



Danit'ada (Welcome) to Redwood Yards Kitchen & Bar. We are excited to take you on a culinary journey of past, present and future guided by our world-renowned Indigenous Chef Bill Alexander.

Every aspect of our present and future is highly influenced by our past. In 1940, a brush fire had destroyed most of the area known as Redwood Meadows. The Elders of the Tsuut'ina Nation noticed that after the brush fire, the regrowth of the poplar and spruce trees had a reddish color to them. The Elders then called this area "Redwood Yard".

We are a family friendly restaurant serving breakfast, lunch and dinner 7 days a week, specializing in local food & beverages that will make you proud to call this your local hot spot.

Siyisgaas (Thank You) for joining us on this journey.

Food & Beverage Manager  
Darryl McCoy



## APPETIZERS

### CRISPY GREEK CALAMARI.....\$14

Golden fried calamari, kalamata olives, red onion, capers, lemon zest, & tzatziki <sup>(P)</sup> (\*\*GF).

### CHICKEN WINGS (1 LBS).....\$14

Hot, Honey Garlic, BBQ, Salt n Pepper, Lemon Pepper, Chipotle Mango <sup>(GF)</sup>.

### 5 CHEESE SPINACH DIP.....\$14

Zesty 5 cheese spinach dip, tangy & delicious, served w/ selection of traditional fry bread & corn tortilla chips <sup>(V)</sup> (\*\*GF).

### BRUSCHETTA.....\$11.50

Herbed spiced tomatoes, balsamic glaze, goat cheese, & fry bread crostini <sup>(V)</sup> (\*\*GF).

### ALBERTA BEEF MEATBALLS

### W/ GRILLED BREAD.....\$13

Hand rolled meatballs baked in rich tomato sauce, topped w/ fried egg, Parmesan cheese & fresh baked bread <sup>(\*\*GF)</sup>.

### CHEESE NACHOS.....\$18

Corn tortilla chips, mounds of mozzarella & provolone cheese, peppers, onions, tomatoes, jalapenos, salsa, & chipotle lime sour cream <sup>(V)</sup> (\*\*GF).

### ADD 4oz chicken, steak, or ground beef.....\$4.50

### ADD fresh smashed avocado.....\$3

### SALT & PEPPER DRY RIBS.....\$12.50

Crispy fried dry ribs w/ mango chipotle coleslaw & grilled lemon <sup>(GF)</sup>.

### YELLOWFIN TUNA & MANGO POKE.....\$14

Yellowfin tuna, mango, avocado, cucumber, cilantro, toasted peanuts, citrus dressing & taro root chips <sup>(P)</sup> (\*\*GF).

## SOUP, SALAD & FLAT-BREAD

### DAILY SOUP.....\$6.50

Made fresh daily & served w/ fresh baked bread.

### HAMBURGER SOUP.....\$10.50

Traditional favorite, tomato-based hamburger & vegetable soup w/ fry bread.

### GRILLED CHICKEN CAESAR.....\$16

Chicken breast, crisp romaine, Caesar dressing, diced bacon, croutons.

### ADD grilled shrimp skewer.....\$4.50

### PESTO TOMATO, BASIL &.....\$14

### MOZZARELLA SALAD

Pesto marinated tomatoes, pine nuts, cucumber, basil, fresh mozzarella cheese & finished w/ balsamic glaze & fried basil crisp <sup>(V)</sup> (\*\*GF).

### "BUILD YOUR OWN FLAT-BREAD".....\$14

All flat-breads come with choice of sauce & pizza mozzarella & provolone cheese blend & choice of 3 toppings.

CHOOSE YOUR SAUCE: Pesto Sauce or Tomato Sauce

CHOOSE 3 TOPPINGS: Pepperoni, bacon, chicken, ground beef, ham tomatoes, bruschetta, mushrooms, onions, jalapeños, kalamata olives, sautéed mushrooms, caramelized onions, diced peppers, pineapple & goat cheese.

### ADD additional toppings.....\$1.50 each

BOTTOMLESS BEVERAGES: Coffee, tea, assorted pop. ....\$4

BEVERAGES BY THE GLASS: apple juice, orange juice, cranberry juice, chocolate milk, milk, tomato juice. ....\$2.75

(GF): Gluten Free | (V): Vegetarian | (\*\*GF): See server to make Gluten Free | (P): Pescatarian | (DF): Dairy Free



## SANDWICHES

### GRILLED CHICKEN CLUB WRAP.....\$15

Grilled chicken breast, crisp bacon, lettuce, tomatoes, & garlic aioli.

