

Menu Break Down



BREAKFAST

FIDELS BIG BREAKFAST

Description: A Traditional Irish Breakfast served with a homemade pork sausage, bacon, 2 eggs as you like, beans, black & white pudding, homemade Irish soda bread & breakfast potatoes - 14.95

Dish Size: Large

Standard Customer Choices:

- Irish or American Bacon
- Egg Temperature

This dish is often customized. Guests can ask for vegetarian options or substitute breakfast potatoes, meats & eggs for more of another item of equivalent value. To add anything extra to this dish you can go to the breakfast sides screen on Aloha.

Common Questions:

1. What is black pudding? A sausage made from pork blood, suet (Kidney fat) & oatmeal. Very common breakfast dish in Ireland & the UK.
2. What is white pudding? Similar to Black pudding but does not contain pork blood.
3. What is the difference between Irish & American Bacon? Irish Bacon is a wider & fattier cut similar to what Americans would call back bacon, where American bacon is thin & crispy.
4. What is soda bread? Irish soda bread is a brown bread made with Baking soda instead of yeast.

2 EGGS AS YOU LIKE

Description: Your choice of Irish or american style bacon. Served with homemade soda bread toast and breakfast potatoes - 9.95

Dish Size: Medium

Standard Customer Choices:

- Irish or American Bacon
- Egg Temperature

Common Questions:

1. What is the difference between Irish & American Bacon? Irish Bacon is a wider & fattier cut similar to what Americans would call back bacon, where American bacon is thin & crispy.
2. What is soda bread? Irish soda bread is a brown bread made with Baking soda instead of yeast.

BREAKFAST CONTINUED...

BREAKFAST BAP

Description: Bacon, fried egg, sausage, lettuce, tomato and avocado in a bap. Served with breakfast potatoes - 10.95

Dish Size: Medium

Standard Customer Choices:

- Irish or American Bacon

Customers can ask for a different egg temperature, but you do not need to prompt them.

Common Questions:

1. What is a Bap? A common term in Ireland & the UK referring to a breakfast sandwich served on a light & fluffy, white bun, much like a burger bun.
2. Can we substitute the Bap for another type of bread? Yes, we have Soda Bread or Focaccia, or they could turn it into a breakfast wrap. All breads except the tortillas are made in house.

BAR SNACK & APPETIZERS

STUFFED MUSHROOMS

Button mushrooms stuffed with blue cheese, golden fried and served with a bacon mayo - 10.95

Dish Size: Expect 3 golf ball sized mushrooms, might get four if mushrooms are smaller than normal.

NACHOS

Corn tortillas, beef and red bean chilli, jalapenos, sharp cheddar, Pico De Gallo, pickled onions, guac & sour cream - 14.95 (*V)

Dish Size: Large for two people.

Common Questions:

1. You can sub chili for chicken or sauteed mushrooms for no charge.

GOLDEN FRIED BRIE CHEESE

Wedge of brie cheese, crispy outside and a melted center. Served with local fruit chutney, mix greens and toasted bread - 9.95 (V)

Dish Size: wedge of brie suitable for two ppl, large for 1 person.

Common Questions:

1. Customers are welcome to more bread if needed. No charge.

FIDEL'S POUTINE

Homemade french fries topped with cheddar cheese, gravy, bacon, sour cream and scallions - 11

Dish Size: Large. Suitable for two people.

DEVILLED EGGS

Topped with bacon crumbles - 7

Dish Size: 4 per order

Common Questions:

1. What is a Devilled Egg?

Answer: hard-boiled eggs that have been shelled, cut in half, and filled with a paste made from the egg yolks mixed with mayonnaise, paprika and mustard.

EGGS BENNY

Description: Toasted focaccia topped with sliced leg of ham, poached eggs & hollandaise sauce. Served with breakfast potatoes - 10.95

Dish Size: Medium

Common Questions:

- Customers are welcome to substitute veggies for the ham (ie. tomato or mushrooms) for a vegetarian option.

