

## Jalapeno Poppers 15

Ranch dressing

## Strawberry Avocado Salad (Gluten Free) 17

Mixed greens, strawberries, avocado, feta cheese, honey pecans & a poppy seed vinaigrette

## Pizza Diablo 10"/14" 20/28

Chorizo sausage, capicola, jalapenos, pepper jack cheese

## Lamb Souvlaki 21

Served with tzatziki and Caesar salad

## Mushroom Ravioli 22

Roasted pistachios in a tarragon cream

## Brauts & Mash (After 5pm) (Gluten Free) 24

Sour cream mashed potato, roast vegetables & onion gravy

# Sporty

Bar And Grill

## STARTERS

<b>Fried Pickles</b>	<b>V</b>	10½
Ranch Dressing		
<b>Escargot</b>		11
Garlic Toast		
<b>Sporty Poutine</b>	<b>GF</b>	14½
Hand Cut Kennebec Fries, Cheddar Cheese Curds, Gravy <b>Double Curds</b> +4		
<b>Pork Bites</b>		15
Tossed In Spicy Teriyaki		
<b>Blue Cheese Bacon &amp; Spinach Dip</b>		16½
Tortilla Points <b>Add Tortilla Points</b> +2½		
<b>Chicken Wings</b>	<b>GF</b>	18
Salt & Pepper, Lemon Pepper, Honey Garlic, Thai Chili, Franks Red Hot, Mango Habanero		
<b>Ranch</b>	+1	<b>Blue Cheese</b> +2
<b>Fish Taco (2pc/3pc)</b>		17/22
Pacific Cod, Prawns, & Shrimp In A Flour Tortilla, With Creamy Chipotle Slaw & Pineapple Salsa		

## SOUP & SALAD

<b>Feature Soup</b>	7/11
Daily Inspired Creation <b>cup/bowl</b>	
<b>Seafood Chowder</b>	<b>GF</b> 11/18
Cream Based <b>cup/bowl</b>	
<b>Wedge Salad</b>	<b>GF</b> 13
With Bacon, Feta Cheese, Avocado And 1000 Island Dressing	
<b>Add Garlic Toast</b>	+2½
<b>Add Chicken</b>	+7
<b>Add Cold Water Shrimp</b>	+8

## PUB FAVES

<b>Fish &amp; Chips (1pc/2pc)</b>	19/23
Beer-Battered Pacific Cod, Kennebec Fries, Creamy Chipotle Slaw, Tartar Sauce	
<b>Grilled Pork Loin Chops</b>	19½
With Vegetables, Pepper Onion Gravy And Rice (or mash after 5)	
<b>Chicken And Bacon Linguini</b>	22
Tossed In A Basil Cream Sauce. Served With Garlic Toast	
<b>Weekly Rotating Schnitzel</b>	25
6oz Breaded Cutlet, Seasonal Vegetables, Mushroom Sauce, Rice (or mash after 5)	
<b>Steak Sandwich</b>	26
7oz Center Cut AAA Strip-Loin, Garlic Toast, Roasted Mushrooms, Kennebec Fries, Garlic Herb Butter	
<b>Jambalaya GF/SP</b>	26
Chicken Breast, Prawns, Chorizo Sausage, Peppers, Onions, Cajun Sauce, Basmati Rice	

<b>Caesar Salad</b>	13½
Romaine, Bacon, Garlic Crouton, Parmesan, Roasted Garlic Dressing	
<b>House Greens</b>	<b>V/GF</b> 13
Heritage Greens, Dried Cranberry, Feta, Pumpkin Seed, Shredded Carrot, Cucumber, Cherry Tomato And Our House Made Strawberry Dressing	
<b>Cobb Salad</b>	<b>GF</b> 20
Grilled Chicken Breast, Bacon, Egg, Avocado, Monterey Jack, Heritage Greens, Cucumber, Cherry Tomato, Balsamic Dressing	

For Our Bi-Weekly  
Changing Features  
See Our Table Tent

### PRIME RIB SPECIAL 110Z

**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 35

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

**Prices do not include 5% GST or Gratuity**  
**We add 15% Gratuity for groups over 6 guests**

# Sporty

Bar And Grill

## HANDHELDS

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

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

### Sporty Beef Burger 20½

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

### Grilled Chicken Burger 20

Chicken Breast, Roasted Red Pepper, Monterey Jack, Lettuce, Sweet Chili Mayo, Brioche Bun

### Pastrami On Rye 20

With Dijonnaise, Swiss Cheese, Lettuce And Tomato

### Veggie Burger V 20

Black Bean Vegan Patty, Poached Pear, Lettuce, Tomato, Red Onion, Pickle, Garlic Mayo, Brioche Bun

### Chicken Caesar Wrap 20

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

### Beef Dip 21

Shaved Beef, Filoncini Bun, Rosemary Jus

Lettuce Wrap	No Cost
Gluten Free Bun	+3
Sub House Greens/Caesar	+4
Sub Seafood Chowder	+4
Sub Yam Fries	+4
Sub Poutine	+7½

## 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" 16/20**  
Tomato Basil Base, House Cheese Blend

**Hawaiian 19/25**  
Black Forest Ham, Fresh Pineapple  
(Like it with curry? Tell us please!!)

**Vegetarian V/SP 20/28**  
Roasted Red Pepper, Pepperoncini, Sliced Mushroom, Red Onion

**Alfonso 21/30**  
Smoked Turkey Breast, Smoked Gouda, Red Onion, Green Peppercorn

**West Coast 25/35**  
Hardy Buoys Hot Smoked Salmon, Red Onion, Cherry Tomato, Dill Cream Cheese, Shaved Parmesan

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

Per Topping: 10" - \$2½ 14" - \$4½

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

QR CODE TO OUR MENU:



# Sporty

Bar & Grill

**Empress 75 (10z)** 10.50

Empress gin (Victoria BC) lemon juice, simple syrup and sparkling wine

**Amaretto Old Fashioned (2oz)** 12.50

Amaretto and bitters served over ice and pressed with water

**Campari Rosé Spritz (2oz)** 13.50

A bright refreshing cocktail made with Campari, rosé wine, lemon juice, simple syrup and soda

**Bergamont Gin Fizz (2oz)** 11.50

2 oz gin, lemon juice, bergamont syrup, and egg white makes this cocktail light and refreshing, with a touch of bitterness

**Cranberry Mule** Single 11.00  
Double 13.50

Perfect for fall and winter. Made with vodka, ginger beer and cranberry juice

**Devils Bath Brewing (473ml)** 10.50

Locally brewed beer from our neighbors in Port Mcneil. Ask your server for available selection

Drinks