Lift Me Up
On the Lake

Available for Dine-In Guests Only

Lift Me Up
On the Lake

Menu

Open since 2011

by Tiramisu Bistro

“ MEANING: Lift Me Up ”

Born on 124th Street

DESSERT

TIRAMISU $12.50
Espresso soaked lady fingers, sweet whipped mascarpone

CHEF’S CHOICE DESSERT
Ask your server about our dessert of the day!

Bakery Counter

Freshly baked in-house daily.

*Featuring our famous **cinnamon buns**, croissants, cookies, sourdoughs, baguettes and more. Check the bakery counter for today’s selection!*

PIZZA

Monday-Friday: 12pm - 9pm
Saturday: 2pm - 9:30pm
Sunday: 2pm - 8pm

MARGHERITA $17
*Tomato passata, mozzarella, basil | **GF +3***

PROSCUITTO MUSHROOM $25
*Tomato passata, mozzarella, mushroom, topped with prosciutto (pork), burrata, arugula & Grana Padano | **GF +3***

HOT HONEY QUATTRO FROMAGGI $20
*Mozzarella, gorgonzola, feta, parmesan, sweet chilli honey drizzle | **GF +3***

PEPPERONI $22
*Tomato base, mozzarella, pepperoni (pork) | **GF +3***

BURGERS

Monday-Friday: 12pm - 9pm
Saturday: 2pm - 9:30pm
Sunday: 2pm - 8pm

CHICKEN BURGER | GF +3 $24
Crispy chicken breast, caramelized apples, brie, garlic aioli, arugula on brioche with potato wedges.

ITALIAN GOURMET BURGER | GF +3 $23
House-made smashed beef patty, carmelized onion, deep-fried smoked gouda, bacon (pork), lettuce, tomatoes & aioli on brioche bun with potato wedges.
Add patty +4

BRUNCH

Monday-Friday: 8am-12pm
Saturday-Sunday: 8am-2pm

BRUNCH ESSENTIALS

CLASSICO $20
*Croissant, bacon, two eggs any style & maple spiced potatoes | **GF available***

TOMATO & FETA OMELETTE $21
*3 eggs, tomatoes, garlic, spinach & feta with toast and maple spiced potatoes | **GF +2***

BRUNCH BURGER $25
Smashed beef patty, sunny-side egg, bacon (pork), cheddar, aioli, lettuce, tomato and onion rings on house-made brioche bun and maple spiced potatoes
*Add patty + 4 | **GF +3***

SALMON ASPARAGUS RISOTTO | GF $25
Smoked salmon, asparagus, parmesan, risotto | Add 2 poached eggs +5

BRUNCH SANDWICHES

THE CANADIAN SANDWICH $19
*Crispy bacon (pork), fried egg, torched gouda cheese, roasted cherry tomatoes, spicy mayo, apricot spread, arugula on focaccia | **GF +3***

THE ITALIAN SANDWICH $18
*Crispy prosciutto (pork), boiled eggs, stracciatella cheese, spicy mayo, shaved parmesan on a fresh croissant | **GF +3***

MATINA VERDE $19
*Smashed avocado, red onions, with boiled eggs on milk bun | **GF +3***

EGGS BENNY

*All served with two poached eggs and hollandaise | **GF +3***

PROSCIUTTO BENNY $19
Prosciutto (pork) and jalapeño havarti on an English muffin with a side of maple spiced potatoes

SMOKED SALMON BENNY $21
Smoked salmon and sautéed spinach on an English muffin with a side of maple spiced potatoes

BRISKET BENNY HASH BOWL $22
Braised beef brisket, roasted bell peppers and caramelized onions on maple spiced potatoes

CHICKEN WAFFLE BENNY **$23**
*Crispy chicken and aged cheddar on a waffle topped with a radish slice | **GF not available***

KALE AVOCADO HASH BOWL $23
Kale, avocado, mushrooms on maple spiced potatoes

ALL THINGS SWEET

CINNAMON BUN FRENCH TOAST **$22**
Housemade cinnamon bun topped with raspberry compote, pistachio crumble and maple syrup.

SOUFFLÉ PANCAKES $19
Four soufflé pancakes topped with mascarpone cream and berry compote

BERRY WAFFLE $21
Belgian waffle with seasonal berries and mascarpone cream

FRUIT & GRANOLA YOGHURT BOWL $16
House granola, Greek yogurt, local berries and honey drizzle. Served with fresh croissant.

