

SNACK & SHARE

- APPY PLATTER \$25** | SHRIMP SKEWERS, CALAMARI, CHICKEN STRIPS, SPRING ROLLS, ZUCHINNI, TSITZIKI & PITA.
- CHILI CHICKEN \$9** | DICED CRISPY CHICKEN, FIERY SWEET CHILI SAUCE, CRUNCHY ASIAN NOODLES, JULIENNE CARROTS, GREEN ONION & SESAME SEEDS.
- NACHOS GRANDE \$11** | SPICED CRISPY FRESH TORTILLA CHIPS, PEPPERS, BLACK OLIVES, TOMATOES, ONIONS & JALAPENO'S, HOT AND BUBBLY WITH MELTED CHEESES | BLACK BEAN & CORN SALSA & SOUR CREAM.
ADD DICED CHICKEN BREAST \$4
- MUSHROOMS NEPTUNE \$8** | BAKED CAPS STUFFED WITH CREAM CHEESE & SEAFOOD.
- HOMEMADE TSITZIKI \$6** | WITH TWO ROUNDS OF GRILLED PITA.
WITH CHOPPED FETA AND SHRIMP FOR A LITTLE EXTRA ZING \$9
- CHICKEN WINGS \$8** | SEA SALT & PEPPER, SPICY HOT OR TERIYAKI GLAZED.
- VEGETARIAN SPRING ROLLS \$7** | CRISPY FRIED & SERVED WITH SWEET CHILI SAUCE.
- GREEK STYLE CALAMARI \$9** | CRISPY AND HAND BATTERED, SEA SALT SPICE BLEND, TSITZIKI SAUCE.
- ZUCHINNI STICKS \$6.50** | TEMPURA BATTERED WITH TSITZIKI.
- BAKED POTATO SKINS \$10** | WITH TWO CHEESES, ONIONS, BACON, SOUR CREAM AND SALSA.
- 'POOH' TEEN \$7** | FRIES, CHEESE, IN-HOUSE GRAVY.
- SPICY SPIRALS \$5** | CURLY CUTS WITH A SPICY COATING.
- YAM FRITES \$5** | SHOESTRING CUTS OF BRIGHT ORANGE YUMMINENESS WITH CHIPOTLE AIOLI.
- SWEET CHILI 'N' CHEESE TOAST \$6** | CRISPY BREAD, MELTED CHEDDAR & JALAPENO JACK, SWEET CHILI SAUCE.
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SOUPS & BREADS

- COUNTRY TURKEY CHOWDER* \$7** | LIGHTLY SEASONED WITH THYME, HEARTY BOWL WITH A BISCUIT.
- SEAFOOD CHOWDER* \$7** | RICH CREAM, BABY CLAMS, MIXED SEAFOOD, GARDEN VEGETABLES, GRILLED GARLIC PITA.
- CHILI* \$7** | FLAVOURFUL CHILI WITH A NORTHWEST FLAVOUR, HEARTY BOWL WITH A BISCUIT.
- SOUP, SALAD AND BREAD** | YOUR CHOICE OF SOUP AND GARDEN SALAD OR CAESAR SALAD, GARLIC PITA.
WITH SOUP OF THE DAY \$9.50 WITH CHOWDER* OR CHILI \$11
- SOUP OF THE DAY** | A FULL FLAVOUR COMBINATION. SURE TO WARM UP YOUR SPIRITS.
CUP \$3.50 BOWL \$5.50
- BASKET OF GRILLED GARLIC PITA \$6**
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SALADS

- SANTA FE SALAD \$13** | FIESTA SEASONED SALAD WITH ROASTED CHICKEN BREAST, PEPPERS, TOMATO, CHEESE, CRISP TORTILLA STRIPS AND GARLIC PITA.
- ASIAN CHICKEN SALAD \$13** | ROASTED CHICKEN, JULIENNE CARROTS, RED AND GREEN CABBAGE, CRISPY NOODLES, SESAME SEEDS, SALAD GREENS, GREEN ONIONS, SESAME DRESSING.
- FRUIT SALAD \$9** | MIXED FRUIT WITH COTTAGE CHEESE & TOAST.
- SUPREME SALAD \$12** | DICED MEATS, TOMATOES, ONIONS, CHEESES, PEPPERS & MUSHROOMS.
- SHRIMP SALAD \$11 SMALLER \$9** | TASTY PACIFIC SHRIMP ON A BED OF GREENS.
- GREEK SALAD \$11 SMALLER \$9** | CUCUMBERS, TOMATOES, ONIONS, PEPPERS, FETA CHEESE AND KALAMATA OLIVES ON A BED OF SALAD GREENS.
- CAESAR SALAD \$9 SMALLER \$7** | PARMESAN, CROUTONS AND OUR IN HOUSE CAESAR DRESSING.
- KICK IT UP A NOTCH -**
CALAMARI PILED ON TOP \$8 | SALMON FILET \$6
GARLIC BASTED SHRIMP SKEWER | PACIFIC SHRIMP | BROILED CHICKEN \$4