### REDWOOD BEEF BURGER.....\$16

Hand formed Alberta beef burger, cheddar cheese, crisp bacon, lettuce, tomato, & garlic aioli (\*\*GF).

Add sautéed mushrooms & caramelized onions. .... \$1.50

### CHICKEN BRUSCHETTA BURGER.....\$16

Grilled chicken breast seasoned & topped w/ bruschetta, goat cheese, crisp lettuce & avocado aioli (\*\*GF).

### MEATBALL & BACON SANDWICH.....\$16

Fresh baked bun w/ 5 cheese spinach dip, homemade meatballs, crisp bacon, marinara, & melted mozzarella & provolone cheese (\*\*GF).

### MARINATED PORTOBELLA MUSHROOM.. \$15

#### & BRUSCHETTA SANDWICH

Grilled pesto marinated portobella mushrooms, w/ bruschetta, caramelized onions, goat cheese, balsamic glaze & garlic aioli (\*\*V) (\*\*GF).

### SMOKED PULLED BEEF DIP SANDWICH... \$16

Fresh baked bun w/ pulled beef, provolone & mozzarella cheese, pickled red onions & chipotle mango coleslaw, w/horseradish au jus (\*\*GF).

### SIRLOIN STEAK SANDWICH.....\$17

Open faced sirloin steak sandwich w/ portobella mushroom mix, caramelized onions, & fresh tomato (\*\*GF).

### INDIAN TACO.....\$16

Traditional frybread, spiced ground beef, diced tomatoes, black beans, lettuce & chipotle lime sour cream. (Indian Taco not served w/ additional side choice.)

### FISH TACO.....\$17

CHOOSE YOUR TACO FILLING: Crispy Salmon Taco or Tuna Poke  
3 soft shell tacos, chipotle lime sour cream, cilantro, mango coleslaw, served with choice of side.

CHOICE OF SIDE: french fries, garlic mashed potatoes, sweet potato fries, steamed rice, daily soup or Caesar salad

## MAINS

### MEATBALL PENNE PASTA BAKE.....\$21

Homemade meatballs, sautéed onions, garlic & peppers, w/ 5 cheese spinach alfredo & marinara blush sauce (\*\*GF).

### PENNE CHICKEN ALFREDO.....\$19.50

5 cheese spinach Alfredo sauce, grilled chicken breast, bruschetta, sautéed mushrooms tossed w/ penne noodles (\*\*GF).

### LEMON PEPPER SALMON.....\$24

Pan seared lemon pepper salmon w/ roasted tomato chutney, seasonal vegetables & seasoned rice (P) (\*\*GF).

### STEAK FRITZ.....\$34

10 oz grilled sirloin, beef steak fries, grilled portobella mushroom, sautéed onions, & Horseradish jus (\*\*GF).

Add grilled shrimp skewer. .... \$4.50

### GINGER BROCCOLI STIR-FRY.....\$21

Ginger broccoli, portabolla mushrooms, cilantro, steamed rice, Teriyaki sauce & topped w/ pickled onions & roasted peanuts (V) (\*\*DF) (\*\*GF).

Add 4oz chicken, steak, yellowfin tuna, salmon. .... \$4.50  
or grilled shrimp skewer.

BOTTOMLESS BEVERAGES: Coffee, tea, assorted pop. .... \$4

BEVERAGES BY THE GLASS: apple juice, orange juice, cranberry juice, chocolate milk, milk, tomato juice. .... \$2.75

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## BREAKFAST MENU

All breakfast served w/ coffee or tea

### THE "YARDS" BREAKFAST ..... \$12

2 eggs your way, hash browns, toast, choice of bacon (3), ham (3) sausage (2) or tomato slices (4) (\*\*GF).

### BUILD YOUR OWN 3 EGG OMELETTE .... \$14

Served w/ hash browns, & choice of toast or tomato slices (4) (\*\*GF)

**CHOOSE 3 TOPPINGS:** Pepperoni, bacon, ham, chicken, ground beef, green onions, tomatoes, bruschetta, mushrooms, onions, jalapeños, kalamata olives, sautéed mushrooms, caramelized onions, diced peppers, goat cheese & mixed shredded cheese.

