



Desktop Menu

BANKERSHALL
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Brookfield

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Level 3 266-6635 | M-W 9 am – 6 pm | Th. & Fri. 9 am – 8 pm | Sat. 10 am – 5:30 pm

Bourbon Street Grill

Delicious Cajun dishes are up for quick order at this southern-inspired spot. Party packs are available on request.

SELECTED MENU

COMBO 1

One choice of rice, vegetable and meat.

COMBO 2

One choice of rice, meat and two vegetables.

COMBO 3

One choice of rice, two choices of meat and vegetables.

VEGETARIAN COMBO

One choice of rice, two choices of vegetables.

SPECIAL COMBO

One choice of vegetable, one choice of meat.

PETITE COMBO

One choice of rice, one choice of meat.

CAESAR COMBO

Caesar salad, one choice of meat.

CHOOSE FROM:

Bourbon Chicken
 Blackened Chicken
 Louisiana Chicken
 Honey Mustard Chicken
 BBQ Chicken
 Blackened Fish
 Mixed Vegetables
 Corn
 Glazed Carrots
 Green Beans
 Pasta*
 Home Fries*
 Mashed Potatoes*
 Bourbon Chicken Rice
 Jambalaya Rice
 Steamed Rice

* Can be substituted for rice

View this menu on-line at www.bankershall.ca

Subject to change



Level 1 265-3275 (Earls) 265-3280 (FUEL) | M-Th. 11 am – 12 am (FUEL 1 am)
| Fri. & Sat. 11 am – 1 am (FUEL 2 am) | Sun. Noon – 10 pm (FUEL closed Sundays)

Earls/V Lounge

Uptown chic meets a laid-back vibe at Earls and V, where a fantastic menu pleases all palates and the after-hour crowd gathers for a little fun.

**VISIT EARLS & V LOUNGE.
GREAT FOOD. GREAT PEOPLE.**

LUNCH • DINNER • HAPPY HOUR
Menu updated seasonally at www.earls.ca

Subject to change



Level 3 262-3665 | M-W 10 am – 6 pm | Th. & Fri. 10 am – 8 pm | Sat. 10 am – 5:30 pm

General Nutrition Centre

If your diet isn't everything it should be (and really, whose is?) drop by GNC. Their knowledgeable staff can help you select exactly what you need to balance your diet and achieve your fitness goals.

SELECTED ITEMS

VITAMINS & MINERALS

Carrying the complete range from A – Z to maintain optimum body function and overall health.

WOMEN'S SUPPLEMENTS

To maintain healthy bone mass, adequate iron levels and ensure healthy pregnancies among many other important issues.

MEN'S SUPPLEMENTS

Supporting active lifestyles and addressing specific concerns such as prostate health and overall vitality.

WEIGHT MANAGEMENT

Offering a number of meal replacement products and dietary supplements to help you lose weight and keep it off.

SPORTS NUTRITION

Protein powders and energy products to fuel any fitness program.

Subject to change



Level 3 234-0036 | M-W 7 am – 6 pm | Th. & Fri. 7 am – 8 pm | Sat. 10 am – 5:30 pm

Jugo Juice

Smoothies are a tasty way to get your daily dose of vitamins and with so many to choose from, you can treat your tastebuds everyday. Their flat breads and wraps are great for catered luncheons.

SELECTED MENU

JUGO CLASSICO

Luscious strawberries, ripe bananas, orange sorbet, apple juice.

BERRY BINGE

Rich blackberries, sweet blueberries, passionfruit sorbet, cranberry juice, lowfat yogurt.

MANGO MAGIC

Exotic mango, mango sorbet, pure orange juice, tropical nectar.

POWERZONE

Luscious strawberries, Hawaiian pineapple, lime sorbet, pure orange juice, tropical nectar, Jump Start Boost, C Buster Boost, Einstein Boost.

SMOKED TURKEY WRAP

Smoked turkey meat, cheddar cheese, fresh spinach, honey mustard sauce.

CHICKEN BREAST WRAP

Real chicken breast, cheddar cheese, red onion, sweet & sour sauce.

