

**White Wine**

	6 oz	9 oz	bottle
UNDURRAGA, CHARDONNAY valle central, chile	12	16	48
PELLEHAUT HARMONIE, BLEND côtes de gascogne, france	12	16	48
KENDALL JACKSON, VINTNERS RESERVE CHARDONNAY lake county, california	17	22	72

**Sparkling Wine**

BIUTIFUL, CAVA BRUT utiel-requena, spain	11		44
CONO SUR, SPARKLING ROSÉ valle del bio, chile	12		48
TAITTINGER, CUVÉE PRESTIGE champagne, france			110
DOM PERIGNON champagne, france			410

**Rosé Wine**

LUIGI BOSCA, LA LINDA ROSÉ	16		48
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**Half Bottle**

J. LOHR, CABERNET SAUVIGNON paso robles, california			23
MASI, CAMPOFIORIN veneto, italy			30
J. LOHR CHARDONNAY monterey, california			23
KING ESTATE, PINOT GRIS willamette valley, oregon			30

**Beer**

LOCAL, DOMESTIC AND IMPORTED			7.25
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**Red Wine**

	6 oz	9 oz	bottle
UNDURRAGA, CABERNET SAUVIGNON valle central, chile	12	16	48
CASA SILVA, CARMÉNÈRE san fernando, chile	12	16	48
TRENTHAM ESTATE, SHIRAZ new south wales, australia	13	17	52
WENTE, SANDSTONE MERLOT california, usa	13	17	52
PASCUAL TOSO, MALBEC RESERVA mendoza, argentina	16	20	64
UNDERWOOD, PINOT NOIR oregon, usa	16	20	64
SANDHILL, CABERNET MERLOT okanagan, canada	17	21	68
RAVENSWOOD, ZINFANDEL california, usa	17	21	68

**Non-Alcoholic Beverage**

STILL / SPARKLING BOTTLED WATER (750 ML)			8
SOFT DRINKS pepsi, diet pepsi, 7-up, diet 7-up, ginger ale, root beer, brisk iced tea			4
FRESHLY SQUEEZED JUICE orange or red grapefruit			9
GREEN SMOOTHIE kale, spinach, avocado, greek yogurt, almond milk, local honey, hemp hearts			10
BERRY SMOOTHIE mixed berries, banana, almond milk, fatso peanut butter, chia seeds			10
FRUIT JUICE orange, red grapefruit, apple, cranberry, tomato			4
2% OR SKIM MILK			4

**Coffee & Tea**

FRESHLY BREWED COFFEE	SMALL POT	6
	LARGE POT	8.50
ESPRESSO OR AMERICANO		4
LATTE OR CAPPUCCINO		5
SELECTION OF TAZO TEAS	PER POT	5

ROOM SERVICE **MENU**

**HYATT**  
REGENCY®  
CALGARY

## BREAKFAST

6:00 AM - 11:00 AM

### Grains & Fruit

**STEEL CUT OATS** <sup>VG GF DF</sup> 11  
fatso peanut butter, banana, coconut flakes, toasted pumpkin seeds, hemp hearts

**HOMEMADE BIRCHER MUESLI** <sup>V GF</sup> 13  
highwood crossing oats, spiced apples, toasted walnuts, greek yogurt, chia

**HEALTHY TRAVELER BREAKFAST** <sup>VG GF DF</sup> 16  
quinoa, deep water greens, poached eggs, sliced avocado, hemp hearts, pumpkin seeds

ADD SMOKED SALMON 3

**SLICED FRUIT AND BERRIES** <sup>VG GF DF</sup> 16

**PASTRY BASKET** <sup>V</sup> 9  
croissant, hazelnut crunch, blueberry scone

### Cage-Free Eggs

**THOMSONS CLASSIC BREAKFAST** <sup>GFA DFA</sup> 19  
two eggs any style, natural cured bacon, valbella maple sausage, crispy potato & brussels sprout hash, nine grain toast & jam

SUBSTITUTE CHICKEN SAUSAGE 2

**MUSHROOM OMELET** <sup>GFA DFA</sup> 18  
dancing goat feta, chef's farmer spinach, mushrooms, crispy brussels sprout hash

**CLASSIC EGGS BENEDICT** <sup>GFA DFA</sup> 18  
valbella back bacon, poached eggs, hollandaise sauce, toasted english muffin, crispy brussels sprout hash

