

Lift Me Up
On the lake



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Menu

Open since 2011
by Tiramisu Bistro

MEANING:
“ *Lift Me Up* ”

Born on 124th Street

DESSERT

| | |
|---|------|
| TIRAMISU | \$12 |
| <i>Espresso soaked lady fingers, sweet whipped mascarpone</i> | |
| SEASONAL TIRAMISU | \$14 |
| <i>Ask your server about our seasonal tiramisu!</i> | |

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

Tomato passata, mozzarella, basil | **GF +3**

\$17

PROSCIUTTO MUSHROOM

Tomato passata, mozzarella, mushroom, topped with prosciutto, burrata, arugula & Grana Padano | **GF +3**

\$19

HOT HONEY QUATTRO FROMAGGI

Mozzarella, gorgonzola, feta, parmesan, sweet chilli honey drizzle | **GF +3**

\$20

PEPPERONI

Tomato base, mozzarella, pepperoni | **GF +3**

\$19

BURGERS

Monday-Friday: 12pm - 9pm

Saturday: 2pm - 9:30pm

Sunday: 2pm - 8pm

CHICKEN BURGER | **GF +3**

Crispy chicken breast, caramelized apples, brie, garlic aioli, arugula on brioche with potato wedges.

\$21

ITALIAN GOURMET BURGER | **GF +3**

House-made smashed beef patty, caramelized onion, deep-fried smoked gouda, bacon, lettuce, tomatoes & aioli on brioche bun with potato wedges.
Add patty +4

\$22

BRUNCH

Monday-Friday: 8am-12pm

Saturday-Sunday: 8am-2pm

BRUNCH ESSENTIALS

CLASSICO

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

\$19

TOMATO & FETA OMELETTE

3 eggs, tomatoes, garlic, spinach & feta with toast and maple spiced potatoes | **GF +2**

\$19

BRUNCH BURGER

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

\$21

SALMON ASPARAGUS RISOTTO | **GF**

Smoked salmon, asparagus, parmesan, risotto
| Add 2 poached eggs +5

\$22

BRUNCH SANDWICHES

THE CANADIAN SANDWICH

Crispy bacon, fried egg, torched gouda cheese, roasted cherry tomatoes, spicy mayo, apricot spread, arugula on focaccia | **GF +3**

\$18

THE ITALIAN SANDWICH

Crispy prosciutto, boiled eggs, stracciatella cheese, spicy mayo, shaved parmesan on a fresh croissant | **GF +3**

\$18

MATINA VERDE

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

\$18

EGGS BENNY

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

PROSCIUTTO BENNY

Prosciutto and jalapeño havarti on an English muffin with a side of maple spiced potatoes

\$19

SMOKED SALMON BENNY

Smoked salmon and sautéed spinach on an English muffin with a side of maple spiced potatoes

\$21

BRISKET BENNY HASH BOWL

Braised beef brisket, roasted bell peppers and caramelized onions on maple spiced potatoes

\$22

CHICKEN WAFFLE BENNY

Crispy chicken and aged cheddar on a waffle topped with a radish slice | **GF not available**

\$23

KALE AVOCADO HASH BOWL

Kale, avocado, mushrooms on maple spiced potatoes

\$23

ALL THINGS SWEET

CINNAMON BUN FRENCH TOAST

Housemade cinnamon bun topped with raspberry compote, pistachio crumble and maple syrup.

\$18

SOUFFLÉ PANCAKES

Four soufflé pancakes topped with mascarpone cream and berry compote

\$17

BERRY WAFFLE

Belgian waffle with seasonal berries and mascarpone cream

\$17

FRUIT & GRANOLA YOGHURT BOWL

House granola, Greek yogurt, local berries and honey drizzle. Served with fresh croissant.

\$16

BERRY CREPE

2 crepes, seasonal berries, maple syrup, whipped mascarpone cream cheese and blueberry compote

\$17

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**

Crispy pancetta, parmesan, black pepper, egg yolk sauce on spaghetti.