COMBO 1

Hearty & Healthy
Any wrap or flatbread & any smoothie.

COMBO 2

Lean & Healthy
Any wrap or flatbread & a small smoothie.

COMBO 3

Wrap It Up
Any wrap or flatbread & a choice of iced tea or lemonade.

Subject to change



Level 2 263-4457 | M-W 10 am – 7:30 pm | Th. 10 am – 9 pm | Fri. & Sat. 10 am – 9 pm

Orchid Room

Fresh, colourful and full of exotic flavour, dishes at the Orchid Room will invigorate your senses. Ask about our takeout menu, special creations to go and their impressive catering, complete with orchids.

SELECTED MENU

SALAD ROLLS

Stuffed with jumbo shrimp, bean sprouts, vermicelli & mint.

FRIED SPRING ROLLS

Stuffed with chicken, vermicelli, taro and onion.

TAMARIND CHICKEN

Served with stir-fried onions, garlic vegetables and rice.

CARAMELIZED SALMON

Fresh salmon caramelized in chili lime sauce, garlic, jalapeno peppers, served with coconut rice and vegetables.

CURRIED CHICKEN

Strips of chicken breast stir-fried with lemongrass, onion, garlic, chili and vegetables, served with rice.

CHICKEN VERMICELLI BOWL

Lemongrass chicken and spring rolls, rice noodles, cucumber, lettuce, carrot, bean sprouts and mint.

Subject to change



Level 2 263-8887 | M-Th. 11 am – 9 pm | Fri. & Sat. 11 am – 10 pm | Sun/Hol. 4:30 pm – 9 pm

Level 1 234-8447 | M-W 6 am – 6:30 pm | Th. & Fri. 6 am – 8 pm | Sat. 8 am – 6 pm
Level 2 261-0669 | M-W 6 am – 6:30 pm | Th. & Fri. 6 am – 8 pm | Sat. 8 am – 6 pm

Pink Pearl

If you're in the mood for something hot & spicy, head for Pink Pearl, where a world of Szechuan awaits you. They offer free delivery on orders over \$25 but why not drop in for dinner before heading home?

SELECTED MENU

LUNCH MENU

(TAKE OUT WINDOW)

Each item served with rice and steamed vegetables:

- Beef with Black Pepper Sauce
- Ginger Beef
- Sweet & Sour Chicken
- Sesame Chicken
- Salt & Pepper Calamari
- General's Chicken
- Lemon Chicken
- Salt & Pepper Chicken
- Ginger Chicken

DINING ROOM

A vast array of traditional and signature appetizers, soup and entrees, including:
Grilled Pork Dumplings,
Wor Wonton Soup,
Salt & Pepper Calamari,
Beef Orange Delight,
Lemon Chicken, Young Chow
Fried Rice and Szechuan Noodles.

Subject to change

Starbucks Coffee

Your favourite Starbucks beverage is at your fingertips. Enjoy one of our rich-brewed, Italian style espresso beverages, customized especially for you. Relax over a Tazo™ Tea or grab a snack to go from our variety of pastries and treats.

SELECTED MENU

WHITE CHOCOLATE BLUEBERRY SCONE

LOW FAT CRANBERRY MUFFIN

SAVOURY CHEESE CROISSANT

POPPYSEED BEAR CLAW

GRANOLA BAR

BANANA LOAF

CINNAMON ROLL

RICE CRISPY SQUARE

CHOCOLATE CHUNK COOKIE

PUMPKIN SCONE

Subject to change



Level 3 264-8565 | M-W 8 am – 6 pm | Th. & Fri. 8 am – 8 pm | Sat. 10 am – 5:30 pm

Subway

Fast, fresh, healthy and prepared just the way you like it. That’s the Subway sandwich way. You can have any sub you like toasted at no extra cost.

