

## STARTERS

<b>Fried Pickles</b>	<b>V</b>	11¼
Ranch Dressing		
<b>Escargot</b>		11¾
Garlic Toast		
<b>Sporty Poutine</b>	<b>GF</b>	15¼
Fries, Cheese Curds, Gravy		
<b>Double Curds</b>	<b>+4½</b>	
<b>Pork Bites</b>		15¼
Tossed In Spicy Teriyaki		
<b>Blue Cheese Bacon &amp; Spinach Dip</b>		17¼
Tortilla Points	<b>Add Tortilla Points</b>	<b>+2½</b>
<b>Chicken Wings</b>	<b>GF</b>	19
Salt & Pepper, Lemon Pepper, Honey Garlic, Thai Chili, Franks Red Hot, Mango Habanero		
<b>Ranch</b>	<b>+1</b>	
<b>Blue Cheese</b>	<b>+2</b>	
<b>Fish Taco (2pc/3pc)</b>		18½/23½
Pacific Cod, Prawns, & Shrimp In A Flour Tortilla, With Creamy Chipotle Slaw & Pineapple Salsa		

## PUB FAVES

<b>Fish &amp; Chips (1pc/2pc)</b>	21/25
Beer-Battered Pacific Cod, Fries, Creamy Chipotle Slaw, Tartar Sauce	
<b>Grilled Pork Loin Chops</b>	21
With Vegetables, Pepper Onion Gravy And Rice (or mash after 5)	
<b>Mushroom Ravioli</b>	23
Tossed In A Tarragon Cream Sauce & Pistachios. Served With Garlic Toast	
<b>Feature Grilled Cheese</b>	22
Please Ask Your Server For Today's Creation.	
<b>Steak Sandwich</b>	28
8oz Grass Fed Strip-LoIn, Garlic Toast, Roasted Mushrooms, Fries, Garlic Herb Butter	
<b>Jambalaya</b>	<b>GF/SP</b> 28
Chicken Breast, Prawns, Chorizo Sausage, Peppers, Onions, Cajun Sauce, Basmati Rice	

## SOUP & SALAD

<b>Feature Soup</b>	7¾/11¾	<b>Caesar Salad</b>	14¼
Daily Inspired Creation	cup/bowl	Romaine, Bacon, Garlic Crouton, Parmesan, Roasted Garlic Dressing	
<b>Seafood Chowder</b>	<b>GF</b> 11¾/19	<b>House Greens</b>	<b>V/GF</b> 13¾
Cream Based	cup/bowl	Heritage Greens, Dried Cranberry, Feta, Pumpkin Seed, Shredded Carrot, Cucumber, Cherry Tomato And Our House Made Strawberry Dressing	
<b>Wedge Salad</b>	<b>GF</b> 13¾	<b>Cobb Salad</b>	<b>GF</b> 21½
With Bacon, Feta Cheese, Avocado And 1000 Island Dressing		Grilled Chicken Breast, Bacon, Egg, Avocado, Monterey Jack, Heritage Greens, Cucumber, Cherry Tomato, Balsamic Dressing	
<b>Add Garlic Toast</b>	<b>+2½</b>		
<b>Add Chicken</b>	<b>+7¼</b>		
<b>Add Cold Water Shrimp</b>	<b>+8¾</b>		

For Our Bi-Weekly  
Changing Features  
See Our Table Tent

### PRIME RIB SPECIAL 11OZ Friday & Saturday After 5pm

Fresh From The Oven, Slow Roasted To Your Liking, Served With Roast Potato, Yorkshire Pudding, Seasonal Vegetables And Our Famous Very HOT Horseradish 39

Prices do not include 5% GST or Gratuity

**V** = Vegetarian **GF** = Gluten Free **SP** = Spicy

Our Kitchen handles allergens including nuts, dairy, seafood and gluten. While we take precautions, we cannot guarantee that any menu item is 100% free of allergens

## HANDHELD S

(Served with your choice of soup, salad or fries)

Add Ons - 2½ each: Roasted Mushrooms or Avocado  
3¼ each: Cheddar Cheese, Monterey Jack or Bacon

### Sporty Beef Burger 22

6 oz Chuck Patty, Cheddar, Lettuce, Tomato, Red Onion, Pickle, Garlic Mayo, Sporty Tomato Jam, Brioche Bun

### Chicken Club Burger 23

Chicken Breast, Bacon, Cheddar, Lettuce, Tomato, Garlic Mayo, Pickle, Brioche Bun

### Cold Cut Combo 22

Smoked Turkey, Ham, Capicola, Swiss, Dijonnaise, Lettuce, Tomato, Sourdough Bread

### Veggie Burger V 22

Black Bean Vegan Patty, Cucumber Raita, Lettuce, Tomato, Red Onion, Pickle, Brioche Bun

### Chicken Caesar Wrap 22

Grilled Chicken Breast, Bacon, Parmesan, Romaine, Roasted Garlic Dressing, Grilled Tortilla

### Beef Dip 23

Shaved Beef, Filoncini Bun, Rosemary Jus

Lettuce Wrap	No Cost
Gluten Free Bun	+ 3½
Sub House Greens/Caesar	+ 4½
Sub Seafood Chowder	+ 4¾
Sub Yam Fries	+ 4½
Sub Poutine	+ 8

## DESSERT

### Ice Cream 5½

One Scoop Of Vanilla Ice Cream, Homemade Caramel Sauce

### Chocolate Brownie Sundae 9½

Chocolate Sauce

### Creamy Cheesecake 10½

Rotating Flavor

### Fried Mini Donuts 11

Homemade Caramel Sauce, Cinnamon Sugar

### Warm Ginger Spice Cake 12½

Whip Cream

Add Ice Cream +2½

## PIZZA

### Margherita V 10"/14" 16½/21

Tomato Basil Base, House Cheese Blend

### Hawaiian 19½/26

Black Forest Ham, Fresh Pineapple  
(Like it with curry? Tell us please!!)

### Vegetarian V/SP 20½/29

Roasted Red Pepper, Pepperoncini, Sliced Mushroom, Red Onion

### Alfonso 21½/31

Smoked Turkey Breast, Smoked Gouda, Red Onion, Green Peppercorn

### Meatlovers 23½/33½

Capicola, Ham, Pepperoni, Chorizo

### West Coast 25½/36

Hardy Buys Hot Smoked Salmon, Red Onion, Cherry Tomato, Dill Cream Cheese, Shaved Parmesan

**Create your own:** (start with a margherita pizza)

Per Topping: 10" - \$2¾ 14" - \$5

Bacon	Mushrooms
Bell Pepper	Pepperoncini
Black Forest Ham	Pepperoni
Grape Tomato	Pineapple
Chorizo	Red Onion
Extra Cheese	Smoked Gouda
Green Peppercorns	Smoked Turkey
Jalapenos	Tomato Slices
Capicola	

QR CODE TO OUR MENU:



# Sporty

Bar & Grill

## Jalapeno Poppers

11.25

Served with ranch

## Tomato Bruschetta

12.25

Tomato bruschetta served with crostini

## Spring Salad (Gluten Free)

16.25

Arugula, apples, red onion, goat cheese, toasted almonds & red wine vinaigrette

## Meatball Pizza

20.50/31

With mushrooms and red onion

## Pizza Sub

22

Salami, pepperoni, chorizo & mozzarella & tomato sauce. Choice of side

## 30z Grilled Lamb T-Bone Chops

28

(After 5pm) (Gluten Free)

Mashed potato, roasted vegetables & rosemary jus

Features