\$16 | \$23

BOLOGNESE | **GF +3**

Alberta ground beef & tomato sauce on spaghetti

\$15 | \$22

AGLIO E OLIO | **GF +3**

Garlic, chilli flakes & olive oil on spaghetti

\$10 | \$16

CRISPY CHICKEN ALFREDO | **GF +3**

Parmesan breaded chicken, Alfredo sauce on fettuccine

\$15 | \$22

PASTA A LA VODKA | **GF +3**

Spicy tomato vodka sauce topped with pancetta on rigatoni. | **Vegan available**

\$14 | \$21

KALE PESTO | **GF +3**

Kale pesto, toasted pine nuts topped with sun-dried tomatoes on fettuccine | **Vegan +2**

\$14 | \$21

WILD MUSHROOM CHICKEN | **GF +3**

Grilled chicken, local mushrooms, parmesan, cream sauce on rigatoni | **Make it risotto (GF)**

\$14 | \$21

LIFT ME UP BISON LASAGNA

Alberta bison layered with ricotta & tomato sauce, served with a side house salad

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GF not available for half portions

SALADS

Monday-Friday: 12pm - 9pm

Saturday: 2pm - 9:30pm

Sunday: 2pm - 8pm

TUSCAN CHICKPEA BOWL | GF \$20

White beans, chickpeas, kale, artichoke, sun-dried tomatoes, avocado and parmesan with a lemon walnut dressing

SWEET POTATO QUINOA SALAD | GF \$21

Quinoa, roasted sweet potatoes, red peppers, tomatoes, avocado and feta with a lemon dressing

KALE CAESAR SALAD | GF AVAILABLE \$17

Mixed kale & romaine lettuce, capers, parmesan and garlic croutons with a house Caesar dressing

POTATO SALAD | GF \$17

Potato, egg, and green onion with a dijon aioli dressing

CAPRESE SALAD | GF \$18

Tomato, mozzarella, basil, olive oil & balsamic glaze dressing + crostini

BEEF & GOAT CHEESE SALAD | GF \$20

Mixed greens, beets, fresh goat cheese, sunflower seeds and roasted walnuts with a balsamic vinaigrette

ADD-ONS

GRILLED CHICKEN \$5

BACON \$4

SMOKED SALMON \$7

PROSCUITTO \$5

SANDWICHES

Monday-Friday: 8am - 9pm

Saturday: 8am - 9:30pm

Sunday: 8am - 8pm

RUSTICO ITALIANO | GF +3 \$18

3 types of salami, torched gouda cheese, stracciatella cheese, roasted cherry tomatoes, arugula, and spicy mayo on focaccia

IL MAGNIFICO | GF +3 \$21

Smoked brisket, torched gouda cheese, horseradish, dijon mustard, roasted tomatoes, pickled red onion & arugula on baguette bread

CAPRESE | GF +3 \$17

Bocconcini cheese, stracciatella cheese, torched cherry tomatoes, pesto, chilli oil, arugula & balsamic reduction on baguette bread

IL SOGNO | GF +3 \$20

Smoked chicken, stracciatella cheese, torched gouda, apricot spread, balsamic glaze + arugula on focaccia

FIOR DI TOSCANA | GF +3 \$19

Prosciutto, 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 - | \$7

TOMATO BRUSCHETTA | GF AVAILABLE \$9 | \$16

Fresh tomatoes, garlic, basil on toasted baguette

ARANCINI \$11 | 20

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 - | \$16

Warm brie with fig jam + crostini.

CARPACCIO | GF AVAILABLE - | \$20

Thinly shaved beef, arugula, parmesan, capers & lemon aioli

CHARCUTERIE | GF AVAILABLE \$21 | \$34

Meats, cheeses, dijon mustard, olives, pickled onion, jams, fruits + crostini

MEATS BOARD | GF AVAILABLE - | \$20

Selection of Italian cured meats, 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 | \$19