BERRY CREPE $20
2 crepes, seasonal berries, maple syrup, whipped mascarpone cream cheese and blueberry compote

PASTA

Monday-Friday: 12:30pm - 9pm
Saturday: 2:30pm - 9:30pm
Sunday: 2:30pm - 8pm

Served with house-made pasta — HALF | REGULAR

CARBONARA | GF +3 $17 | $25
Crispy pancetta (pork), parmesan, black pepper, egg yolk sauce on spaghetti.

BOLOGNESE | GF +3 $17 | $24
Alberta ground beef & tomato sauce on spaghetti

AGLIO E OLIO | GF +3 $11 | $17
Garlic, chilli flakes & olive oil on spaghetti

CRISPY CHICKEN ALFREDO | GF +3 $17 | $25
Parmesan breaded chicken, Alfredo sauce on fettuccine

PASTA A LA VODKA | GF +3 $15 | $23
*Spicy tomato vodka sauce topped with pancetta (pork) on rigatoni. | **Vegan available***

KALE PESTO | GF +3 $15 | $22
*Kale pesto, toasted pine nuts topped with sun-dried tomatoes on fettuccine | **Vegan +2***

WILD MUSHROOM CHICKEN | GF +3 $14 | $24
*Grilled chicken, local mushrooms, parmesan, cream sauce on rigatoni | **Make it risotto (GF)***

LIFT ME UP BISON LASAGNA --- | $23
Alberta bison layered with ricotta & tomato sauce, served with a side house salad

GF not available for half portions

SALADS

Monday-Friday: 12pm - 9pm
Saturday: 2pm - 9:30pm
Sunday: 2pm - 8pm

TUSCAN CHICKPEA BOWL | GF — $21
White beans, chickpeas, kale, artichoke, sun-dried tomatoes, avocado and parmesan with a lemon walnut dressing

SWEET POTATO QUINOA SALAD | GF — $20
Quinoa, roasted sweet potatoes, red peppers, tomatoes, avocado and feta with a lemon dressing

KALE CAESAR SALAD | GF AVAILABLE — $18
Mixed kale & romaine lettuce, capers, parmesan and garlic croutons with a house Caesar dressing

CAPRESE SALAD | GF — $19
Tomato, mozzarella, basil, olive oil & balsamic glaze dressing + crostini

BEET & GOAT CHEESE SALAD | GF — $22
Mixed greens, beets, fresh goat cheese, sunflower seeds and roasted walnuts with a balsamic vinaigrette

ADD-ONS

GRILLED CHICKEN	$6
BACON	$7
SMOKED SALMON	$10
PROSCUITTO (PORK)	$6

SANDWICHES

Monday-Friday: 8am - 9pm
Saturday: 8am - 9:30pm
Sunday: 8am - 8pm

RUSTICO ITALIANO | GF +3 — $19
3 types of salami (pork), torched gouda cheese, stracciatella cheese, roasted cherry tomatoes, arugula, and spicy mayo on focaccia

IL MAGNIFICO | GF +3 — $22
Smoked brisket, torched gouda cheese, horseradish, dijon mustard, roasted tomatoes, pickled red onion & arugula

CAPRESE | GF +3 — $19
Bocconcini cheese, stracciatella cheese, torched cherry tomatoes, pesto, chilli oil, arugula & balsamic reduction

IL SOGNO | GF +3 — $20
Smoked chicken, stracciatella cheese, torched gouda, apricot spread, balsamic glaze + arugula on focaccia

FIOR DI TOSCANA | GF +3 — $20
Prosciutto (pork), stracciatella cheese, roasted cherry tomatoes, fig spread, balsamic glaze, arugula + crushed pine nuts on focaccia

TAPAS

Monday-Friday: 12pm - 9:30pm
Saturday: 2pm - 9:30pm
Sunday: 2pm - 8pm

HALF | REGULAR

SPICY OLIVES - | $8

TOMATO BRUSCHETTA | GF AVAILABLE $9 | $18
Fresh tomatoes, garlic, basil on toasted baguette

ARANCINI $11 | 22
Crispy risotto balls with mozzarella & parmesan marinara

TRUFFLE FRIES | GF - | $12
Grated parmesan with truffle oil on house-made fries + truffle aioli

BAKED BRIE | GF AVAILABLE - | $19
Warm brie with fig jam + crostini.