WRAPS & PANINIS

CHICKEN CAESAR WRAP \$10 | SLICED CHICKEN BREAST ALL ROLLED UP WITH CAESAR SALAD.
CRANBERRY TURKEY WRAP \$10 | ROASTED TURKEY WITH CRANBERRY, MAYO & LETTUCE.
RANCHERS WRAP \$10 | ROAST BEEF, CHEDDAR, RED ONION, SALAD GREENS, SALSA & RANCH DRESSING.

PANINI PRESSED ON FLAT BREAD OR A POOR BOY BUN.

PESTO CHICKEN PANINI \$10 | CHICKEN BREAST WITH OUR FRESH PESTO, CHEESE, RED ONIONS AND TOMATO.

SOUTHWESTERN BEEF PANINI \$10 | SLICED ROAST BEEF WITH CHIPOTLE AIOLI, CHEDDAR & JALAPENO JACK CHEESE, RED ONION & TOMATO.

SANDWICHES

DELUXE BEEF DIP \$12 | THIN CUTS OF ROAST BEEF, FRIED ONIONS, MUSHROOMS, AU JUS FOR DIPPING.

LOS CABOS CHICKEN QUESADILLA \$11 | TENDER CHICKEN, CHEESES, PEPPERS, BLACK BEAN & CORN SALSA

TRIPLE DECKER CLUB \$10 | OVEN ROASTED TURKEY, SMOKY BACON, TOMATO AND LETTUCE.

SHRIMP HOUSE SANDWICH \$10 | PACIFIC SHRIMP, LETTUCE, TOMATO & CUCUMBER.

CHICKEN & CHEESE GRILL \$12 | CHICKEN BREAST, FRIED ONIONS, MUSHROOMS, PEPPERS, CHEESE, DRIZZLED WITH OUR GREEK MARINADE IN A POOR BOY BUN.

CLOSED DENVER SAND \$8 | THE CLASSIC, TWO EGG OMELETTE WITH GREEN ONIONS & HAM.

PATTY MELT \$10 | OUR SIGNATURE SIRLOIN BURGER, CHEESES, FRIED ONIONS, MELTED ON RYE.

TBT. OR TBE. \$8 | SMOKEY BACON WITH TOMATO OR EGG.

GRILLED CHEESE \$7 | WITH BACON OR HAM. **\$9**

TURKEY SANDWICH \$8 | OVEN ROASTED TURKEY, LETTUCE & TOMATO.

ROAST BEEF SANDWICH \$8 | LETTUCE, TOMATO & ONIONS.

SANDWICHES SERVED ON LOCALLY BAKED WHITE OR WHOLEWHEAT BREAD. ADD 50¢ FOR RYE OR THICK SLICED MULTI-GRAIN. ALL TOAST SERVED AS WHOLEWHEAT UNLESS REQUESTED OTHERWISE.

SIRLOIN BURGERS

SPECIAL BEAR PAW SHAPED AGED SIRLOIN BURGERS. SERVED ON A FRESH LOCALLY BAKED BUN WITH LETTUCE, TOMATO, MAYO, RELISH & PICKLE. ADD AN EXTRA BURGER PATTY **\$3**.

BLUE MOON BURGER \$10 | FETA CHEESE, BLUE CHEESE DRESSING, ONIONS & MUSHROOMS.

THE GRIZZLY BEAR BURGER \$11 | HAM, ONIONS, MUSHROOMS, CHEDDAR, CRISPY ONION RINGS.

GREAT CANADIAN BURGER \$10 | TOPPED WITH CHEDDAR, BACK BACON & ONIONS.

GEORGE'S BURGER \$12 | DOUBLE CHEESE, DOUBLE BURGER WITH SMOKY BACON.

