

SPORTY BAR AND GRILL

Weekly Features

MOROCCAN ROASTED RED PEPPER HUMMUS	15.5
Fried Tortilla Points	
WEST COAST SALAD (GF)	17.5
Baby Shrimp, Cucumber, Cherry Tomato, Red Onion, Feta Cheese, Balsamic Dressing	
TERIYAKI SHRIMP CEASAR WRAP	17
Choice Of Side	
5OZ BLACKENED HALIBUT BURGER	22
Lettuce, Tomato, Red Onion, Pickle, Chipotle Mayo, Brioche Bun, Choice of Side	
HALIBUT AND CHIPS (1PC/2PC)	18/24
Served With Coleslaw And Homemade Tartar Sauce	
PARCHMENT BAKED 6OZ MAPLE SOCKEYE SALMON (AFTER 5) (GF)	26
Baked In Parchment Paper With Basmati Rice And Vegetables	

SOUP & SALAD

FEATURE SOUP	6 ½ / 11
Daily Inspired Creation	
SEAFOOD CHOWDER (GF)	9 / 16
Cream Based	
Add Garlic Toast	+ 2
HOUSE GREENS (V+GF)	12
Heritage Greens, Green Apple, Dried Cranberry, Feta, Pumpkin Seed, Shredded Carrot, Cucumber, Cherry Tomato, Honey Lavender Vinaigrette	
Add Grilled Chicken Breast	+ 5
Add Grilled Prawn Skewer (5)	+ 6
CAESAR SALAD	12
Romaine, Maple Bacon, Garlic Crouton, Parmesan, Roasted Garlic Dressing	
COBB SALAD	17 ½
(GF) Grilled Chicken Breast, Maple Bacon, Egg, Avocado, Monterey Jack, Heritage Greens, Cucumber, Cherry Tomato, Balsamic Dressing	

DESSERT

ICE CREAM	5
One scoop of Vanilla Ice-Cream, Homemade Caramel Sauce	
CREAMY CHEESECAKE	9 ½
Rotating Flavour	
FRIED MINI DONUTS	10
Homemade Caramel Sauce, Icing Sugar	
WARM SPICED GINGER CAKE	11
Whip Cream	
Add Ice Cream	+ 2

(V)= Vegetarian	(VG)=Vegan
(GF)=Gluten Free	(SP)=Spicy

HANDHELDS

Lettuce Wrap	No Cost
Gluten Free Bun	+ 2
Sub House Greens/Caesar	+ 3
Sub Seafood Chowder	+ 3
Sub Poutine	+ 6
SPORTY BEEF BURGER	18
6oz Chuck Patty, Aged Cheddar, Lettuce, Tomato, Red Onion, Pickle, Mayo, Sporty Tomato Jam, Brioche Bun	
Add Bacon	+ 2
Add Roasted Mushroom	+ 2
GRILLED CHICKEN BURGER	18
Chicken Breast, Roasted Red Pepper, Monterey Jack, Lettuce, Sweet Chili Mayo, Brioche Bun	
Add Bacon	+ 2
Add Roasted Mushroom	+ 2
RATATOUILLE BURGER	18
(V) Fried Eggplant, Grilled Zucchini, Roasted Red Pepper, Tomato, Red Onion, Pickle, Roasted Garlic Mayo, Brioche Bun	
Add Avocado	+ 2
Add Goat Cheese	+ 2
CHICKEN CAESAR WRAP	17
Grilled Chicken Breast, Bacon, Romaine, Roasted Garlic Dressing, Grilled Tortilla	
BEEF DIP	18
Shaved Beef, Filoncini Bun, Rosemary-Jus	
Add Cheddar	+ 2
Add Monterey Jack	+ 2

STARTERS

FRIED PICKLES	(V)	9 ½
Ranch Dressing		
ESCARGOT		9 ½
Garlic Toast		
SPORTY POUTINE	(GF)	13
Hand Cut Kennebec Fries, Cheddar Cheese Curd, Gravy		
Double Curds	+ 2 ½	
BLUE CHEESE BACON & SPINACH DIP		16
Tortilla Chips		
CHICKEN WINGS	(GF)	16 ½
Salt & Pepper, Lemon Pepper, Sesame Honey Garlic, Thai Chili, Franks Hot Sauce, Mango Habanero		
Ranch	+ ½	
Blue Cheese Dip	+ 1	
FISH TACO	(2 PC. / 3 PC.)	14 / 19
Garlic Seared Pacific Cod, Prawns, Flour Tortilla, Honey Lavender Slaw, Chipotle Mayo, Pineapple Salsa		

PUB FAVES

FISH & CHIPS	(1 PC./2 PC.)	16 / 20
Beer-Battered Pacific Cod, Kennebec Fries, Honey Lavender Slaw, Tartar, Lemon		
CHICKEN PARMESAN		20
On Penne With Napoli Sauce		
GARLIC PRAWN LINGUINE	(SP)	21
Sun-dried Tomato, Chilli Flakes, Olive Oil, Caper, Feta, Fresh Herb, Garlic Toast		
WEEKLY ROTATING SCHNITZEL		23
6 oz. Breaded Cutlet, Seasonal Vegetable, Mushroom Sauce, Rice (or Mashed after 5)		
STEAK SANDWICH		23 ½
7oz Center Cut AAA Strip- loin, Garlic Toast, Roasted Mushroom, Kennebec Fries, Garlic Herb Butter		
JAMBALAYA	(SP) (GF)	24
Chicken breast, Prawns, Chorizo Sausage, Peppers, Onions, Cajun Sauce, Basmati Rice		

PIZZAS

CHOOSE BETWEEN		10” / 14”
MARGHERITA	(V)	14 / 18
Tomato Basil Base, House Cheese Blend		
HAWAIIAN		17 / 23
Black Forest Ham, Fresh Pineapple (Would you like it with Curry? Tell us please!)		
VEGETARIAN	(V + SP)	18 / 26
Roasted Red Pepper, Pepperoncini, Sliced Mushroom, Red Onion		
ALFONSO		19 / 28
Smoked Turkey Breast, Smoked Gouda, Red Onion, Green Peppercorn		
WEST COAST		21 / 30
Hot Smoked Salmon, Red Onion, Cherry Tomato, Dill Cream Cheese, Shaved Parmesan		
<u>Create your own Pizza:</u> Extra Cheese, Smoked Gouda, Black Forest Ham, Pepperoni, Pepperoncini, Smoked Turkey, Smoked Salmon, Mushroom, Pineapple, Red Onions, Bell Peppers, Green Peppercorns, Tomato Slices, Bacon, Chorizo, Cherry Tomato		
		2/3 ½

SPECIAL ON FRIDAY & SATURDAY

PRIME RIB	11 OZ.	31
Fresh from the oven, slow roasted to your likings, served with roasted potato, York-shire pudding, seasonal vegetables and our famous very HOT horseradish		

Prices do not include 5% GST