SUBSTITUTE SMOKED SALMON 3

### Specialties

**BREAKFAST SANDWICH** <sup>V GFA</sup> 18  
seared halloumi cheese omelet, alfalfa sprouts, tomato, sliced avocado, mayo, ciabatta

ADD NATURAL CURED BACON 2  
SUBSTITUTE GLUTEN-FREE BUN 2

**BUTTERMILK PANCAKES** <sup>V</sup> 18  
maple syrup, blueberries

**ALBERTA STEAK AND EGGS** <sup>GF DFA</sup> 24

aaa striploin 6 oz, two eggs any style, sauteéd broccolini, hollandaise, calabrian chilis

**AVOCADO TOAST** <sup>VG GFA DFA</sup> 19  
slow-cooked eggs, smashed avocado, buttered rye bread, oven dried tomatoes, fine herbs

## KIDS JUMP STARTERS

6:00 AM - 11:00 AM

**FRUIT AND YOGURT PARFAIT** <sup>V</sup> 5  
greek yogurt, homemade granola, seasonal berries, saskatoon berry compote

**RISE AND SHINE** <sup>GFA</sup> 7  
fried or scrambled eggs, choice of bacon, pork or chicken sausage, fresh fruit, toast

**BUTTERMILK PANCAKES** <sup>V</sup> 6  
maple syrup, blueberries

**HIGHWOOD CROSSING ORGANIC STEEL-CUT OATS** <sup>VG GF DF</sup> 6  
fatso mct oil peanut butter, strawberries

## KIDS ALL-DAY DINING

11:00 AM - 12:00 MIDNIGHT

**CHOPPED SALAD** <sup>V GF</sup> 7  
romaine, cucumber, tomato, carrot, ranch dressing

**CRISPY CHICKEN TENDERS** <sup>GF</sup> 7  
CHOICE OF CHOPPED SALAD OR FRIES  
gluten-free breaded chicken breast, ranch dip

**BROWN RICE PENNE** <sup>V GF</sup> 7  
classic tomato pasta or butter & cheese

**FISH & CHIPS** <sup>DF</sup> 8  
battered sustainably sourced haddock, fries, tartar sauce

**GRILLED ALBERTA CHICKEN** <sup>GF DF</sup> 9  
baby carrots, jasmine rice

**KID'S BURGER** 8  
CHOICE OF CHOPPED SALAD, SLICED FRUIT OR FRIES  
alberta beef, lettuce, tomato, ketchup

ADD CHEESE OR ADD NATURAL CURED BACON 2  
SUBSTITUTE GLUTEN-FREE BUN 2

## DESSERTS

11:00 AM - 12:00 MIDNIGHT

**WARM BANANA FRITTERS** <sup>V</sup> 10  
ancho chili chocolate sauce, butter rum sauce

**GREEN APPLE MOUSSE** <sup>GF</sup> 10  
apple cider sorbet, dandelion honey

**CAKE OF THE WEEK** 12  
big slice, best shared

## ALL-DAY DINING

11:00 AM - 12:00 MIDNIGHT

### Starters

**CARROT HARISSA** <sup>VG GFA DF</sup> 8  
rosemary garlic potato chips

**CRISPY BRASSICAS** <sup>VA GF DF</sup> 13  
brussels sprouts, broccoli, cauliflower, togarashi spice, lardo, katsu mayo

**PICKLE PLATE** <sup>V</sup> 11  
warm pretzel, pickled local vegetables, IPA mustard, honey butter

**THOMSONS POUTINE** 14  
crinkle cut fries, sylvan star cheese curds, roasted chicken gravy, peas, chicken chicharron

**B.C. ALBACORE TUNA** <sup>GF DF</sup> 16  
cucumber, snap pea, dill, cashew cream, crushed chips

**SMOKED ALBERTA CHICKEN WINGS** <sup>GF</sup> 15  
vadouvan spice rubbed, cracked black pepper, orange crème fraiche,

**EMPANADAS** <sup>VA GFA</sup> 14  
salsa borracha, choice of vegetable or beef

### Soup, Salads & Sandwiches

**BROCCOLI SOUP** <sup>V GF</sup> 9  
mimolette cheese, charred broccoli

**GOLD BEET BORSCHT** 9  
charred cabbage, crème fraiche, fresh dill

**THOMSONS SALAD** <sup>VG GF DF</sup> 14  
urban farm greens, carrot, beet curls, radish, sunflower seeds, ginger kombucha vinaigrette