Lightly breaded with red onions & lemon aioli

DEEP-FRIED BURRATA - | \$22

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 \$9 | \$17

Creamy feta with herbs & olives + crostini

BEET HUMMUS | GF AVAILABLE \$11 | \$19

Beet hummus, feta + crostini

WHIPPED RICOTTA | GF AVAILABLE \$12 | \$18

House-made ricotta, rosemary, olive oil + crostini

GARLIC BUTTER PRAWNS | GF - | \$19

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 |
| <i>0% Harlans Tequila, Coconut, Blueberry, Pineapple + lime</i> | |
| 0% PEACH BELLINI | \$10 |
| <i>Peach puree + Soda</i> | |
| 0% RASPBERRY GIN & TONIC | \$12 |
| <i>0% Harlans Gin, Raspberry + Tonic</i> | |
| 0% LAVENDAR FRENCH 75 | \$12 |
| <i>0% Harlans Gin, Lavender + Soda</i> | |

Softs

| | |
|--|------------|
| ITALIAN SODA | \$5 |
| <i>Sparkling water + choice of blueberry, raspberry, peach, strawberry, lemon or lime.</i> | |
| POP | \$4 |
| <i>Rotating selection</i> | |

DRINKS

Menu

COFFEE

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

| | |
|--|--------------|
| TIRAMISU LATTE | \$8 |
| <i>Espresso, milk, chocolates, whipped cream, cocoa powder</i> | |
| TORCHED MARSHMALLOW LATTE | \$8.5 |
| <i>Espresso, caramel, torched marshmallow</i> | |
| ESPRESSO CON PANNA | \$5 |
| <i>Espresso topped with whipped cream</i> | |
| CAPPUCCINO | \$6.5 |
| LATTE | \$6.5 |
| HOT CHOCOLATE | \$6.5 |

Tea

| | |
|-------------------|--------------|
| CHAI LATTE | \$6.5 |
| PEPPERMINT | \$4.5 |
| EARL GREY | \$4.5 |

COCKTAILS

Spritz on the Lake

APEROL SPRITZ ON TAP

Aperol, prosecco, soda

HUGO SPRITZ

Elderflower liqueur, prosecco, soda

Lift Me Up Classics

PAPER PLANE

Bourbon whiskey, amaro nonino, aperol, lemon juice | 2 oz

BLUEBERRY COCONUT MARGARITA

Coconut tequila, coconut, blueberry, pineapple + lime | **non-alc \$13**

SMOKED TIRAMISU OLD FASHIONED

Bridgland Berbon, glayva, chocolate bitters + smoked

CLASSIC NEGRONI

Gin, Campari, Martini Sweet Vermouth

The Anytime Hour

ORIGINAL PEACH BELLINI

Prosecco, triple sec + peach puree

MIMOSA

Prosecco, triple sec + choice of juice

LIFT ME UP CAESAR

Vodka, hot sauce, Worcestershire sauce, Clamato juice + lime

\$12

\$13

\$15

\$16

\$18

\$17

\$13

\$12

\$14

WINE

Red

5 oz | 8 oz | bottle

CAB. SAV BLEND | KADETTE

Raspberries, dark cherries, black plums, cinnamon, and all spice.

12 | 17 | 50

CESANESE | CASALE DEL GIGLIO

Deep ruby red. Intense aromas of cherry, spicy notes of pepper & violet

15 | 21 | 60

MALBEC | ARGENTINA | DESQUICIADO

Authentic Malbec. Full-bodied and elegant.

11 | 16 | 48

White

5 oz | 8 oz | bottle

SAUV. BLANC BLEND MISS LUCY

Bursting with citrus grapefruit flavours and ample mouthfeel.

13 | 18 | 55

GRENACHE | MAS PICOSA

Notes of pear, tropical fruit and citrus zest.

13 | 18 | 55

RIESLING WEINGUT FEINHERB

Sweet with apple, peach, and lemon notes.

13 | 18 | 55

PINOT GRIGIO RAMATO | ITALY

Elegant and silk-smooth in the mouth. Full-bodied.

13 | 18 | 55

Rose & Sparkling

5 oz | 8 oz | bottle

LA MALDITA GARNACHE | SPAIN

Fruity with bright red fruit flavours of strawberry and raspberry.

11 | 16 | 48

SETTE ROCHE CAVA | FRANCE

Dry fine bubbles, fresh, pleasant and harmonious.

11 | 16 | 48

BEER

on tap

PERONI

\$11

MATINEE LEMON CREAM TEA TART ALE

\$11

ROTATING SELECTION - ASK US!

\$11