



# LUNCH FEATURES

MONDAY – FRIDAY (11AM TO 4PM)

## SALADS

### ITALIAN SALAD \$10

Fresh Basil, Vine-Ripened Tomatoes, Arugula, Creamy Goat Cheese & Sundried Tomato Dressing

### ROCKET SALAD \$10

Arugula, Beets, Walnuts, Creamy Goat Cheese & a White Balsamic Dressing

**ADD:** Chicken Breast \$4 8oz. Steak \$6 (3) Prawns \$6 Calamari \$4

## SANDWICHES

Served with your Choice of Fries, Cup of Daily Soup or Garden Greens

**SUBSTITUTE:** Yam Fries, Greek Salad, Caesar Salad or a Cup of Baked Potato Soup for \$2 • Add Gravy \$1

All Sandwiches can be made into a Wrap if Requested

### SUNDRIED TURKEY SANDWICH \$13

Thinly Sliced Oven Roasted Turkey Breast, Sundried Tomato Mayo, Pepper Bacon, Asiago Cheese, Lettuce, Red Onion on a Ciabatta Bun.

### SMOKED CHICKEN SANDWICH \$13

Chipotle Roasted Chicken Breast sliced thin with Bacon, Chipotle Mayo, Gouda, Lettuce, Tomato on a Ciabatta Bun

### SMOKED CANUCK SANDWICH \$13

Montreal Smoked Meat, Sauerkraut, Dijon and Gouda Cheese on Marbled Rye

## SEASONAL FAVOURITES

### MUSSELS & SHRIMP BOWL \$14

Saffron, Onion, Garlic, Fennel, Tomatoes in a White Wine Broth. Served with a Garlic Baguette

### GNOCCHI \$10

Tender Potato Gnocchi tossed in your choice of: Butter, Truffle Oil & Fresh Herbs or Our Housemade Tomato Sauce. Served with a light Arugula Salad & Shaved Asiago Cheese

## FRESH DIP SELECTIONS

Available Thursday – Saturday from 4pm to Close

### BRUSCHETTA \$6

Vine Ripened Red & Yellow Tomatoes, Red Onion, Garlic, Fresh Basil & a Warm Parmesan Baguette

### SPINACH & ARTICHOKE DIP \$6

Cream Cheese, Roasted Artichokes, Peppers, Spinach & Sundried Tomatoes. Served warm with your choice of Naan Bread or Crisp Corn Tortilla Chips

### NACHO CHEESE DIP \$6

Sharp Cheddar, Velveta Cheese, Jalapenos, Fresh Tomatoes, Onion & Garlic. Served warm with your choice of Naan Bread or Crisp Corn Tortilla Chips

### BUFFALO CHICKEN DIP \$6

Cream Cheese, Chipotle Hot Sauce, Chicken, Roasted Peppers & Onion. Served warm with your choice of Naan Bread or Crisp Corn Tortilla Chips

*For Parties of 8 or more there will be an 18% Service Charge.  
Please alert your server if you have any food allergies.*



## APPETIZERS

### MARGARITA FLATBREAD \$13

Olive Oil or Tomato Base, Fresh Basil, Tomatoes & Parmesan

### PULLED PORK POUTINE \$11

Pulled Pork, Fries & Cheese Curds all topped with BBQ Gravy

### CALAMARI \$11

Tender & Crispy Calamari topped with Sautéed Peppers. Served with a Citrus Aioli

### SPARE RIBS \$13

Chipotle Honey Glazed Large Bone Pork Ribs. Served with a Side of Ranch & Fresh Vegetables

### YAM FRIES \$8

Crispy Yam Fries with your Choice of Serrachi or Chipotle Mayo

### GYOZA \$9

Crispy Pork Dumplings. Served with Sweet Chili Sauce & Fresh Vegetables

### CHICKEN FINGERS \$11

Breaded Chicken Filets with Fries. Served with Plum Sauce

### DRY RIBS \$11

Bone in Salt & Pepper Ribs with Ranch and Fresh Vegetables

### VEGGIE PLATE \$8

A full plate of Fresh Cut Vegetables. With Blue Cheese or Ranch for Dipping

### BUILD YOUR OWN NACHOS \$13

• **Choose 3 of the Following Toppings:** Tomatoes, Fresh Jalapenos, Black Olives, Green Onion, Banana Peppers, Black Beans, Red Onion, Bell Peppers. Comes with a side of fresh Salsa & Sour Cream

**ADD: Beef \$3 Sliced Chicken \$3 Guacamole \$2**

### CHICKEN WINGS \$11

Crispy Wings are served with Ranch and Fresh Vegetables.

