



# Group Lunch

## MAIN COURSE

### GOAT CHEESE CHICKEN SALAD

*Romaine, spinach, creamy goat cheese, fresh seasonal berries, candied pecans with honey sesame dressing and a grilled chicken breast.*

### CRAB & SHRIMP MANGO SALAD

*Crab and shrimp, baby spinach, fresh mango, strawberries and sunflower seeds with house-made raspberry vinaigrette.*

### NEW YORK STEAK & FRIES

*7 oz Alberta cut Sterling Silver New York strip grilled and served with french fries on garlic toast.*

### GRILLED WILD SALMON

*Grilled Wild Salmon filet with miso topping, served with basmati rice pilaf & fresh seasonal vegetables.*

### BLACKENED CHICKEN

*Blackened chicken breast with sliced avocado and fresh fruit salsa. Served with chef's potatoes and fresh seasonal vegetables.*

### MEDITERRANEAN PENNE PRIMAVERA

*Artichokes, spinach, onions, shallots, asparagus, tomato, kalamata olives, garlic, fresh basil, parmesan & goat cheese sauteed in olive oil with penne pasta. Served with garlic toast.*

#### RIC'S STEAK CRAFT

At the heart of a great steakhouse is the best quality beef. Pasture raised in High River, Alberta, Sterling Silver™ incorporates low impact and conscientious farming with strict adherence to the Animal Nutrition Association of Canada. Just the top 2% of graded beef is finely marbled enough to be hand selected as Sterling Silver™. Ric's further ensures 28 days aging and grills at 1,500° F to guarantee the flavour concentration and tenderness befitting Canada's premium steak-lovers' experience.



**rare** red throughout

**medium** pink in the center

**well** cooked throughout

**medium rare** pink to red in the center

**medium well** slightly pink in the center

**Chicago** charred outside, cooked to order inside

VEGETARIAN   GLUTEN WISE   OCEAN WISE

FRESH INGREDIENTS. FRESHLY PREPARED.

GUARANTEED.