ADD HALLOUMI 4

ADD CHICKEN 6

ADD SALMON 9

**HEALTHY TRAVELER BOWL** <sup>VG GF DF</sup> 18  
cucumber, root vegetables, peppers, shaved red cabbage, deep water farms greens, wild rice, sprouted lentil, kimchi, cashew satay sauce

ADD HALLOUMI 4

ADD CHICKEN 6

ADD SALMON 9

**POPLAR BLUFF BEET SALAD** <sup>V GF</sup> 16  
herb roasted & pickled beets, kohlrabi, aquaponic kale, pistachio, fresh cheese, walnut vinaigrette

**ROASTED CHICKEN SANDWICH** <sup>GFA DF</sup> 18  
CHOICE OF MIXED GREENS OR FRIES  
katsu mayo, bacon jam, pickled carrot, radish, shredded lettuce, ciabatta

**KNUCKLE SANDWICH** 17  
CHOICE OF MIXED GREENS OR FRIES  
alberta pork, sauerkraut, beer caramel, pickles, ale mustard, gruyere, rye bread

**ALBERTA BEEF BURGER** 19  
CHOICE OF MIXED GREENS OR FRIES  
two alberta chuck patties, beefsteak tomato, american cheddar, butter lettuce, dill pickles, red onion, burger sauce, yellow mustard, sesame bun

ADD NATURAL CURED BACON OR SUBSTITUTE CAESAR SALAD 3

ADD CAGE-FREE EGG OR ADD AVOCADO 2

SUBSTITUTE GLUTEN-FREE BUN 2

**WILD MUSHROOM FLATBREAD** 19  
mozzarella, arugula

**PROSCIUTTO FLATBREAD** 19  
roasted red pepper, goat cheese, basil

### Mains

**FISH & CHIPS** <sup>DF</sup> 21  
beer battered haddock, coleslaw, tartar sauce, grilled lemon

**CHICKEN & FRIED RICE** 28  
roasted chicken supreme, jasmine rice, longanisa sausage, corn, carrots, peas, charred shallot, black bean sauce, cured egg

**CAULIFLOWER STEAK** <sup>VG GF DF</sup> 23  
roasted tomato stew, chickpeas, turmeric pumpkin seeds, salsa verde

**BAKED BROWN RICE PENNE** 18  
marinara sauce, basil, creamy ricotta, mozzarella, old grizzly gouda

**ORA KING SALMON** 34  
gold beet borscht, charred cabbage, carrots, farro, beet puree, crème fraiche

**TENDERLOIN** 39  
7 oz, sterling silver, cheese curd mashed potatoes, brussels sprouts, red wine demi

**TOP GRASS SIRLOIN** 31  
8 oz, grass-fed, bone marrow butter, sauteéd shimeji mushrooms, thick toast, crinkle cut fries

## LATE-NIGHT DINING

12:00 MIDNIGHT - 6:00 AM

**SLICED FRUIT AND BERRIES** <sup>VG GF DF</sup> 16

**BANANA BREAD** 3

**YOGURT & GRANOLA PARFAIT** 5  
mixed berry compote

**BREAKFAST EGG MUFFIN** 4  
cage-free egg, american cheddar, english muffin

**CHICKEN CAESAR SALAD** 15  
herb roasted chicken, chopped romaine lettuce, bacon, parmesan, croutons, caesar dressing

**VEGETABLE WRAP** 11  
carrots, beets, peppers, toasted almonds, sunflower shoots, hummus, tahini dressing, arugula

**HAM & CHEESE SANDWICH** 12  
shaved valbella maple pepper ham, gruyere, romaine lettuce, beef steak tomato, dijon aioli

**SMOKED TURKEY SANDWICH** 13  
alfalfa sprouts, guacamole, lettuce, tomato, dijon aioli, jalapeño havarti, nine grain bread

**BUTTER CHICKEN** 19  
yogurt marinated chicken breast, steamed basmati rice, cilantro

**BAKED BROWN RICE PENNE** 18  
marinara sauce, basil, creamy ricotta, mozzarella, old grizzly gouda

**V** vegetarian **VG** vegan **GF** gluten-free **DF** dairy-free **GFA** gluten-free available **DFA** dairy-free available

Subject to 5% tax, room delivery charge of \$6 and service charge of 19%. Service charge already includes gratuity.

Consuming raw undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness. Please notify us if you have food allergies or dietary restrictions. <sup>9/19</sup>