SELECTED MENU

LOW FAT SUBS

Savory Turkey Breast
 Savory Turkey Breast & Ham
 Oven Roasted Chicken Breast
 Sweet Onion Chicken Teriyaki
 Honey Mustard Ham
 Roast Beef
 Turkey Breast, Ham & Roast Beef

HOT SUBS

Meatball Marinara
 Chipotle Southwest Cheese Steak

WRAPS

Chicken & Bacon Ranch
 Turkey Breast & Bacon Melt
 Turkey Breast & Ham

BREAKFAST SANDWICHES

Ham & Egg
 Bacon & Egg
 Egg & Cheese

Subject to change



Level 3 262-8164 | M-W 9 am – 6 pm | Th. & Fri. 9 am – 8 pm | Sat. 10 am – 5:30 pm

Sukiyaki, Japanese Delight

Sukiyaki means “grilled beef” in Japanese and while beef is one of the preferred items on the menu, it is only one delicious possibility.

SELECTED MENU

SUKIYAKI COMBO 1

Beef, Chicken or Shrimp with vegetables & rice.

SUKIYAKI COMBO 2

Beef & Chicken, Chicken & Shrimp or Beef & Shrimp with vegetables and rice.

YAKISOBA COMBO

Beef, Chicken or Shrimp with Yakisoba Noodles.

TONKINESE NOODLE SOUP

Fresh broth with your choice of Beef, Chicken or Seafood, Noodles and Vegetables.

Subject to change



Level 2 269-3610 | M-W 6:30 am – 6:30 pm | Th & Fri. 6:30 am – 8 pm | Sat. 9:30 am – 5:30 pm

Sunterra Market

From grab and go lunches to gourmet prepared dinners and perfectly catered meetings, Sunterra has you covered. Everything in store is made from scratch with the freshest ingredients for true home-style taste.

SELECTED MENU

DELI

Tasty one-dish meals such as quiche, lasagna and meat pies. Freshly made, pre-wrapped sandwiches and a variety of salads make a quick and healthy lunch or dinner.

BAKERY & ARTISAN BREADS

Freshly baked breads, bagels, muffins, cookies and specialty cakes for all occasions.

BUTCHER SHOP

Fresh cuts of the highest

grade beef and pork. Custom cuts available.

JUICE/SALAD BAR

Premium berries, yoghurt & boosters blended into a variety of smoothies, fresh squeezed juices and wheat grass plus fresh quality ingredients to build your own salad.

HOT LUNCH

Individual thin crust pizzas, as well as famous “Big Pan” items such as goulash, curry, chili and jambalaya.

DINNER

Prepared dinners using fresh ingredients.

FRIDAY NIGHT FEASTS

Save yourself the hassle of cooking dinner tonight and pick up a 3-course gourmet meal on your way home. It has all of the trimmings and none of the clean up.

View our catering menu and order on-line at sunterramarket.com.

Subject to change



Level 3 262-8142 | M-W 9 am – 6 pm | Th & Fri. 9 am – 8 pm | Sat. 10 am – 5:30 pm

Tiki-Ming

A taste of the Orient is just minutes away. All dishes are prepared on-site everyday, made from the freshest ingredients.

SELECTED MENU

COMBO 1

Black Pepper Steak, Fried Rice, Mixed Vegetables.

COMBO 2

Sweet & Sour Chicken Balls, Fried Rice, Chow Mein, Spring Roll.

COMBO 3

Ginger Beef, Chow Mein, Fried Rice.

COMBO 4

Sweet & Sour Pork, Fried Rice, Chow Mein.

GARDEN COMBO

Mixed Vegetables, Chow Mein, Fried Rice.

SPECIAL COMBO

Choose any three items.

Subject to change



Level 3 266-6567 | M-W 10 am – 6 pm | Th & Fri. 10 am – 8 pm | Sat. 10 am – 5:30 pm



Level 2 292-0566 | M-W 10 am – 6 pm
Th. & Fri. 10 am – 8 pm | Sat. 10 am – 5:30 pm



Level 2 269-1010 | M-W 10 am – 6 pm
Th. & Fri. 10 am – 8 pm | Sat. 10 am – 5:30 pm

TotaliTea The Tea Boutique

The health benefits of tea are well known and something as tantalizing as Earl Grey Cream might be just what you need to break away from the latté blahs. Over 150 loose tea varieties can be found in store.

