

Waldorf Salad (Gluten Free) 13

Celery, apple, grapes and walnuts in a lemon aioli on a bed of greens

Baked Brie 17

Puff pastry wrapped brie with tomato jam. Served with crustini

Grilled Prosciutto Sandwich 18

Prosciutto, Swiss cheese & tomato jam on rye bread. Choice of side

Vegetable Gnocchi 19

Mushroom, asparagus & sundried tomato in a basil pesto cream sauce

Bacon Jalapeno Popper Pizza 20

Jalapenos, bacon & cream cheese. Topped with toasted panko crumbs

Marinated Lamb Sirloin (After 5pm) 28

Served with roast vegetables, mashed potatoes & a mint jus

Sporty

Bar And Grill

STARTERS

Fried Pickles	V	10
Ranch Dressing		
Escargot		10
Garlic Toast		
Sporty Poutine	GF	13½
Hand Cut Kennebec Fries, Cheddar Cheese Curds, Gravy		
Double Curds	+3	
Blue Cheese Bacon & Spinach Dip		16
Tortilla Points		
Chicken Wings	GF	17
Salt & Pepper, Lemon Pepper, Honey Garlic, Thai Chili, Franks Red Hot, Mango Habanero		
Ranch	+½	
Blue Cheese	+1½	
Fish Taco (2pc/3pc)		15/20
Pacific Cod, Prawns, Shrimp, Flour Tortilla, Creamy Chipotle Slaw, Pineapple Salsa		

PUB FAVES

Fish & Chips (1pc/2pc)	17/21
Beer-Battered Pacific Cod, Kennebec Fries, Creamy Chipotle Slaw, Tartar Sauce	
BBQ Beer Braised Chicken Leg	16
With Basmati Rice and Vegetables	
Add 1 Leg	+4
Scallop & Prawn Linguine	23
Basil, Roasted Red Pepper Sauce, Fresh Herb, Garlic Toast	
Weekly Rotating Schnitzel	24
6oz Breaded Cutlet, Seasonal Vegetables, Mushroom Sauce, Rice (or mash after 5)	
Steak Sandwich	24
7oz Center Cut AAA Strip-Loin, Garlic Toast, Roasted Mushroom, Kennebec Fries, Garlic Herb Butter	
Jambalaya GF/SP	25
Chicken Breast, Prawns, Chorizo Sausage, Peppers, Onions, Cajun Sauce, Basmati Rice	

SOUP & SALAD

Feature Soup	7/11 cup/bowl	House Greens V/GF	12
Daily Inspired Creation		Heritage Greens, Dried Cranberry, Feta, Pumpkin Seed, Shredded Carrot, Cucumber, Cherry Tomato And Our House Made Strawberry Dressing	
Seafood Chowder	GF 10/17 cup/bowl	Cobb Salad	GF 18½
Cream Based		Grilled Chicken Breast, Bacon, Egg, Avocado, Monterey Jack, Heritage Greens, Cucumber, Cherry Tomato, Balsamic Dressing	
Caesar Salad	13	Add Chicken	+6
Romaine, Bacon, Garlic Crouton, Parmesan, Roasted Garlic Dressing		Add Cold Water Shrimp	+7
Add Garlic Toast	+2		

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 **32**

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

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

Sporty Beef Burger 18½

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

Grilled Chicken Burger 18

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

Veggie Burger V

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

Chicken Caesar Wrap

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

Beef Dip

Shaved Beef, Filoncini Bun, Rosemary Jus

Lettuce Wrap	No Cost
Gluten Free Bun	+ 2½
Sub House Greens/Caesar	+ 3½
Sub Seafood Chowder	+ 3½
Sub Yam Fries	+ 3½
Sub Poutine	+ 6½

DESSERT

Ice Cream 5

One Scoop Of Vanilla Ice Cream, Homemade Caramel Sauce

Chocolate Brownie Sundae 9

Creamy Cheesecake 10

Rotating Flavor

Fried Mini Donuts 11

Homemade Caramel Sauce, Cinnamon Sugar

Warm Ginger Spice Cake 12

Whip Cream

Add Ice Cream + 2½

PIZZA

Margherita V 10"/14" 15/19

Tomato Basil Base, House Cheese Blend

Hawaiian 18/24

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

Vegetarian V/SP 19/27

Roasted Red Pepper, Pepperoncini, Sliced Mushroom, Red Onion

Alfonso 20/29

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

West Coast 22/31

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

Create your own: (start with a margherita pizza)

Per Topping: 10" - \$2 14" - \$3½

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

QR CODE TO OUR MENU:



Sporty

Bar & Grill

Apple Pie Martini (2oz) 10.50

Green Apple Sourpuss, Butter Ripple Schnapps and pineapple juice. Topped With cinnamon

Maple Old Fashioned

Single 10.50
Double 12.50

Sortilège Canadian Maple Whiskey, Angostura Bitters, maraschino cherry

Reynolds Roast (2oz) 11.00

Captain Morgans Spiced Rum, Butter Ripple Schnapps and cold brew coffee. Served over ice with whip cream

Elderflower Spritz (2oz) 13.50

Apérol, Elderflower liqueur and Vodka, topped with Champagne and grapefruit juice

Protea - Rosé

South Africa

8oz Glass 14

750 ml Bottle 39

A refreshing and dry wine, with a light sweetness and citrus notes

Drinks