THREE CHEESE & MUSHROOM BURGER \$10 | SWISS, CHEDDAR, PARMESAN, FRIED MUSHROOMS.

THE BIG CAPTAIN BURGER \$10 | CRISP BATTERED COD FILET WITH TARTAR SAUCE.

SHAMES MOUNTAIN CHICKEN \$11 | FULL ON LIKE OUR POWDER | MELTED CHEDDAR & JALAPENO JACK CHEESE, ONIONS, TOMATO, BLACK OLIVES, RANCH & SALSA, JALAPENO PEPPERS ON THE SIDE.

DELUXE BURGER \$9 | WITH A SIRLOIN BURGER OR A CHICKEN BREAST OR A VEGGIE BURGER.

ADD ON'S: BACON, HAM, CHEDDAR, ONIONS OR MUSHROOMS \$1.25

GRAVY ON TOP \$1 | GRAVY BOAT ON THE SIDE \$1.50

ALL BURGERS, SANDWICHES, WRAPS AND PANINI'S ARE SERVED WITH FRIES OR GREEN SALAD.

SUBSTITUTE - CUP OF SOUP OR ONION RINGS \$1.50 | YAM FRITES, SPICY SPIRALS OR SIDE CAESAR \$2.00

GREEK SALAD \$3.00

CASUAL PLATES

NEW YORK STRIP STEAK SANDWICH \$19 | REALLY WANT A GREAT STEAK? 8 OZ OF TENDER AGED CANADIAN BEEF. SERVED ON FLATBREAD WITH ONION RINGS, CAESAR SALAD AND OUR CRISP BEER BATTERED FRIES.

CLASSIC SIRLOIN STEAK SANDWICH \$14 | 6 OZ, CRISP BEER BATTERED FRIES & TASTY ONION RINGS.

TERIYAKI RICE BOWL \$13 | TERIYAKI CHICKEN, CELERY, PEPPERS, RED AND GREEN CABBAGE, JULIENNE CARROTS, CRUNCHY ASIAN NOODLES, SESAME SEEDS, ON RICE.

NEPTUNE PLATTER \$13 | OUR SIGNATURE STUFFED MUSHROOM CAPS ON A PLATTER WITH CAESAR SALAD & GARLIC PITA BREAD.

GRILLED WILD SALMON \$18 | RICE, & SEASONAL VEGETABLES OR CAESAR SALAD.

CHICKEN SOUVLAKI \$15 SINGLE \$10 | GREEK SALAD, RICE & GARLIC PITA.

BAKED LASAGNA \$15 | IT'S A FEW LAYERS SO IT WILL TAKE A WHILE TO BAKE, CAESAR SALAD & PITA.

HAMBURGER STEAK \$14 | YUKON GOLD MASHED POTATOES, FRIED ONIONS

SHEPHERDS PIE \$13 | SAVOURY MEAT, VEGETABLES, MASHED POTATO TOP.

CHICKEN PLATTER \$11 | CRUNCHY FILET STRIPS, COLESLAW & BEER BATTERED FRIES, PLUM.

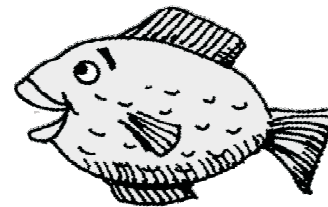
COMBO FRY \$16 | BATTERED COD, CRISPY SPRING ROLL, CHICKEN FINGERS, TEMPURA ZUCHINNI, COLESLAW & BEER BATTERED FRIES, PLUM & TARTAR SAUCE.

HOT BEEF OR TURKEY DINNER \$15 | YUKON GOLD MASHED POTATO & VEGETABLES OR CAESAR SALAD.

VEAL CUTLETS \$15 | YUKON GOLD MASHED POTATO & SEASONAL VEGETABLES OR CAESAR SALAD.

Fish & Chips

HALIBUT \$16 OR COD \$14 | 2 PIECES | SIGNATURE BEER BATTER, FRIES, IN-HOUSE TARTAR SAUCE & CREAMY COLESLAW. A FAVOURITE WITH OUR LOCALS.



SIDES

FRIES \$4 | BEER BATTERED

GRAVY ON TOP \$1

GRAVY BOAT ON THE SIDE \$1.50

ONION RINGS \$4

GARDEN SALAD \$4

PITA BREAD 2 ROUNDS \$4

DISH OF FRUIT \$4

SPICY SPIRALS \$5 | CURLY CUTS WITH A SPICY COATING.