STEAK AND EGGS

8oz beef striploin, 2 eggs as you like and breakfast potatoes - 18.95

Dish Size: Large

Standard Customer Choices:

- Steak Temperature
- Egg Temperature

WINGS

Pound of jumbo wings as you like: crispy, hot, BBQ or jerk BBQ. Served with carrots, celery and blue cheese dip - 11.95

Dish Size: Usually 8 large wings per order, though can vary a little based on weight of wings.

KITCHEN RAMEN

Ramen noodles, kombu dashi, pulled pork, kimchi, soft boiled egg, scallions and cilantro - 11.95

Dish Size: Large portion for one person.

SOUP & TOASTIE

Fresh soup of the day served with a toasted Sandwich - ask your server for details - 10.95 (*V)

Dish Size: Large portion for one person.

BRUSCHETTA

Tomato, Mushroom & Onion on Pesto Crostini topped with Parmesan Cheese - 8.95

Dish Size: Light snack. 5 portions.

SCOTCH EGG

with basil puree & an apple & shallot salad.

Dish Size: Suitable appetizer for two people. Whole Egg cut in two.

Common Questions:

1. What is a Scotch Egg? Boiled egg wrapped in meat, breaded & Deep fried.

CURED SALMON

Scottish Salmon cured in Citrus, Gin, Scotch Bonnet, Seasoning Peppers & pimento.

Dish Size: Light Snack.

CHARCUTERIE BOARD- FOR SHARING

Selection of Cheese, house cured meat, pate, Duck Confit, Breads & Pickles.

Dish Size: 2-4 people

BEEF TARTARE

Short Rib Tartare served with Baguettes

Dish Size: Large for 1, light sharing dish for 2.

Common Questions:

1. What is a tartare? Raw diced Short Rib tossed with lime, shallots & capers, worchesthire sauce, mustard & lemon zest. topped with an egg.

SALADS

CAESAR SALAD

Romaine lettuce, crispy bacon and focaccia, garlic croutons tossed in caesar dressing topped with anchovies & parmesan - 10.95

Add chicken - 4.5 ; Add avocado - 2

Dish Size: Large portion for one person.

Common Questions:

1. Is there Anchovies in the dressing? Yes there are.

COBB SALAD

risp greens topped with chicken, avocado, bacon, blue cheese, tomato, red pepper, red onion & egg. Served with ranch or balsamic dressing - 11.95

Dish Size: Large portion for one person.

Standard Customer Choices:

1. Option of Ranch or Balsamic dressing

CRISPY DUCK SALAD

Crispy duck tossed with mango, avocado & greens. Served with a ginger and soy dressing - 15.95

Dish Size: Large portion for one person.

HOUSE GARDEN SALAD

risp greens, cabbage, carrots, red pepper and tomatoes. Served with italian lemon vinegarettte - 10 (V)

Dish Size: Large portion for one person.

WEDGE SALAD

Romaine Wedge, bacon, blue cheese, cherry tomato, shallots, caesar dressing

Dish Size: Large portion for one person.

SPINACH SALAD

Spinach, goats cheese, walnuts, craisins, apple, cherry tomatoes, shallots & a sherry vinaigrette.

Dish Size: Large portion for one person.

CURRIES

FIDEL'S THAI RED CURRY

With chicken, onion, peppers & bamboo shoots. Served with a poppadom & your choice of rice, fries or half/half = 14.95

Dish Size: Large .

Standard Customer Choices:

1. Choice of Side (Rice, Fries or Half/Half.)
2. Has option of vegetarian Curry

LAMB VINDALOO

Tender lamb in a spicy vindaloo sauce with mint yoghurt and poppadom. Served with your choice of rice, fries or half/ half - 15.95

Dish Size: Large .

Standard Customer Choices:

1. Choice of Side (Rice, Fries or Half/Half.)

BUTTER CHICKEN

Butter chicken curry, served with poppadom and your choice of rice, fries or half/ half - 14.95

Dish Size: Large .

