

## Lunch

**Soup** **\$5.95**

Please ask your server about today's soup selection

**Clam Chowder** **\$6.95**

New England style clam chowder

**Caesar Salad** **\$8.95**

Crisp romaine lettuce, Parmesan cheese and croutons tossed in Caesar dressing

**Arugula Salad** **\$10.95**

Baby arugula, quinoa, strawberries, goat's cheese and caramelized pecans with honey lime vinaigrette

**Enhance any salad by adding:**

**Grilled Cajun chicken breast** **\$4.95**



**Grilled wild salmon** **\$5.95**

**Grilled garlic tiger shrimp** **\$5.95**

**Seafood Cobb Salad** **\$15.95**

Our version of the classic with tuna Tataki, grilled salmon, prawns, avocado, goats cheese and hard boiled egg with champagne vinaigrette

**Beef Burger** **\$10.95**

Bacon, onion rings, melted Cheddar cheese, relish, lettuce and tomato

**BBQ Beef Sliders** **\$11.95**

Three mini Cheddar burgers with caramelized onions and BBQ sauce

**Salmon Burger** **\$11.95**

Grilled BC wild salmon with lettuce, relish, tomato, cucumber and house made tartar sauce

**Monterey Grilled Chicken** **\$11.95**

Tender grilled chicken breast with tomato, onion, crisp bacon, Jack cheese and chipotle mayonnaise served on Focaccia

**Smoked Turkey Club Sandwich** **\$11.95**

Lettuce, tomato, bacon, Swiss cheese and mayonnaise on cranberry sourdough

**Steak Sandwich** **\$15.95**

Canada AAA top sirloin steak with red wine sautéed mushrooms served on garlic French bread

**Spicy Tuna Wrap** **\$12.95**

Albacore tuna tataki with ponzu vinaigrette, avocado and house made wasabi mayonnaise wrapped in a white flour tortilla

**Pesto Chicken Quesadilla** **\$12.95**

Tomato, mushrooms, caramelized onions, corn and black beans, served with sour cream, tomato salsa and avocado

**Served with your choice of  
house salad or French fries**

**\$1.00 supplement to enjoy yam fries or Caesar salad**



pizza & pasta

- Pepperoni Pizza**

Pepperoni mozzarella cheese and a rich Italian tomato sauce

**\$12.95**
- Margherita Pizza**

Garlic olive oil, roma tomatoes, mozzarella cheese and fresh basil

**\$13.95**
- Wild Mushroom Jumbo Ravioli with Prawns**

Garlic cream sauce, fresh basil and a balsamic reduction

**\$14.95**
- Italian Penne**

Penne pasta with chorizo sausage, onions and bell peppers in heirloom tomato cream sauce


**\$12.95**
- Healthy Choice**

Roasted root vegetables topped with a balsamic reduction and pineapple lime salsa, served with your choice of grilled AAA 6oz top sirloin steak, salmon or chicken breast

**\$15.95**

**Why not join our lunch club.....**

**After 9 lunches your 10<sup>th</sup> will be on us!**



**Ask your server for details**

<b>Wines by the Glass</b>	
<b>White</b>	
Sandhill Pinot Blanc	<b>\$10</b>
Jackson Triggs Sauvignon Blanc	<b>\$8</b>
Calona Artist Series Chardonnay	<b>\$6</b>
Barefoot Pinot Grigio	<b>\$7</b>
Monkey Bay Sauvignon Blanc	<b>\$10</b>
<b>White Zinfandel</b>	
Woodbridge Zinfandel	<b>\$7</b>
<b>Red</b>	
Calona Artist Series Merlot	<b>\$6</b>
Red Rooster Merlot	<b>\$9</b>
Jackson Triggs Cabernet Sauvignon	<b>\$8</b>
Wild Horse Shiraz	<b>\$7</b>
Barefoot Shiraz	<b>\$7</b>

