

Lunch Menu – Served from 12:00pm – 5pm

Soup & Salad

- Soup of the Day** \$6
Ask your server about Chef's daily creation
- Tossed Organic Green Salad** GF/V \$6
Fresh tomatoes and English cucumber with your choice of dressing
- Caesar Salad** v **Appy \$7 / Entrée \$12**
Crisp romaine lettuce, Parmesan cheese and focaccia croutons
Add Grilled Chicken Breast \$5
- The ABC Salad** GF/V \$14
Arugula, beets, crumbled goat cheese, and Quinoa in a honey-lime vinaigrette
- Chef's Signature Cobb Salad** GF \$16
Grilled chicken breast, tomatoes, avocado, boiled egg wedges, crispy bacon, crumbled blue cheese and your choice of dressing

Burgers & Sandwiches

- Unwind Clubhouse** \$16
Smoked turkey breast, crisp bacon, smoked white cheddar, lettuce and tomato stacked on country style cranberry sourdough bread
- Classic Burger** \$ 14
8oz Char-broiled Angus, seasoned and topped with lettuce, tomato, onion and smoked white cheddar
Add Bacon \$2
- Sliders** \$ 14
Three mini burgers, with crisp bacon, lettuce, tomato, onion, and Cheddar cheese and a side of our house made pub chips
- Grilled Salmon BLT** \$16
Maple glazed salmon filet, seasoned and served on grilled ciabatta with Dijon-mayonnaise, thick cut bacon, lettuce, and tomato
- Steak Sandwich** \$17
Juicy sirloin steak served over grilled naan bread and topped with sautéed garlic mushrooms
- BLT Club Wrap** \$15
Shaved turkey, ham, bacon, lettuce, tomato, Swiss and cheddar cheeses, wrapped in a flour tortilla

Staff Picks

- Quesadilla** \$10
Peppers, onions, and a blend of cheeses grilled in a buttery tortilla. Served with salsa and sour cream
- Garden Penne** v \$15
Garden veggies tossed with roasted red pepper and pesto. Topped with Parmesan served with grilled ciabatta wedge
- Thai Red Curry Bowl** \$18
Chicken and vegetables come together with jasmine rice and served with Naan bread
- Spaghetti Bolognese** \$14
The classic favourite served with garlic toast

Add Grilled Chicken to any feature \$5
All burgers and sandwiches served with your choice of French Fries or Tossed Green Salad
Indulge in homemade soup or Caesar salad for \$2.00 more

V – Vegetarian selection, or can be prepared vegetarian GF – Gluten free Specialty





**Chef is also crafting unique
daily creations such as
desserts and features~
Ask your server for details!**

