

Soups

Daily Soup

Ask your server about today's selection 6.25

- Roasted Sweet Potato & Corn Chowder* 7.25

Salads

Caesar

Crisp romaine tossed with roasted garlic aioli and topped with wild boar bacon and sourdough croutons
large 10.25 / small 6.75

- Green Salad*

Organic Artisan lettuces, grape tomato, Canadian cucumber, slivers of radish and your choice of dressing (balsamic, raspberry, cucumber-dill, creamy garlic and herb, ranch, blue cheese) large 7.75 / small 6.50

- Spinach Salad*

Candied pecans, strawberries, crumbled goat cheese, red peppers, artichoke hearts, balsamic dressing
large 9.75 / small 7.50

Aphrodite Salad

Arugula and greens, beets, grapefruit, marinated red onion, oregano-red wine vinegar and feta dressing
large 10.75 / small 8.50

Nicoise

Smoked tuna loin and hard boiled eggs with fresh tomatoes, cucumbers, bell peppers, black olives, onions and artichokes tossed with a creamy garlic and herb vinaigrette 9.25

Add to any Salad

Chicken Breast 5.75 • *Salmon Filet* 6.75 • *Smoked Tuna* 5.75

- Vegetarian Dishes*





Sandwiches

All sandwiches are served with your choice of soup, green salad, caesar salad or fries

Upgrade to: Yam Fries add 2.25

Spinach Salad add 3.75

Aphrodite Salad add 3.75

Beef Sandwich

House roasted striploin, shaved and smothered a mesquite BBQ sauce, Swiss cheese, in a sesame seed bun 15.00

Roast Turkey Clubhouse

Slow roast turkey breast, bacon, lettuce and tomato served on a toasted Ciabatta bun 14.00

Jamaican Jerk Chicken Sandwich

Jerk marinated chicken, tomato, mayonnaise and lettuce served on a Ciabatta bun 13.00

Reuben Sandwich

Montreal smoked meat, sauerkraut, Swiss cheese, honey mustard served on rye bread 14.00

Blackened Spiced Salmon Sandwich

Salmon filet, lemon caper mayonnaise, tomato, lettuce served on a mini multigrain baguette 14.00

Gluten free bread available on all above sandwiches

Deli Counter

Subject to availability

Black Forest Ham & Cheddar Croissant

Caramelized apple and maple mustard, tomato and lettuce 9.00

Roasted Turkey Breast

Cranberry chutney, smoked gouda and lettuce in a whole wheat wrap 9.00

Grilled & Chilled Vegetable Sandwich

With a hummus spread 9.00

Mains

Wild Game Burger

Ground bison, elk and venison burger, sweet and spicy pepper relish, goat cheese aioli, chiffonade of spinach. Served with your choice of soup, green salad, caesar salad or fries 16.00

Upgrade to: Yam Fries add 2.25

Spinach Salad add 3.75

Aphrodite Salad add 3.75

- Veggie Burger** Grilled vegetarian patty served on a whole wheat bun with ketchup, mustard, lettuce, tomato, onions and pickle. Served with your choice of soup, green salad, caesar salad or fries 10.00

Upgrade to: Yam Fries add 2.25

Spinach Salad add 3.75

Aphrodite Salad add 3.75

Shepherd's Pie

Ground Alberta lamb stewed with braised vegetables in a Guinness broth. Topped with creamy mashed potatoes and served with a green salad 15.25

Daily Features

Macaroni Monday

House made macaroni with 4 cheeses, spinach and artichoke hearts accompanied with caesar salad 9.75

Quesadilla Tuesday

Crispy tortilla stuffed with cheese, peppers and onions. Served with your choice of soup, green salad, caesar salad or fries 9.75
Add **Chicken, Beef** or **Prawns (4)** for 5.75

Pita Wrap Wednesday

Skewer of **Chicken** or **Salmon**, tzatziki, tomato, cucumber, red onion, and arugula lettuce. Served with your choice of soup, green salad, caesar salad or fries 11.75

Butter Chicken

Chicken thighs cooked in a classic Indian butter sauce. Served with basmati rice, pita bread, mango chutney and cucumber raita 14.75

- Butternut Squash Ravioli**

Asparagus, roasted zucchini, red pepper and mango sauce, with maple toasted pecans 13.75

Gluten free pasta available (allow 15 minutes)

Fish & Chips

Traditional Ale battered haddock filets served with coleslaw, tartar sauce and our awesome fries 14.25

Turkey Pot Pie Thursday

Slow roast turkey pot pie, with peas, carrots, pearl onions, red potatoes on a puff pastry top 11.25

Fish Friday

Grilled salmon and scallop combo, served with grilled vegetables and forest mushrooms in a homemade cream sauce 13.25