Standard Customer Choices:

1. Choice of Side (Rice, Fries or Half/Half.)

CLASSICS

BANGERS & MASH

Homemade pork sausage and buttery mashed potatoes.
Topped with onion gravy - 12.95

Dish Size: Large .

Common Questions:

1. Are sausages gluten free?
Yes.

FISH AS YOU LIKE

Mahi served grilled or blackened with your choice of fries and salad or mashed potatoes and vegetables. Served with mango salsa - 15.95

Dish Size: Large .

COTTAGE PIE

Ground beef, carrots, parsnips & peas in a beef gravy topped with mashed potatoes and cheddar cheese - 13.95

Dish Size: Large .

Common Questions:

1. Difference between Cottage & Sheppard's Pie? Cottage Pie is ground beef, Sheppard's is ground Lamb.

BEEF STROGANOFF

Traditional Beef Stroganoff served with mashed potato - 14.95

Dish Size: Large .

FISH & CHIPS

Beer battered North Atlantic cod, homemade french fries, tartar sauce, raw slaw & mushy peas - 14.95

Dish Size: Large .

Common Questions:

1. We do have a gluten free batter if required for dietary needs.

IRISH STEW

Traditional Irish Beef and vegetable stew. Served with mashed potatoes - 13.95

Dish Size: Large .

Common Questions:

1. Flour is used as the thickening agent in the Stew. The stew is braised for 8 hours, so this is not a gluten free menu option.

JANEY MAC

Creamy mac & cheese made with garlic, pesto, cream cheese, chicken & bacon, topped with parmesan & served with garlic bread - 13.95

Dish Size: Large .

Common Questions:

1. Vegetarian option available
2. Let people know the pesto is in the cream sauce.

PIE & MASH

Homemade pot pies served with mash potatoes, peas & gravy.
Ask your server for our current pie flavour. - 15.95

Dish Size: Large .



SANDWICHES

KITCHEN BURGER

House Blend of Beef & Oxtail Patty, with Smoked Gouda Fondu, Bruschetta Mix and Lettuce - 16.95

Dish Size: Large .

Common Questions:

1. The oxtail is mixed into the beef patty. All of our burger patties are made in house.

KENTUCKY FRIED CHICKEN BURGER

KFC battered chicken with tomato, lettuce, irish cheddar cheese and sriracha mayo on homemade brioche bun - 11

Dish Size: Large .

Common Questions:

1. Kentucky Fried is the batter style. We make this sandwich from scratch in house. It is not affiliated with the KFC franchise.

BEEF TACOS

Chipotle spiced braised beef brisket, citrus slaw, avocado and chipotle mayo - 13.95

Dish Size: Medium.

BLACKENED FISH TACOS

Blackened mahi, mango salsa, green and citrus slaw served on two soft tortillas - 13.95

Dish Size: Medium

FIDEL'S BURGER

8oz ground beef patty, brioche bun, brie cheese, caramalised onions & pickles - 14.95 Add bacon - 2.

Dish Size: Large .

BUFFALO BURGER

Fried chicken breast in buffalo sauce, topped with blue cheese, pickles & pesto mayo. Served on brioche bun with lettuce and tomato - 13.95

Dish Size: Large .

All sandwiches are served with french fries:

Sandwiches can be served with onion rings, house salad or caesar for \$3 surcharge. Upgrade your fries to a poutine - \$4

