

MEDLEY'S LUNCH MENU

SOUPS & SELECT BIG SALADS

Chef's Soup of the Day
\$4.95

New England Style Clam Chowder
Served New England Style
\$5.95

Tex Mex South West Salad
Organic baby greens, corn, black beans, tossed with lime cilantro vinaigrette, topped with feta cheese, blackened chicken breast avocado, and tortilla chips
\$13.95

Caesar Salad

With garlic focaccia croutons

Appetizer \$6.95

Main \$10.95

Add Grilled Chicken or
Garlic Tiger Shrimp \$3.50

Mediterranean Shrimp Salad

Cooked Tiger Shrimp, onion, bell pepper, artichoke heart, kalamata olive, caper with a Greek salad vinaigrette
\$13.95

SANDWICHES

Grilled Chicken Focaccia
With pesto mayo & melted Jack cheese, tomato, & lettuce
\$12.95



The California Wrap
Shrimp salad & avocado wrap-flour tortilla, wasabi soy mayonnaise, cucumber, lettuce & tomato
\$12.95

The Sirloin Steak Sandwich
Steak sandwich 6oz top sirloin steak with café de Paris butter
\$14.95

The Fiorentina T

Grilled zucchini, eggplant, bell pepper, & tomato & lettuce with red pepper aioli on ciabatta bread
\$11.95

Sirloin Beef Burger

The classic burger with all the fixings, tomato, lettuce, pickles, & onion
Add bacon or cheese for \$1.00
\$9.75

The Triple Decker Club

A mouthful clubhouse with turkey, bacon, tomato, lettuce & mayonnaise
\$11.95

All Day Breakfast

Two eggs "your way" your choice of bacon, sausage or ham, hash browns and toast
\$9.25

Medley's Lunch Buffet (Monday to Friday)

TRY OUR ALL YOU CAN EAT LUNCH BUFFET
FEATURING A FULL SALAD BAR
CHEF'S DAILY SOUP CREATION AND TWO HOT DAILY
FEATURES

\$ Vegetarian Option

Ocean Wise



Recommended by the Vancouver Aquarium as an ocean-friendly seafood choice.

Medley's Dash Away

(Monday to Friday)

TRY OUR FEATURE SANDWICH AND DAILY SOUP

10" THIN CRUST PIZZA

All of our pizzas are made with a freshly pressed thin crust

The Pepperoni

Lots of pepperoni, tomato sauce & Mozzarella cheese
\$11.95

\$11.95

The Alfredo Pollo Pizza

Grilled chicken, mushroom and Alfredo sauce & Mozzarella cheese
\$12.95

The Naples T

Pesto Sauce, Roma tomato, Bocconcini, and Mozzarella cheese, topped with a balsamic tossed salad

The Canadian

Double smoked bacon, mushroom, tomato sauce & Mozzarella cheese
\$11.95

MAIN PLATES

Thai Red Curry

Diced chicken breast & bell peppers in lightly spiced Thai red curry sauce
\$14.95

Yakisoba Stirfry

With shiitake mushroom, bean sprouts & cabbage with chicken or shrimp
\$13.95

Pesto Linguini

Linguini, pesto sauce, grilled chicken or tiger shrimp
\$13.95

Garden Pasta G

Capellini with Mushroom, Spinach, Artichoke and Grape Tomatoes in Olive Oil & Garlic \$12.95



Healthy Choice

Grilled seasonal vegetables with a choice of grilled sockeye salmon, chicken, or 6oz top sirloin steak
\$15.95

The Quesadilla T

Red bell pepper, onion, mushroom & jack cheese.
Add grilled chicken breast \$3.95
\$11.25

Sweet Delights

Apple Pie	\$5.25
Bumble berry pie	\$5.25
Key Lime Pie	\$5.25
Maple Cream Caramel	\$4.95
Chocolate mousse cake	\$5.95
Crème Brûlée cheesecakes	\$5.95
N.Y. Cheesecake with Raspberry & Caramel Dip	\$5.95

With ice cream add \$1.00

Ice cream selection

Vanilla	\$4.25
Maple walnuts	\$4.25
Chocolate chip Mint	\$4.25
Chocolate peanut butter cup	\$4.25

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