



# BACKTRACK

SINCE 1883

## TO START & SHARE

### SOUP DE JOUR • FRENCH ONION

Chef prepared everyday

Bowl • 9.5      Cup • 5.5

### CRISPY CHICKEN WINGS • 19.5

Garlic Parmesan, Sriracha Hot, Salt & Pepper, House BBQ

with Celery, Carrots, & Parmesan Dip

### TACOS CAMPEON •

Three Soft Shell Tacos filled with Coleslaw, Pico de Gallo, Your Choice of Protein & Drizzled with Taco Sauce

CHICKEN 18      FISH 18

SHRIMP 19      BLACK BEANS 15.5

### THE TRACK NACHOS • 23

Half Order • 19

Tricolored Corn Tortilla Chips, Formagio, Pickled Jalapenos, Pico de Gallo, Scallions. Drizzled with Cheese & Taco Sauce

Add: Spicy Beef, Cajun Chicken or Pulled Pork \$7

### GINGER BEEF • 16

Saucy Ginger Beef Served on a bed of Crispy Noodles & Topped with Slivered Carrots and Red Peppers

### ARANCINI • 15

5 Cheesy Arancini Balls. Stuffed with Risotto, Mixed Cheddar Cheese & Italian Parsley. Served with Marinara Sauce

### SALT & PEPPER BONE IN DRY RIBS • 16.5

Crispy Marinated Pork Ribs, Salt, Cracked Pepper with a side of House Ranch

### TRACK TENDIES • 14.75

Hand Breaded Chicken Tenders Fried to Golden Perfection. Served with House Made Comeback Sauce.

### POUTINE • 13.5

Crispy French Fries with House Gravy & Decadent White Cheddar Cheese Curds

Add Pulled Pork • \$6

### TRACK PLATTER • 53

1lb Chicken Wings, 1lb Dry Ribs, Arancini Balls, 1/4 Nachos

### RICKY'S TUNA FLAIR • 19

Sushi Rice, Avocado, Mango, Shredded Radish, Ahi Tuna, Drizzled with Sriracha Aioli. Served with Crisp Prawn Crackers & Soy Ginger Sauce

### CHICKEN QUESADILLA • 16

Mixed Cheddar Cheese, Cajun Chicken, Pico de Gallo & Green Onion Served with a Side of Sour Cream

### PRETZEL BITES • 11

Salted & Buttered Pretzel Bites served with Your Choice of Dip. Honey Mustard or Signature Cheese Sauce

### BUFFALO CHEESE DIP • 16.5

Shredded Chicken, Buffalo Sauce Mixed Together with Blue & Cream Cheeses. Served with Tri-Color Corn Chips & Raw Veggies

## SALADS

### CAESAR SALAD • 16

Charred Vegetable Caesar Dressing, Smoked Bacon, Herbed Croutons, Grana Padano

### TRACK HOUSE SALAD • 16

Artisan Lettuce, Carrots, Cucumber, Sun-dried Cranberries, Sunflower Seeds. Honey Feta Vinaigrette Dressing

ADD: GRILLED CHICKEN • \$6

SHRIMP • \$7      SALMON • \$9

### SOUTHWEST BBQ CHICKEN • 21

BBQ Chicken Breast, Shredded Iceberg & Romaine Lettuce, Corn Kernels, Fresh Tomato, Black Beans, Basil, Crispy Cajun Strips. Cilantro & Lime Ranch Dressing

### TACO SALAD • 17

Tortilla Bowl, Shredded Iceberg Lettuce, Formagio, Pico de Gallo, Pickled Jalapenos, Avocado, Scallions. Sour Cream Dressing

Add: Spicy Beef or Cajun Chicken \$7

### CITRUS SALMON SALAD • 22

4 ounces of Salmon, Artisan Lettuce, Grapefruit, Orange, Cucumber, Red Onion, Fennel, Avocado, Feta Cheese. Dill Vinaigrette