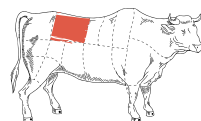
STEAKS

STRIPLOIN

(New York Strip)
Creek Stone Farms
10 oz, \$29

MARBLING: ★★★
TENDERNESS: ★★★
FLAVOUR: ★★★

Chef's Rating: 9

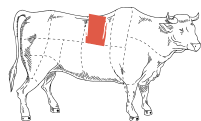


RIB EYE

(Scotch Fillet)
Creek Stone Farms
10 oz, \$36

MARBLING: ★★★★★
TENDERNESS: ★★★★★
FLAVOUR: ★★★★★

Chef's Rating: 12

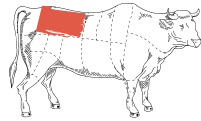


TENDERLOIN

(Fillet)
Creek Stone Farms
8 oz, \$38

MARBLING: ★
TENDERNESS: ★★★★★★
FLAVOUR: ★★

Chef's Rating: 8

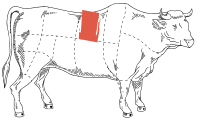


COW GIRL

(Rib Eye)
CAB
14 oz, \$39

MARBLING: ★★★
TENDERNESS: ★★★★★
FLAVOUR: ★★★★★

Chef's Rating: 11

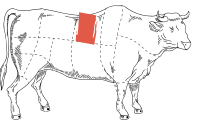


DRY AGED, BONE IN, RIB EYE

(Rib eye)
CAB
16 oz, \$42

MARBLING: ★★★★★
TENDERNESS: ★★★★★★
FLAVOUR: ★★★★★★

Chef's Rating: 14

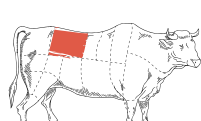


PORTERHOUSE

(King Steak)
CAB
22 oz, \$69

MARBLING: ★★★
TENDERNESS: ★★★
FLAVOUR: ★★★★★

Chef's Rating: 10

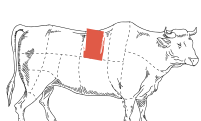


DENVER STEAK

(Boneless Short Rib)
CAB
10 oz, \$18.95

MARBLING: ★★★★★★
TENDERNESS: ★★
FLAVOUR: ★★★★★

Chef's Rating: 11



A Choice of a Beer or House Wine, Two Sides & a Sauce include with each steak.

COMMON QUESTIONS:

MASHED POTATOES
FRENCH FRIES
SAUTEED MUSHROOMS
BROCCOLINI

STEAK FRIES
MACARONI & CHEESE
CAESAR SALAD
MIXED GREEN SALAD

SAUCES:
BEEF JUS
PEPPERCORN

ADD CHEESE:
GORGONZOLA \$4
TALEGGIO \$4

1. Beef Jus is a Thin Beef Gravy
2. Peppercorn Sauce: cream sauce prepared with peppercorn
3. Gorgonzola: Italian Blue Cheese
4. Taleggio: Mild, semi-soft Italian Cheese.

KITCHEN FAVOURITES

RISOTTO

Mushroom, Spinach, Truffle Oil & Parmesean Risotto. - 16.95

Dish Size: Large .

Common Questions: We use an onion stock to slow cook the rice in.

DAUBE OF LAMB

Daub of Lamb in port and Luxardo cherry jus, smoked creme fraiche, mash potato, broccolini 18.95

Dish Size: Large .

Common Questions: The word Daube means braised. .

SALMON

Scottish Salmon from the Faroe Islands served with mashed potatoes, broccolini, poached egg and reisling cream -28

Dish Size: Large.

DUCK CONFIT CASSOULET

Duck, cured with shallots, onion, garlic, parsley & thyme, slow cooked into a bean cassoulet. Topped with chutney. -17.95

Dish Size: Large.

Common Questions: What is Cassoulet? a slow cooked casserole made with meat (duck in our case) & white beans.

CHICKEN CORDON BLEU

Golden fried chicken stuffed with ham & cheese. Served with sauteed fingerling potatoes, spinach, tomato, bacon & parsley sauce. -16.95

Dish Size: Large.

BLT FETTUCINI

Bacon, romaine, cherry tomato, chicken, mushroom, egg yolk & lemon fettucini.. -16.95

Dish Size: Large.

BEEF WELLINGTON

Beef Wellington served with mashed potatoes & Broccolini - 35.

Dish Size: Large

Available: Every Friday. Option for whole Wellington available too. Serves 9 people with sides price \$280.