### TOWER OF PANCAKES ..... \$13

5 large pancakes served w/ whipped cream & berries & choice of bacon (3), ham (3), sausage (2) or tomato slices (4) (V).

### CROISSANT BREAKFAST SANDWICH... \$7.50

Croissant, fried egg, cheddar cheese, crisp bacon, tomato & spiced mayo (\*\*GF) Substitute frybread for croissant based on availability.

### CHEF DAILY EGGS BENEDICT ..... \$15

Chef creates a new eggs benedict everyday served w/ hash browns. (\*\*GF). Ask your server for details.

### STEAK & EGGS ..... \$16/\$22

Choice of 5 oz or 10 oz grilled sirloin w/ 3 eggs done your way, hash browns, grilled tomato & toast (\*\*GF).

### FRUIT & YOGURT SMOOTHIE ..... \$7

Grab & go smoothie of fresh fruit, vanilla yogurt & coconut milk (V) (GF).

### KIDS BREAKFAST ..... \$7.50

Choice of egg (2), pancake (1) choice of bacon, ham, or sausage (1) & hash browns (\*\*GF).

## BREAKFAST ENHANCERS

Compliment your breakfast with the addition of any of the following enhancers:

### EGGS ANY WAY (V) (GF) ..... \$2

### PANCAKES (2) ..... \$4

### BACON (4) OR SAUSAGE (2) ..... \$4

### HASH BROWNS (V) (GF) ..... \$3

### SLICED TOMATO OR AVOCADO (V) (GF) ..... \$3

### BOWL OF VANILLA YOGURT (V) (GF) ..... \$5.50

### SIDE OF FRESH FRUIT (V) (GF) (DF) ..... \$4

### CHOICE OF TOAST (V) ..... \$2.75

White bread, brown bread, rye bread, sourdough, fry bread (based on availability.)

**BOTTOMLESS BEVERAGES:** Coffee, tea, assorted pop. .... \$4

**BEVERAGES BY THE GLASS:** apple juice, orange juice, cranberry juice, chocolate milk, milk, tomato juice. .... \$2.75

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## KIDS MENU CHOICES

Kids menu (ages 10 & under)

PEPPERONI & CHEESE FLAT BREAD... \$9.50	GRILLED CHICKEN..... \$9.50 & CHOICE OF SIDE (GF)
CHEESE FLAT-BREAD (v) ..... \$9.50	GRILLED CHEESE & ..... \$9.50 CHOICE OF SIDE (v)
PENNE W/TOMATO SAUCE OR..... \$9.50 BUTTERED NOODLES (v)	GRILLED NUGGETS & ..... \$9.50 CHOICE OF SIDE (v)
HOT DOG & CHOICE OF SIDE..... \$9.50	
CHEESE BURGER & CHOICE OF SIDE... \$9.50	

CHOICE OF SIDE: french fries, garlic mashed potatoes, sweet potato fries, steamed rice, daily soup or Caesar salad

## KIDS DESSERTS

Included w/purchase of kid's meal

ICE CREAM WITH CHOCOLATE OR CARAMEL SAUCE (v)  
TWO BITE BROWNIES & WHIPPED CREAM (v)  
SEASONAL FRUIT (v)

BOTTOMLESS BEVERAGES: Coffee, tea, assorted pop. .... \$4

BEVERAGES BY THE GLASS: apple juice, orange juice, cranberry juice, chocolate milk, milk, tomato juice. .... \$2.75

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## RED WINES

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**HOUSE RED** – ..... 6oz – \$7 • Full bottle – \$30  
**ESTACION CABERNET SAUVIGNON**

**UMA MALBEC** ..... 6oz – \$8 • Full bottle – \$32  
Well-defined and persistent. Notes of plums and figs combine with the vanilla notes from oak aging, making the wine pleasant and subtle.

**NK'MIP MERLOT** ..... 6oz – \$13 • Full bottle – \$52  
Aromas and flavors of black cherry, blueberry, dark plum, cedar and spice.

**BALLARD LANE** ..... 6oz – \$11 • Full bottle – \$45  
**PINOT NOIR**  
Richness and ripe berry character finishes with hints of toasted French oak, coffee and cocoa nibs.