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## BURGERS & SANDWICHES

### CRISPY CHICKEN BURGER • 19.75

Crispy Chicken, Kaiser Bun, Smoked Bacon, Cabbage Slaw, Dijonaise, Pickle, Aged Cheddar

### BUILD YOUR OWN BURGER • 15

House Ground 100% Beef Patty, Brioche Bun, Iceberg Lettuce, Burger Sauce, Sliced Tomato

#### Add on:

Swiss Cheese - Mozzarella - Old Cheddar - American Cheese • \$1

Sauteed Mushrooms - Sauteed Onions - Dill Pickle - Jalapeno - Banana Peppers • \$1

Extra Patty • \$6 • Smoked Bacon • \$3.5

### ROSEMARY CHICKEN FOCACCIA • 19.75

Grilled Rosemary Chicken, Swiss Cheese, Dijonaise, Crispy Iceberg Lettuce, Sliced Tomato, Bacon, on a Ciabatta Focaccia Bun

### BEEF DIP • 19.5

Thinly sliced Roast Beef served on a Sub Bun with Au Jus

Add on: Cheese, Bell Peppers, Mushrooms, Onions • \$1 each

### STEAK SANDWICH • 26

7 oz Alberta Prime Sirloin, Thick Texas Cut Toast, Crispy Onions with Dijonaise

### BUFFALO CHICKEN WRAP • 18.5

Crispy Chicken Tenders tossed in Sriracha, wrapped with Shredded Cheese, Crunchy Iceberg Lettuce, Pico de Gallo & House Ranch

### ROASTED TURKEY CLUB • 19.75

Roasted Smoked Turkey Breast, Old Bay Remoulade, Iceberg lettuce, Sliced Tomato, Crispy Bacon, Swiss Cheese, on Triple Stacked Brown Bread

### NASHVILLE CHICKEN SANDWICH • 19.75

Crispy Cayenne Breaded Chicken Breast. Served with Banana Peppers, Pickles & Coleslaw on a Kaiser Bun

CHOICE OF SIDE: CAESAR SALAD • HOUSE SALAD • FRENCH FRIES • SOUP  
• YAM FRIES \$3 •  
• SIDE POUTINE \$5.5 •

## NOODLES/RICE/GRILLED

### CREAMY ALFREDO • 18

Creamy House Made Alfredo Sauce, Fettuccine Noodles and Shaved Grana Padano

Add: Shrimp \$7 • Chicken \$6

### BAKED MAC'N CHEESE • 18.5

Cavatappi Noodles with Melted Mixed Cheeses. Topped with Crispy Baked Bread Crumbs

Add: Bacon \$3.5 • Chicken \$6

### MISO RAMEN • 18

Creamy Miso Ramen Broth with Pork Belly, Boiled Egg, Shiitake Mushrooms, Corn Kernels & Seaweed Strips. Topped with Scallions & Carrot Slivers

### COD FISH & CHIPS • 22

Two Pieces of Beer Battered Cod served with Old Bay Remoulade & Coleslaw

### THAI GRILLED CHICKEN BOWL • 20.5

Coconut Green Curry Sauce, Grilled Thai Chicken, Cucumber, Shredded Lettuce served on Rice Noodles

### HUNAN KUNG PAO • 20.5

Grilled Chicken, Egg Noodles, Sauteed Vegetables with House made Hunan Kung Pao Sauce. Topped with Roasted Peanuts. You choose the spice level! (1-5)

### TUNA POKE BOWL • 22

Marinated Ahi Tuna, Edamame, Radish, Avocado & Cucumber with Sriracha Aioli all served on Sushi Rice

### BRAISED SHORT RIB • 35

Bone-in Braised Short Rib with Merlot Au Jus. Served with Truffle Garlic Mashed Potatoes and Chef Seasonal Vegetables

### BAKED CAJUN COD • 25

Two pieces of Cajun Seasoned Cod Fish. Served with Mango Salsa, Rice Pilaf & Coleslaw

### GREEK CHICKEN • 25

Juicy Chicken Thighs served with Rice Pilaf, Tzatziki and Chef Seasonal Vegetables