SELECTED MENU

BLACK TEA

English Breakfast – A very copious and rich broken tea mixture, blended in fine English tradition.

Earl Grey Royal – First class Ceylon tea with the flavouring of bergamot.

Ice Wine – Ceylon tea with Canadian Ice Wine flavour. Delicious!

GREEN TEA

Jasmine – China green tea scented with fresh Jasmine

blossoms. Floral with a lightly fermented tea character.

Japan Cherry – Green Sencha with a delicate cherry flavour and blackberry leaves.

YERBA MATE

The only herbal infusion containing stimulating mateine – similar to caffeine, but with a different molecular shape, usually easier to handle.

Fights headache, fatigue, supplies vitamins and minerals, 15 amino acids and antioxidants.

ROOIBOS

Naturally caffeine free and rich in antioxidants, it is known to decrease risk of cancer, minimize cholesterol buildup, help regulate blood pressure and decrease risk of heart disease and stroke.

Itinerante Flowers

No table is complete without a stunning floral centerpiece.

Les Truffles au Chocolat

Truffles are a treat anytime of day. Choose a few favorites from over 40 varieties and stash them in your desk for afternoon pick-me-ups.

Subject to change



Level 2 262-2566 | M-W 10 am – 6 pm
Th. & Fri. 10 am – 8 pm | Sat. 10 am – 5:30 pm

Level 1 266-3517 | M-W 10 am – 6 pm
Th. & Fri. 10 am – 8 pm | Sat. 10 am – 5:30 pm

Level 2 471-0175
M-F 9:00 am – 4:00 pm

P3 263-2229
M-F 8:30 am – 5:30 pm | Closed 1 pm – 2 pm (lunch)

Lewis Chocolates & Candies

If dessert is too decadent, indulge in one of Lewis Chocolates' bite-sized bits of heaven.

Heavenly ice cream, chocolate treasures, candies and gifts are sure to sweeten your day.

Zyn at Bankers Hall

Top off your take home meal with the perfect bottle of wine.

With over 1000 wines from the economical to the phenomenal, we'll help you complete even the most demanding of collectors' lists. Our "Case of the Month" contains a selection of red and white wine and can be purchased by calling 403 266 3517 to make entertaining easy. Don't forget we also carry spirits and beer.

Bankers Hall Shoe Shine

You can tell a lot about a person by their shoes. Let Emmanuel shine yours ship-shape on Level 2.

Office pick-up and delivery available.
Call 471-0175.

Randell's Drycleaning

Spill a little something at lunch? Not to worry. Your suit is in good hands at Randell's.

Hours/Parking

Bankers Hall is located in the heart of Calgary’s financial district, along Stephen Avenue Walk (8th Avenue) between 2nd and 3rd Streets SW. We’re connected with the downtown’s indoor walkway system (the +15) — just one block from the C-Train.

SHOPPING HOURS

MONDAY TO WEDNESDAY
10 am – 6 pm

THURSDAY AND FRIDAY
10 am – 8 pm

SATURDAY
10 am – 5:30 pm

Bankers Hall is closed Sundays and most Statutory Holidays.

Visit us on-line at www.bankershall.ca

PARKING

Parking is available underground and across 3rd Street in a multi-level parkade.

\$2 PARKING:
Bankers Hall Parkade Evenings (after 6 pm), Saturdays 10 am – 6 pm and all day Sundays. West Parkade evenings and weekends. (access from 9 Avenue and 3 Street SW)

Standard Parking 770-7157

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General Nutrition Centre	262-3665
Itinerante Flowers	292-0566
Jugo Juice	234-0036
Les Truffes au Chocolat	269-1010
Lewis Chocolates	262-2566
Orchid Room	263-4457
Pink Pearl	263-8887
Starbucks Coffee	234-8447 (Level 1) 261-2055 (Level 2)
Subway	264-8565
Sukiyaki, Japanese Delight	262-8164
Sunterra Market	269-3610
Tiki-Ming	262-8142
TotaliTea The Tea Boutique	266-6567
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