**MORGAN BAY** ..... 6oz – \$8 • Full bottle – \$32  
**CABERNET SAUVIGNON**

A stylish modern wine with big and rich flavors of stewed red and black fruits that lead to a toasty vanilla finish.

**STRACCALI CHIANTI**... 6oz – \$11 • Full bottle – \$45  
**D.O.C.G**

Fresh and vibrant Chianti with bright ruby red color. On the nose expect youthful cherry, strawberry fruit and dried herb notes.

**INDIGENOUS WORLD SIMO** ..... \$80  
This wine has been aged for 39 months and comes from the finest Merlot, Cabernet Sauvignon and Cabernet Franc grapes that grow in the Okanagan Valley. Aromas of vanilla, black cherry, and nutmeg with a multi-layered palate first with raspberry and cherry, then anise and coffee.

## WHITE WINES

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**HOUSE WHITE** – ..... 6oz – \$6.50 • Full bottle – \$29  
**ESTACION SAUVIGNON BLANC**

**INDIGENOUS** ..... 6oz – \$10 • Full bottle – \$40  
**WORLD CHARDONNAY**  
Packed with notes of cooked pear, vanilla, butter and a hint of lemon.

**INDIGENOUS** ..... 6oz – \$10 • Full bottle – \$40  
**WORLD HEE HEE TEI KIN**  
This vintage boasts aromas of ripe dark cherries, blackberry and savory vanilla followed by flavors of plum, clove, blackberry and pimento.

**INDIGENOUS** ..... 6oz – \$10 • Full bottle – \$40  
**WORLD PINOT GRIS**  
This bright Pinot Gris has aromas of grapefruit, green apple and honeysuckle with fresh flavors of lemon, lime, ginger and spice.

**NK'MIP** ..... 6oz – \$11 • Full bottle – \$42  
**DREAMCATCHER**

The nose is filled with aromas of lime citrus, pineapple, and freshly cut grass. The entry is mouthwatering and bursts with flavors of juicy peach, mandarin orange and more lime.

**STRACCALI** ..... 6oz – \$7 • Full bottle – \$34  
**PINOT GRIS**

Elegant and intense with notes of fruit and flowers. Well-balanced with great structure and a pleasant finish.

**L'OSTAL CAZES IGP** ..... 6oz – \$7 • Full bottle – \$33  
**PAYS d'Oc ROSE**

Very pale, clear and delicate pink in hue. The highly complex and delicate nose offers a subtle combination of rose petals and pomegranate.



## COCKTAILS

**THE HAPPY GILMORE**..... \$6.50  
1 oz vodka, ice tea & lemonade.

**SAND TRAP**..... \$6.50  
1.oz whiskey, 1 oz simple syrup, soda water & Saskatoon berries.

**THE FAIRWAY**..... \$6.50  
1 oz rum, champagne, raspberries & ginger ale.

**REDWOOD CAESAR**..... \$6.50  
1 oz vodka, pickle juice, clamato juice, spices & bison jerky wedge.

**THE GREEN JACKET**..... \$6.50  
.75 oz of vodka or gin, .25 oz melon liquor & pineapple juice.

**PAR FOR THE COURSE**..... \$6.50  
Cucumber puree, 1 oz gin or vodka, simple syrup, soda water & mint sprig.

**THE PAR-TEE**..... \$6.50  
.5 oz dark rum, .5 oz white rum, passion fruit juice, orange juice pineapple juice orange slice & a cherry.

**THE EAGLE MOJITO**..... \$6.50  
1 oz rum, mint, soda & lime.

ALL COCKTAILS contain 1 oz alcohol

UPGRADE TO PREMIUM LIQUOR: 1 oz \$7.50 (Bombay Sapphire Gin, Grey Goose Vodka, Crown Royal Rye, Patron Silver,)

DOUBLE SHOT (2 oz): \$10.50 • PREMIUM DOUBLE SHOT (2 oz): \$12.50

## BEER & COOLERS

**HOMEGROWN BEER**..... \$5.50  
**WILD ROSE** – IPA, Wraspberry Wheat, Velvet Fod, Electric Ave, IPA  
**ROCKY VIEW** – IPA, Amber, Blonde, Brown

**IMPORTED BEER**..... \$6.50  
Heineken, Guinness, Stella Artois, Corona

**DOMESTIC**..... \$6.50  
Coors Banquet, Bud Light

**DRAFT ON TAP**..... \$6.25  
Sleeman's Honey Brown, Wildrose Velvet Fog,  
Wildrose Electric Avenue, Rockyview IPA, Rockyview Amber,  
Budweiser & Bud Light.

