

SANDWICHES & WRAPS

All sandwiches & wraps are served with your choice of side.

BBQ CHICKEN YORKIE WRAP 17.75 (1270-1920 Cals)

Grilled chicken breast smothered in BBQ sauce and topped with double-smoked bacon, coleslaw, Granny Smith apples and grainy mustard mayo, packed into a giant Yorkshire pudding wrap.

BRAISED BEEF WRAP 17.75 (990-1640 Cals)

Braised 100% Canadian beef and rich gravy with roasted carrots, buttermilk mashed potatoes and creamy horseradish. All rolled up into a giant Yorkshire pudding wrap and served with beef jus for dipping.

FISH TACOS 16.50 (680-1330 Cals) VA

Three tacos with beer-battered cod, pickled onions, coleslaw and guacamole, packed into soft flour tortillas.

CHICKEN BACON SANDWICH 15.95 (850-1500 Cals) GFA

Grilled chicken breast, spring mix, tomato, cheddar cheese, double-smoked bacon and chipotle mayo on a toasted ciabatta bun.

STACKED COD-WICH 16.50 (770-1420 Cals)

Two pieces of buttermilk-breaded cod, stacked with tomato, coleslaw, lettuce and our signature Dungloe sauce on a toasted bun.

D'ARCY'S REUBEN 17.50 (930-1580 Cals)

Corned beef, provolone cheese, whiskey bacon sauerkraut, banana peppers, our tangy 'All Dressed' mayo and grainy mustard on toasted rye.

STEAK SANDWICH 19.95 (700-1350 Cals)

A grilled 100% Canadian 6 oz. sirloin and red wine braised onions piled on top of a garlic buttered ciabatta bun. Served open-faced.

ADD ONS Provolone cheese 1.50 (100 Cals) • Mushrooms 1.50 (90 Cals)
Red wine braised onions 1.00 (25 Cals)

**GOOD
SERVED
HERE.**

**FOUR POINTS BY
SHERATON WINDSOR
430 OUELLETTE AVE.
WINDSOR, ON N9A 1B2
226-315-2398**

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**HERE'S TO THE GOOD
THAT FEEDS US ALL.
SLAINTÉ!**

STARTERS

WARM SPINACH AND ARTICHOKE DIP V GFA

13.50 (480 Cals per serving; serves 2)
Freshly prepared in-Pub, topped with green onions and served with tortilla chips.

SIGNATURE BLARNEY CHIPS

15.95 (320 Cals per serving; serves 4)
Waffle-cut fries smothered in kick'd up cheese sauce, topped with diced tomatoes, green onions and jalapeño peppers. Served with salsa and sour cream.

ADD ONS Bacon 1.50 (70 Cals per serving; serves 4)
Guacamole 3.50 (25 Cals per serving; serves 4) • Extra cheese sauce 1.50 (35 Cals per serving; serves 4) • Grilled chicken 5.00 (60 Cals per serving; serves 4) • Chipotle beef 5.00 (100 Cals per serving; serves 4)

THE CHIP & DIP DUO V VEA

9.75 (390 Cals per serving; serves 2)
Crisp potato chips seasoned with sea salt and served with a duo of dips; chipotle mayo and guacamole.

THICK-CUT CALAMARI

13.95 (350 Cals per serving; serves 2)
Thick, hand-cut calamari dusted and tossed in salt and pepper. Served with a sweet chili sauce.

NACHOS 15.95 (510 Cals per serving; serves 4) V

Tortilla chips piled high, covered with shredded cheese, banana peppers, diced tomatoes and green onions. Served with salsa and sour cream.

ADD ONS Chipotle beef 5.00 (100 Cals per serving; serves 4)
Grilled chicken 5.00 (60 Cals per serving; serves 4)
Guacamole 3.50 (25 Cals per serving; serves 4)
Extra cheese 3.00 (60 Cals per serving; serves 4)

MINI YORKIES 11.95 (170 Cals per serving; serves 2)

Four mini Yorkshire pudding bowls filled with ground beef, sweet green peas, corn and carrots in a rich beef gravy. Topped with buttermilk mashed potatoes and chives.

GARLIC CHEDDIES V

9.95 (280 Cals per serving; serves 4)
Eight buttery scones stuffed with cheese, garlic and chives. Topped with shredded cheese and melted butter, served on a sizzling hot skillet.

POUTINE 9.95 (530 Cals per serving; serves 2)

Fries topped with a rich beef gravy and loaded with Quebec cheese curds.

CRISPY CAULIFLOWER V

11.95 (440 Cals per serving; serves 2)
Cauliflower battered and deep fried, then tossed in our famous Sri-rancha sauce. Topped with chives and served with ranch dressing.