• **Your Choice of these Sauces:** Suicide, Hot, Mild, FATS Style, Honey Hot, Honey Garlic, Sweet Chili, Teriyaki

• **Try our Dry Rub Options:** Salt & Pepper, Lemon Pepper, Cayenne, Lime & Black Pepper

### F.A.T.S PLATTER \$35

Calamari, Dry Ribs, Gyozas, Wings & Fresh Vegetables with a Selection of Dips. Full Servings of Each Item.

## SOUP & SALAD

### DAILY SOUP

CUP \$4

BOWL \$5

### LOADED BAKED POTATO SOUP

Bacon, Cheddar, Chives, Potato & Cream

CUP \$5

BOWL \$6

### GARDEN GREENS

Spring Mix with Carrots, Tomatoes, Cucumbers, Red Onion and your choice of House Balsamic, Sundried Tomato, Greek, Ranch or Blue Cheese Dressings

HALF \$5

FULL \$10

### CAESAR SALAD

Fresh Cut Romaine, Chopped Bacon, Asiago, Croutons & Creamy Garlic Dressing

HALF \$5

FULL \$10

### GREEK SALAD

Bell Peppers, Red Onion, Kalamatta Olives, Tomatoes, Crumbled Feta and Cucumber. Tossed in a Greek Dressing

HALF \$5

FULL \$10

### CRANBERRY ALMOND SALAD

Baby Spinach, Dried Cranberries, Almonds with a Vanilla Cranberry Vinaigrette. Served with a Melted Brie Crostini

HALF \$5

FULL \$10

**ADD: Chicken Breast \$4 8oz. Steak \$6 (3) Prawns \$6 Calamari \$4**



## BURGERS

*All Burgers are Topped with Crisp Lettuce, Tomato, Onion, Dill Pickles & Mustard Mayo.*

*Served with your Choice of Fries, Cup of Daily Soup or Garden Greens.*

**SUBSTITUTE:** Yam Fries, Greek Salad, Caesar Salad or a Cup of Baked Potato Soup for \$2 • Add Gravy \$1

Add an Extra Patty for \$3 • Substitute Chicken for \$1

### **F.A.T.S BASIC BEEF BURGER \$11**

Charbroiled and Served with all the Regular Fixings

### **STAMPEDE BURGER \$14**

We Celebrate Stampede All Year Round with Our Stampede Burger. It's Smothered in a Chipotle BBQ Sauce, topped with Cheddar Cheese & Crispy Bacon

### **BACON BLUE BEEF BURGER \$14**

Topped with Crumbled Blue Cheese & Crispy Bacon

### **MUSHROOM MOZZA BURGER \$13**

Topped with Sautéed Mushrooms & Shredded Mozzarella

### **JALAPENO JACK BURGER \$13**

Topped with Fresh Jalapenos & Jalapeno Jack Cheese

### **LAMB BURGER \$12**

Ground Lamb Burger with all the Regular Fixings

### **CRISPY CHICKEN BURGER \$13**

Spicy Breaded Chicken Breast topped with Mozzarella & a Chipotle Mayo

## HOUSE FAVOURITES

*Served with your Choice of Garden Greens, Cup of Daily Soup or Fries.*

**SUBSTITUTE:** Yam Fries, Greek Salad, Caesar Salad or a Cup of Baked Potato Soup for \$2 • Add Gravy \$1

All Sandwiches can be made into a Wrap if Requested

### **CHICKEN CLUB \$13**

Grilled Chicken Breast, Bacon, Mayo, Lettuce & Tomato on a Ciabatta

### **TURKEY & BRIE \$13**

Thinly Sliced oven Roasted Turkey, Cranberry Mayo, Pepper Bacon, Melted Brie, Lettuce & Red Onion on a Ciabatta Bun