CARPACCIO | GF AVAILABLE - | $22
Thinly shaved beef, arugula, parmesan, capers & lemon aioli

CHARCUTERIE | GF AVAILABLE $22 | $35
Meats (pork), cheeses, dijon mustard, olives, pickled onion, jams, fruits + crostini

MEATS BOARD | GF AVAILABLE - | $20
Selection of Italian cured meats (pork), served with warm house bread & accompaniments

CHEESE BOARD | GF AVAILABLE - | $19
Selection of cheeses, served with warm house bread, grapes & accompaniments

HALF | REGULAR

CALAMARI FRITTI $11 | $21
Lightly breaded with red onions & lemon aioli

DEEP-FRIED BURRATA - | $24
*Deep-fried burrata served on a bed of creamy, spicy sun-dried tomato veloute + toasted bread | **GF Alternative available***

FOCACCIA & OLIVE OIL | GF AVAILABLE - | $8
Focaccia bread + house-made infused olive oil

WHIPPED FETA | GF AVAILABLE $12 | $19
Creamy feta with herbs & olives + crostini

BEET HUMMUS | GF AVAILABLE $11 | $19
Beet hummus, feta + crostini

WHIPPED RICOTTA | GF AVAILABLE $12 | $19
House-made riscotta, rosemary, olive oil + crostini

GARLIC BUTTER PRAWNS | GF - | $21
Prawns cooked in a butter garlic sauce and spicy mayo drizzle on lemon risotto

Meet me *by the lake*

MOCKTAILS

0% cocktails

0% BLUEBERRY COCONUT MARGARITA $13
0% Harlans Tequila, Coconut, Blueberry, Pineapple + lime

0% PEACH BELLINI $10
Peach puree + Soda

0% LAVENDAR FRENCH 75 $12
0% Harlans Gin, Lavender + Soda

Softs

ITALIAN SODA $5
Sparkling water + choice of blueberry, raspberry, peach, strawberry, lemon or lime.

POP $4
Rotating selection

DRINKS
Menu

COFFEE

MILK ALTERNATIVES | + 1 OAT | ALMOND | SOY
ADD WHIPPED CREAM | + 0.5

TIRAMISU LATTE $8
Espresso, milk, chocolates, whipped cream, cocoa powder

TORCHED MARSHMALLOW LATTE $8.5
Espresso, caramel, torched marshmallow

ESPRESSO CON PANNA $5
Espresso topped with whipped cream

CAPPUCCINO $6.5

LATTE $6.5

HOT CHOCOLATE $6.5

DRIP COFFEE $4.5

Tea

CHAI LATTE $6.5

PEPPERMINT $4.5

EARL GREY $4.5

COCKTAILS

Spritz on the Lake

APEROL SPRITZ ON TAP $12
Aperol, prosecco, peach, soda

HUGO SPRITZ $13
Elderflower liqueur, prosecco, soda

Lift Me Up Classics

PAPER PLANE $15
Bourbon whiskey, amaro nonino, aperol, lemon juice | 2 oz

BLUEBERRY COCONUT MARGARITA $16
Coconut tequila, coconut, blueberry, pineapple + lime | ***non-alc $13***

SMOKED TIRAMISU OLD FASHIONED $18
Bridgland Berbon, glayva, chocolate bitters + smoked

CLASSIC NEGRONI $17
Gin, Campari, Martini Sweet Vermouth

LAVENDAR FRENCH 75 $16
Empress Gin, Lavender, Lemon, Prosecco

The Anytime Hour

ORIGINAL PEACH BELLINI $13
Prosecco, triple sec + peach puree | 1oz

MIMOSA $12
Prosecco, triple sec + choice of juice | 1oz

LIFT ME UP CAESAR $14
Vodka, hot sauce, Worcestershire sauce, Clamato juice + lime

WINE

Red

5 oz | 8 oz | bottle

CAB. SAV BLEND | KADETTE 12 | 17 | 50
Raspberries, dark cherries, black plums, cinnamon, and all spice.

CESANESE | CASALE DEL GIGLIO 15 | 21 | 60
Deep ruby red. Intense aromas of cherry, spicy notes of pepper & violet

MALBEC | ROTATING 11 | 16 | 48

White

5 oz | 8 oz | bottle

SAUV. BLANC BLEND MISS LUCY 13 | 18 | 55
Bursting with citrus grapefruit flavours and ample mouthfeel.

RIESLING | FREY 13 | 18 | 55
Sweet with apple, peach, and lemon notes.

PINOT GRIGIO RAMATO | ITALY 13 | 18 | 55
Elegant and silk-smooth in the mouth. Full-bodied.

Rose & Sparkling

5 oz | 8 oz | bottle

MARQUES DE MARIALVA | PORTUGAL 11 | 16 | 48
Fruity with bright red fruit flavours of strawberry and raspberry.

SETTE ROCHE CAVA | FRANCE 11 | 16 | 48
Dry fine bubbles, fresh, pleasant and harmonious.

BEER

on tap

16oz

PERONI $11
MATINEE LEMON CREAM TEA TART ALE $11
ROTATING SELECTION - ASK US! $11