CROWD PLEASER PLATTER 28.95 (570-630 Cals per serving; serves 5)

All of these Pub faves on one shareable platter:

- Warm spinach & artichoke dip with tortilla chips (200 Cals per serving; serves 5)
- 1 lb. of dusted wings (250-290 Cals per serving; serves 5) or naked wings (230-270 Cals per serving; serves 5)
- Half an order of Signature Blarney Chips with salsa and sour cream (130 Cals per serving; serves 5)
- Celery and carrot sticks (10 Cals per serving; serves 5)

CHICKEN WINGS GFA

Served straight-up in the buff (1160-2310 Cals) or dusted in flour (1300-2590 Cals), the choice is yours. With blue cheese (220 Cals) or ranch dressing (180 Cals), carrots and celery sticks (50 Cals).

CHOOSE YOUR SIZE		
1 lb. 13.95 (1400-1750 Cals)	1.5 lbs. 19.99 (1970-2480 Cals)	2 lbs. 25.50 (2550-3220 Cals)

CHOOSE YOUR FLAVOUR		
MILD (120-240 Cals)	BUFFALO MEDIUM (170-340 Cals)	HOT (15-30 Cals)
SALT & PEPPER (5-10 Cals)	SRI-RANCHA (180-360 Cals)	CHILI-LIME SEASONING (20-40 Cals)

DAILY DEALS

SUNDAY

BRAISED BEEF WRAP
14.95 (990-1640 Cals)

MONDAY

SHEPHERD'S PIE
12.99 (750 Cals)

TUESDAY

FISH TACOS
3.99 ea. (220 Cals)

WEDNESDAY

1 PC. FISH & CHIPS
11.75 (910 Cals)

DAILY POUR

4.99 (120-190 Cals)
A different 14 oz. beer featured everyday.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

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SALADS & SOUPS

COBB SALAD 17.95 (540 Cals) **GF**

Crispy bacon, pulled chicken, grape tomatoes, cucumber, shredded cheese, blue cheese and a hard-boiled egg, served over crisp romaine tossed in a honey mustard vinaigrette.

FIONN'S POWER BOWL 16.95 (800 Cals) **VEA GF**

Shredded carrots and red beets served over a bowl of jasmine rice and garlic sautéed kale tossed in tamari sauce. Drizzled with creamy cashew ginger dressing and topped with a grilled chicken breast and sesame seeds.

CHICKEN CAESAR SALAD 16.95 (720 Cals) **GFA**

Crisp romaine tossed in a creamy garlic dressing and topped with Parmesan cheese, bacon, croutons and a grilled chicken breast.

STEAK, TOMATO & ARUGULA SALAD 19.50 (540 Cals)

A grilled 100% Canadian 6 oz. sirloin paired with slices of tomato and arugula tossed in a red wine vinaigrette. Topped with chunks of blue cheese.

BEET & GOAT CHEESE SALAD 11.95 (690 Cals) **V**

Mixed greens with roasted beets, pickled onions, green apple and goat cheese tossed in an apple cider vinaigrette.

FRENCH ONION SOUP 7.95 (600 Cals)

Made-in-Pub with caramelized onions, then topped with bread and baked with Gruyère and provolone cheeses.

FISHERMAN'S CHOWDER 7.95 (510 Cals)

Fish and clams in a rich, creamy chowder. Served with warm garlic scones.

NEED MORE THAN GREENS?

ADD

Grilled chicken breast
5.00 (240 Cals)

5 oz. Grilled Atlantic salmon
8.00 (340 Cals)

GARDEIN™ vegan grilled chick'n breast **gardein**
6.00 (150 Cals)

6 oz. Grilled steak
9.00 (340 Cals)

IRISH FAVES

SHEPHERD'S PIE 15.75 (750 Cals)

100% Canadian ground beef, green peas, corn, and carrots in a rich beef gravy, covered with buttermilk mashed potatoes. Served with a house salad.

SALMON LEEK PIE 16.95 (1160 Cals)

Atlantic salmon and leeks in a made-in-Pub white wine cream sauce poured into a light and flaky pie pastry. Topped with buttermilk mashed potatoes and chives and served with a house salad.

CHICKEN POT PIE 15.75 (1100 Cals)

A combo of chicken and veggies in a rich cream sauce, baked in a made-in-Pub pie pastry. Served with a house salad.

GUINNESS® STEAK AND MUSHROOM BOWL 16.95 (840 Cals)

Tender 100% Canadian diced beef and button mushrooms braised in Guinness® and served in a Yorkshire pudding bowl. Topped with buttermilk mashed potatoes and served with a house salad.

ALL DAY IRISH BREAKFAST SKILLET 14.95 (1100 Cals)

Mashed potatoes topped with red wine braised onions, grilled banger sausage and a sunny side up egg. Drizzled with rich beef gravy and topped with green onions.

LAMB SHANK 25.95 (1020 Cals)

Braised lamb shank hand-rubbed with garlic and pepper, garnished with chives and lemon zest. Served with buttermilk mashed potatoes and broccolini.

VEGAN OR VEGETARIAN?

MAKE IT VEGAN

The Chip & Dip Duo (370 Cals per serving; serves 2):
Sub chipotle mayo for guacamole
Fionn's Power Bowl (750 Cals):
Sub chicken for a GARDEIN™ vegan grilled chick'n breast

MAINS

Add on a starter house (260 Cals) or Caesar salad (320 Cals) to any of our mains for only 3.99.

