OMELETTE 8.95

with hash browns and toast

choose 3 fillings: ham, bacon, cheddar, mushroom, green onion, tomato, avocado, spinach, bell peppers, feta, turkey, black beans

DENVER SANDWICH 6.45

2 scrambled eggs, ham, cheddar cheese, green onions, bell peppers, on your choice of toast

BREAKFAST BURRITO PANINI 6.45

2 scrambled eggs, tomato, peppers, green onions, black beans, avocado, cheddar cheese, salsa and sour cream on the side

TEXAS STYLE FRENCH TOAST 6.45

thick cut French toast topped with wild berry sauce and maple syrup

OVERNIGHT OATS 4.95

steel cut oats, almond milk, vanilla yogurt and fruit

SPICED AVOCADO TOAST 6.45

toasted multigrain topped with mashed spicy avocado, sliced hardboiled egg and red pepper flakes

BREAKFAST SIDES

One Egg	1.25	Bacon	2.50	Fruit Cup	3.00
Toast	1.75	Sausage	2.50	Whole Fruit	1.25
Hash Browns	2.50	Ham	2.50	Yogurt	1.10
Muffin	2.75				

KIDS MEALS

6.95

CHOOSE YOUR MAIN

hot dog mac and cheese chicken fingers
hamburger, add cheese cheese quesadilla grilled cheese

CHOOSE YOUR SIDE

fries apple wedges carrots and dip orange wedges

CHOOSE YOUR BEVERAGE

juice box white milk chocolate milk

SMOOTHIES

4.95

choice of fruit: strawberry, raspberry, blueberry, peaches, mango, banana, date, spinach

choice of milk: almond or 2% white, 2% chocolate vanilla yogurt

add protein powder, vanilla or chocolate 2.95

PRESIDENTIAL SMOOTHIE 7.90

spinach, banana, dates, almond milk, vanilla yogurt and vanilla protein powder

CHUNKY MONKEY 4.95

banana, peanut butter, chocolate milk

D&D 7.90

raspberry, mango, banana, almond milk, vanilla yogurt, vanilla protein powder

SOUP

SOUP DE JOUR 3.75

VEGETABLE MINISTRONE 3.75

BAKED FRENCH ONION & SWISS 5.95

SALAD

FRESH GARDEN SALAD side 4.95 entree 7.95

mixed greens, carrots, red onions, tomatoes, avocado, cucumbers with olive oil and vinegar

CLASSIC CAESAR SALAD side 4.95 entree 7.95

romaine, croutons, parmesan, bacon bits

GREEK SALAD side 4.95 entree 7.95

romaine, peppers, cucumbers, tomatoes, red onions, olives, feta

SUMMER SALAD side 4.95 entree 7.95

mixed greens, carrots, tomatoes, red onions, toasted pumpkin seeds, feta cheese with a balsamic chive vinaigrette

SPINACH BERRY SALAD side 5.95 entree 8.95

spinach, red onions, mandarins, strawberries, cranberries, almonds, hempseeds with a raspberry vinaigrette

MEDITERRANEAN COUSCOUS SALAD side 5.95 entree 8.95

spinach, kale, edamame, olives, peppers, chickpeas with a sherry vinaigrette

CRUDITÉ PLATTER 4.95

with hummus and ranch

SALAD ADD ONS

grilled herb chicken breast 4.95 maple bbq salmon 5.95

FRESH WRAPS

GRILLED CHICKEN WRAP 9.95

grilled chicken breast, edamame spread, tri color quinoa salad (roasted red pepper, basil, mint) and fresh kale

TUNA WRAP 9.95

white albacore tuna, avocado, carrot, red onion, crispy chickpea, kale and a miso ginger dressing

MAPLE BBQ SALMON WRAP 9.95

seasoned salmon filet, spinach, strawberry, mandarin, dried cranberry, almond, red onion, hempseeds, and raspberry dressing

CHICKEN CAESAR WRAP 8.95

choice of crispy or grilled chicken
romaine, bacon, parmesan, croutons, and Caesar dressing

BURGERS & SANDWICHES

the following are served on a brioche bun

CALIFORNIA BURGER 9.95

choice of grilled chicken breast or prime rib patty
crispy onion, avocado, roasted red pepper, lettuce, bbq mayo

PRIME RIB BACON CHEESEBURGER 9.95

bacon, crispy onion, tomato, lettuce, cheddar cheese, bbq mayo

PRIME RIB MUSHROOM CHEESEBURGER 9.95

sautéed mushrooms, crispy onion, cheddar cheese, bbq mayo

VEGETARIAN BURGER 8.95

garden vegetable patty, sautéed mushrooms, roasted red pepper, tomato, crispy onion, lettuce, mayo

HAM AND CHEESE PANINI 8.95

black forest ham, cheddar cheese, bacon, butter

CALIFORNIA VEGETARIAN PANINI 8.95

avocado, red onion, tomato, cheddar cheese, spinach, edamame spread

MANGO CHILI CHICKEN SANDWICH 9.95

grilled bbq chicken, mango chili chutney, crispy onion, tomato, lettuce, bbq mayo

CHICKEN CLUBHOUSE 9.95

choice of crispy or grilled chicken
tomato, lettuce, bacon, cheese, bbq mayo

The following have a choice of bread or wrap:

EGG SALAD 5.95

red onion, lettuce, mayo

TUNA SALAD 5.95

red onion, lettuce, mayo

HAM AND CHEDDAR CHEESE 5.95

tomato, lettuce, mayo, mustard

SLICED TURKEY 5.95

tomato, lettuce, mayo, mustard

CLUB FAVOURITES

CRISPY CHICKEN FINGERS 8.95

5 pieces served with honey dill dipping sauce

TAIL GATE CHICKEN WINGS 9.95/pound

choose one flavour: salt and pepper, lemon pepper, BBQ, hot, honey garlic, teriyaki

NACHO SUPREME 9.95

cheddar cheese, tomato, olive, green onion, bell pepper, sour cream and salsa
add diced taco chicken or seasoned ground beef for 4.00

THAI STIR FRY (peanut free) 11.95

choice of chicken or crispy tofu
rice noodles, vegetables, crispy chickpea, miso ginger sauce

PENNE PASTA 11.95

all beef meatballs, marinara sauce topped with cheese

SIDES & ADD ONS

FRIES

small 3.50 large 4.95

SWEET POTATO FRIES

small 3.50 large 4.95

ONION RINGS

small 4.50 large 5.95

POUTINE

small 4.50 large 5.95

CHEESE

1.00

GRAVY

1.00

GARLIC TOAST

(2 slices) 2.95

GARLIC CHEESE TOAST

(2 slices) 3.95

BEVERAGES

HOT

COFFEE/TEA 2.05

ESPRESSO 3.00

CAPPUCCINO 3.50

ADD A FLAVOR SHOT 0.50

HOT CHOCOLATE 2.05

AMERICANO 3.00

LATTE 4.00

COLD

MUSCLE MILK 3.99

LG GATORADE 3.25

COCONUT WATER 2.99

GREEN CARROT 7.00

BOTTLE WATER 1.95

ARTO LIFE WATER 2.95

SMALL MILK 1.25

BOTTLE JUICE 2.25

JUICE BOX 0.85

TROPICANA 2.50

PURE LEAF 2.95

POP 1.95

ALCOHOLIC

GLASS OF WINE 7.50

Yali Sauvignon Blanc or Cabernet

Tempus 2 Pinot Grigio or Shiraz

DOMESTIC BEER 5.00

IMPORT BEER 6.00

LOCAL BEER 7.50

DRAUGHT 7.00

NON ALCOHOLIC BEER 4.50