



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.

6OZ FILET MIGNON W/ COGNAC CREAM SAUCE

Fork tender, bacon wrapped Sterling Silver Filet Mignon, with cognac cream sauce.

Served with Chef's potatoes and fresh seasonal vegetables.

NEW YORK STEAK WITH BOURSIN AND GARLIC

7 oz Alberta cut Sterling Silver New York strip grilled, topped with boursin and placed on merlot reduction.

Served with chef's potatoes and fresh seasonal vegetables.

CHICKEN & PRAWNS

Grilled chicken breast topped with prawns and cognac cream sauce.

Served with basmati rice and fresh seasonal vegetables.

GRILLED WILD SALMON

Grilled Wild Salmon filet with miso topping, served with basmati rice pilaf & 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.