FISH & CHIPS **VA**

Our made-in-Pub beer-battered cod served with fries, coleslaw and our signature Dungloe sauce.

2 Pieces 19.95 (1360 Cals)

1 Piece 15.50 (910 Cals)

BUTTER CHICKEN CURRY 16.50 (700 Cals) **VA GFA**

Chicken, onions and green peas simmered in a mild, creamy curry sauce. Served with jasmine rice and grilled naan bread.

STEAK AND FRIES 21.95 (1300 Cals) **GFA**

A grilled 100% Canadian 7 oz. top sirloin topped with sautéed mushrooms, served with fries and broccolini.

WAFFLE'D UP CHICKEN FINGERS 16.95 (1430-1510 Cals) **VA**

Hand-breaded chicken fingers dusted in chili-lime seasoning and served with Granny Smith apple slices.

INCLUDES CHOICE OF Warm waffles with honey (780 Cals)

Waffle-cut fries with plum sauce (700 Cals)

MAPLE GLAZED SALMON 24.95 (1190 Cals) **GF**

Grilled 8 oz. Atlantic salmon with a sweet, maple-herb butter sauce, grape tomatoes, red onions, grilled asparagus and jasmine rice.

FETTUCCINE ALFREDO 17.50 (920-1000 Cals) **VA GFA**

Fettuccine noodles topped with asparagus in a garlic cream sauce. Sprinkled with Parmesan cheese.

INCLUDES CHOICE OF Grilled chicken (180 Cals)
Sautéed shrimp (100 Cals)
GARDEIN™ vegan grilled chick'n breast (150 Cals)

Sub gluten-friendly pasta. Add 1.00 (Subtract 310 Cals).

MAKE IT VEGETARIAN

Sub protein for a GARDEIN™ vegan grilled chick'n breast:
Fish and Chips (970-1150 Cals)
Butter Chicken Curry (790 Cals)
Waffle'd Up Chicken Fingers (1480-1560 Cals)
Fettuccine Alfredo (940 Cals)
Straight Up Burger (530-1180 Cals)
Fish Tacos (770-1420 Cals)

BURGERS

All burgers are served with your choice of side. Sub a gluten-friendly bun. Add 1.00 (250 Cals)

THE FLAGSHIP BACON BURGER 17.95 (1360-2010 Cals)

A grilled 100% Canadian beef patty, double-smoked bacon, chippers, red wine braised onions, lettuce, tomato and grainy mustard mayo. Topped off with a bacon skewer.

AVOCADO BACON BURGER 16.95 (1250-1900 Cals) **GFA**

A grilled 100% Canadian beef patty, double-smoked bacon, avocado, red onions, lettuce, tomato and mayo.

LAMB BURGER 16.50 (960-1610 Cals) **GFA**

A grilled lamb patty, herbed goat cheese, spring mix, tomato, red onions and zesty citrus mayo.

STRAIGHT UP BURGER 15.50 (630-1280 Cals) **VA GFA**

A grilled 100% Canadian beef patty, lettuce, tomato, bread & butter pickles and our tangy 'All Dressed' mayo.

"HOLD THE MEAT" BURGER 15.50 (630-1280 Cals) **V GFA**

A Lightlife® plant-based burger patty, lettuce, tomato, bread & butter pickles and our tangy 'All Dressed' mayo.

LIGHTLIFE Sub in a Lightlife® plant-based burger patty to replace a beef or lamb patty on any of our burgers (Subtract 150-360 Cals).

BURGER ADD ONS

Cheddar cheese 1.50 (100 Cals)	Double-smoked bacon 1.50 (210 Cals)
Red wine braised onions 1.00 (25 Cals)	Guacamole 1.50 (90 Cals)
Half an avocado 2.50 (160 Cals)	Mushrooms 1.50 (90 Cals)

DUBLIN THE EXCITEMENT

SIDES

Fries (460 Cals)

Tortilla chips with guacamole (340 Cals)

House salad (260 Cals)

Caesar salad (320 Cals)

Mashed potatoes with gravy (260 Cals)

Broccolini (25 Cals)

TAKE IT UP A NOTCH

Chippers with chipotle mayo dip
2.00 (680 Cals)

Poutine
3.50 (670 Cals)

Cup of chowder
4.00 (160 Cals)

Cup of French onion soup
4.00 (330 Cals)

Sweet potato fries
3.00 (420 Cals)

V Vegetarian **VA** Vegetarian Option Available **VEA** Vegan Option Available **GF** Gluten-Friendly **GFA** Gluten-Friendly Option Available

Food Allergy Caution - the safety and satisfaction of our Guests is our highest priority. Although precaution is taken to manage the risk of allergen cross contamination in our kitchen, please be advised that there is a possibility of cross contamination during preparation. Therefore, we cannot guarantee that a menu item is free of peanuts, tree nuts and/or other allergens. Applicable taxes extra. Gluten Friendly items are made with gluten free ingredients, however, please be advised that cross contamination with gluten containing products may occur in our kitchen during preparation. Please ask your server for details.

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