### **FATS BLTC \$11**

Maple Pepper Bacon, Lettuce, Tomato, Cheddar, Chipotle Mayo on a Ciabatta Bun

### **BEEF DIP \$13**

Thinly Sliced Beef, Shredded Mozzarella on a French Baguette served with Au Jus

### **STEAK SANDWICH \$18**

8oz. AAA Alberta Beef NY Steak, served on a Garlic Onion Bread and topped with Sautéed Mushrooms

### **FISH & CHIPS \$13**

Two Pieces of Alexander Keiths Beer Battered Haddock with Tartar Sauce & Fries

*For Parties of 8 or more there will be an 18% Service Charge.  
Please alert your server if you have any food allergies.*



# PIZZA MENU

**LEGENDARY HOUSE MADE DOUGH!  
LOCALLY SOURCED MEAT TOPPINGS, TOMATO SAUCE &  
CREAMY MOZZARELLA  
ALL SIGNATURE PIZZAS ARE AVAILABLE IN MEDIUM & LARGE**

**FIRST DATE** Med. \$15.50 Lrg. \$18.50  
Olive Oil or Tomato Base, Roasted Garlic, Olives, Feta, Red Onion & Spinach

**ITALIAN** Med. \$18.00 Lrg. \$21.00  
Salami, Pepperoni, Italian Sausage, Fresh Basil, Fresh Tomatoes

**MEAT LOVERS** Med. \$18.00 Lrg. \$21.00  
Ham, Pepperoni, Salami, Italian Sausage

**FATS SPECIAL** Med. \$18.00 Lrg. \$21.00  
Ham, Pepperoni, Shrimp, Olives, Green Peppers

**HAWAIIAN** Med. \$15.50 Lrg. \$18.00  
Ham & Pineapple

**SPICY HAWAIIAN** Med. \$18.00 Lrg. \$21.00  
Ham, Pineapple, Capicola, Banana Peppers

**BARBECUE** Med. \$18.00 Lrg. \$21.00  
BBQ Tomato Sauce, Ham, Chicken, Red Onion & Pineapple

**BUFFALO** Med. \$18.00 Lrg. \$21.00  
Franks Hot Tomato Sauce, Ham, Chicken, Red Onion, Banana Peppers with a Side of Ranch for Dipping

**DONAIR** Med. \$18.00 Lrg. \$21.00  
Garlic Donair Sauce, Sliced Beef Donair Meat, Red Onion, Tomatoes

**CARBONARA** Med. \$18.00 Lrg. \$21.00  
Chicken, Bacon, Red Onion, Roasted Garlic & Parmesan

**PHILLY** Med. \$18.00 Lrg. \$21.00  
BBQ Tomato Sauce, thinly sliced Beef, Red Onion, Bell peppers & Mushrooms

**LOADED PEPPERONI** Med. \$15.50 Lrg. \$18.00  
A layer of Pepperoni, then Cheese, then another layer of Pepperoni.  
It's Loaded with Pepperoni!!

**CHEFS SPECIAL** Med. \$18.00 Lrg. \$21.00  
Ham, Pepperoni, Mushroom, Olives, Red Onion and Fresh Tomatoes

## **BUILD YOUR OWN PIZZA**

**Monday – Friday (until 3pm): Any 2 topping 8" personal pizza just \$7.99**  
Start with a Plain Cheese Pizza: Sm. \$10 | Med. \$13 | Lrg. \$15

## **ADD TOPPINGS:**

**.75¢ each:**

Mushroom, Green Pepper, Spinach, Fresh Tomato, Onion, Black Olives, Jalapenos, Cooked Tomato, Roasted Garlic, Pineapple, Banana Peppers

**\$1.50 each:**

Pepperoni, Salami, Ham, Italian Sausage, Bacon, Capicola Ham, Shrimp, Feta

**\$4 each:**

Chicken, Taco Beef (not available with the \$7.99 Pizza Promotion)