**NUDE COOLERS**..... \$5.50  
Peach, lime, grapefruit, raspberry lemon, gin soda

**SMIRNOFF ICE**..... \$5.50  
Raspberry, Arctic Berry, Classic

**STRONGBOW CIDER**..... \$5.50



## DESSERTS

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**SO GOOD CHOCOLATE CAKE.....\$9**

Four layers of decadent chocolate cake separated by rich chocolate fudge icing, finished w/ a dark chocolate glaze.

**TRIPLE CHOCOLATE MOUSSE.....\$8**

Layers of silky white, milk, & dark chocolate mousse topped w/ a dark chocolate glaze.

**DEEP APPLE PIE.....\$7**

Sweet dough pastry crust w/ a layer of custard, large chunks of apple, & sprinklings of raisins & cinnamon. Topped w/ a coconut streusel & a scoop of vanilla ice cream.

**TOWER OF POWER CHEESECAKE.....\$10**

A jumbo-sized New York-style cheesecake enhanced w/ a subtle vanilla flavor. Topped w/ fresh seasonal berries.

## SPIKED SPECIALTY COFFEES

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**AFFOGATO MARTINI.....\$6.50**

.5 oz vanilla vodka, .5 oz cream de cocoa, .5 oz Kahlúa & 1 scoop vanilla ice cream.

**SPIRIT BEAR OLD FASHION.....\$6.50**

1 double shot espresso, 1 oz bourbon, simple syrup & bitters.

**HOT WHITE RUSSIAN.....\$6.50**

Freshly brewed coffee, heavy cream, .5 oz Kahlúa, 1 oz of vodka (or to taste) & whipped cream.



## EXECUTIVE CHEF BILL ALEXANDER

Canadian born Bill Alexander is a world-renowned and highly decorated Indigenous Chef paving the way for indigenous cultures to be shared with the world through food. His home base is spent Executive Chef at the Grey Eagle Resort & Casino, located on the beautiful Tsuut'ina Nation. Further to this Bill is the Indigenous culinary development chef for WestJet Airlines, as well as the founding chairman of the board of the Indigenous Culinary of Associated Nations.



His early years were spent growing up in Ontario & Western Quebec with heavy influence from his mother & Mohawk community as part of the six nations. The widened approach of a community acting as one large family, coming together over food, formed some of his fondest memories as a child and his strongest foundations as an adult. A childhood spent farming, hunting, gardening and trading with neighbors laid the foundation of locally sourced ingredients and the importance of knowing where your food comes from. Food has always brought our community together and served as an integral part of our culture. By the age of 14, Bill was cooking full meals for his mother and 3 brothers creating and thriving off an ignited passion for food and the smiles that great tasting food inspired. By the age of 17 Bill was well into his culinary career and he never looked back.

After 7 years working around the world, he returned back to Canada realizing that food is a universal language in itself, and that it was time to share with the world his indigenous culture through food. After 20 years as an Executive Chef, Bill has become a leading indigenous culinary advisor nationally and internationally through all of his many initiatives.

When the apron comes off, Chef Bill spends his time being a highly accomplished martial artist as well as a motivational speaker and doing anything and everything that keeps him connected to the land. Chef Bill is an extremely passionate indigenous chef who believes in making a difference. He believes that "The land is our original grocery store and that food brings people to the table where we truly begin to understand each other".

## AWARDS & RECOGNITIONS

Culinary Excellence Award - Restaurants Canada

Calgary top 40 under 40 Award - Avenue Magazine

Top Chef Award Canmore Uncorked

WestJet Airlines Indigenous Food Development Chef

Founding Member & Chair of Indigenous Culinary of Associated Nations (I.C.A.N)

SAIT Culinary Advisory Board Member & Indigenous Student Mentor

Twice Featured New York Times

Returning Chef features on Marilyn Denis Show, The Social, Your Morning Television, & E-Talk Canada

Numerous National & International publications or features in books & magazines, travel blogs & interviews

Accomplished Guest Speaker, & Indigenous Consultant