YAM FRITES \$5 | SHOESTRING CUTS OF BRIGHT ORANGE YUMMINESS WITH CHIPOTLE AIOLI.

SWEET CHILI'N'CHEESE TOAST \$6 | CRISPY BREAD, MELTED CHEDDAR & JALAPENO JACK, SWEET CHILI SAUCE.

BAKING POWDER BISCUITS \$3 | 2 FRESH BISCUITS WITH BUTTER

PLEASE NOTE QUALITY FOODS TAKE TIME TO PREPARE. IF YOU ARE IN A HURRY TRY OUR SOUP OF THE DAY OR OUR WEEKDAY DASH SPECIAL



Try A Tassimo brewed coffee
Cappuccinno
Latte
Espresso

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- NACHOS GRANDE \$11** | SPICED CRISPY FRESH TORTILLA CHIPS, PEPPERS, BLACK OLIVES, TOMATOES, ONIONS & JALAPENO'S, HOT AND BUBBLY WITH MELTED CHEESES | BLACK BEAN & CORN SALSA & SOUR CREAM.
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- ZUCHINI STICKS \$6.50** | TEMPURA BATTERED WITH TSITZIKI.
- BAKED POTATO SKINS \$10** | WITH TWO CHEESES, ONIONS, BACON, SOUR CREAM AND SALSA.
- 'POOH' TEEN \$7** | FRIES, CHEESE, IN-HOUSE GRAVY.
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- YAM FRITES \$5** | SHOESTRING CUTS OF BRIGHT ORANGE YUMMINENESS WITH CHIPOTLE AIOLI.
- SWEET CHILI 'N' CHEESE TOAST \$6** | CRISPY BREAD, MELTED CHEDDAR & JALAPENO JACK, SWEET CHILI SAUCE.
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SERVED AFTER 5PM

STEAKS

- NY STRIP STEAK WITH WINE SAUCE \$21** | 8 OZ AGED NEW YORK, RED WINE, ONION & MUSHROOM SAUCE, YOUR CHOICE OF POTATO OR RICE & SEASONAL VEGETABLES OR CAESAR SALAD.
- SIRLOIN STEAK \$17** | 6 OZ, SAUTEED MUSHROOMS, YOUR CHOICE OF POTATO OR RICE & SEASONAL VEGETABLES OR CAESAR SALAD.
- KICK IT UP A NOTCH - CALAMARI PILED ON TOP \$8** | SALMON FILET \$6 | BROILED CHICKEN \$4
GARLIC BASTED SHRIMP SKEWER | PACIFIC SHRIMP WITH HOLLANDAISE \$6
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ENTREES

- BRAISED LAMB SHANKS \$19 SINGLE \$15** | SLOW ROASTED WITH RED WINE, HERBS, YUKON GOLD MASHED POTATOES & SEASONAL VEGETABLES OR CAESAR SALAD.
- BEEF LIVER WITH ONIONS AND BACON \$14 SMALLER \$12** | YUKON GOLD MASHED POTATOES, GRAVY & SEASONAL VEGETABLES OR CAESAR SALAD.
- PACIFIC HALIBUT \$19** | CAUGHT IN WEST COAST WATERS SEARED WITH LEMON GARLIC BUTTER, A CHOICE OF SIDE CAESAR OR VEGETABLES, RICE & GARLIC PITA. **TOPPED WITH SHRIMP & HOLLANDAISE SAUCE \$23**
- CALAMARI COMBO \$17** | SINGLE CHICKEN SOUVLAKI, CALAMARI, GREEK SALAD, RICE & GARLIC PITA.
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PASTA

- PESTO CHICKEN PENNE \$14** | CHICKEN BREAST, MUSHROOMS, RED PEPPERS, FRESH BASIL PESTO, RICH SAUCE SIMMERED WITH CREAM AND BUTTER.
- PACIFIC SHRIMP FETTUCCINI ALFREDO \$15** | CREAMY AND RICH, WITH LOTS OF GARLIC & TOPPED WITH PARMESAN CHEESE AND A TOUCH OF GREEN ONION.
- BAKED LASAGNA \$15** | IT'S A FEW LAYERS SO IT WILL TAKE A WHILE TO BAKE, CAESAR SALAD & PITA.