

# CELIAC LUNCH AND DINNER MENU

**\*\*Please Note Anything Deep Fried Will Contain Remnants Of Flour From Other Products.\*\***

## APPY'S

**\*\* SWEET POTATO FRIES \*\*** ..... 6.5  
Served With Chipotle Mayo.

**SEAFOOD STUFFED MUSHROOM CAPS** .... 9.25  
Shrimp, Smoked Salmon, Lemon, Garlic And Cream Cheese Baked With Mozzarella Cheese. Served With Rice Bread.

**\*\* ARTICHOKE & SPINACH DIP \*\*** ..... 9.25  
Spinach, Artichoke, Fresh Garlic, Onion, Cream Cheese, Mozzarella And Parmesan. **\*\*Crisp Corn Tortilla Chips\*\*** To Dip.

## SOUPS & SALAD

**SOUP OF THE DAY** ..... *Bowl 4.25, Cup 3.25*  
Created Fresh Daily. (\*Ask Your Server If Today's Soup Is Celiac Friendly!)

**\*\* VEGETABLE TORTILLA SOUP \*\*** ..... 6.25  
A Healthy Bowl Brimming With Sweet And Spicy Peppers, Onions, Corn, Black Beans, Fresh Cilantro, Rice And Seasoned Vegetable Stock. Topped With Avocado, Tomatoes, Mexican Crema, And **\*\*Corn Tortilla Strips\*\***

**CAESAR SALAD** ..... 8.25  
Chopped Romaine In Creamy Caesar Dressing With Shaved Parmesan Cheese.

**MIXED GREEN SALAD** ..... 6  
Hand Picked Lettuces Garnished With Julienned Carrot, Cucumber, Grape Tomatoes And Alfalfa Sprouts. Your Choice Of Dressing.

**SPINACH SALAD** ..... 9.25  
Fresh Spinach Leaves, Sliced Red Onion, Cucumber, Grape Tomatoes And Mushrooms. Topped With A Sliced Boiled Egg And Shaved Parmesan Cheese. Your Choice Of Dressing.

**MEXICAN SALAD** ..... 10  
Romaine Lettuce, Black Beans, Tomatoes, Corn, Peppers, Avocado, Feta Cheese And Honey Lime Dressing.

**DRESSING CHOICES: Raspberry, Ranch, Caesar, Yogurt Dill, 1000 Islands, Honey Lime, Coleslaw Or Oil & Vinegar.**

### SALAD ADDONS:

Shrimp..... 3  
Chicken..... 4.5  
Salmon..... 5  
Steak..... 7

## STEAKS & PRIME RIB

**Served With Your Choice Of Rice, Mashed, Baked Potato, Or **\*\*Roasted Potatoes\*\*****

**6oz SIRLOIN STEAK** ..... 16.50  
6oz Sirloin Steak With Montreal Steak Spice, Wild Mushroom Merlot Demi Glaze, Fresh Vegetables.

**8oz SIRLOIN STEAK** ..... 19  
8oz Sirloin Steak With Montreal Steak Spice, Sautéed Onions, Fresh Vegetables.

**PRIME RIB** ..... *Market Prices*  
With Fresh Vegetables And Au Jus.

# SANDWICHES & BURGERS

**Burgers And Sandwiches Are Served With Your Choice Of **\*\*Fries\*\***, Green Salad or Soup\***

Upgrade To **\*\*Sweet Potato Fries\*\***.....2.50

Upgrade To Caesar Salad.....1.25

Upgrade To Spinach Salad.....2.25

**BLT** ..... 10  
Smoked Bacon, Lettuce And Tomato. Served On Rice Bread With Your Choice Of Side.

**PORTABELLA MUSHROOM** ..... 10  
Sliced Portabella Mushrooms And Fresh Garlic Sautéed In Olive Oil. Topped With Local Brie Cheese, Red Onion, Tomato, Alfalfa Sprouts And Pesto Mayo On Rice Bread With Your Choice Of Side.

**CHICKEN BRIE** ..... 11.50  
Broiled Seasoned Chicken Breast Topped With Local Brie Cheese, Apple, Red Onion, Tomato, Alfalfa Sprouts And Pesto mayo. Served On Rice Bread And Your Choice Of Side.

**CLUBHOUSE** ..... 11.75  
Smoked Bacon, Seasoned Chicken Breast, Lettuce, Tomato And Mayonnaise. Served On Rice Bread And Your Choice Of Side.

**SIRLOIN BURGER** ..... 10.25  
On Rice Toast With Lettuce, Tomato, Red Onion, Pickle, Mayo And Relish. With Your Choice Of Side.

**CAJUN CHICKEN BURGER** ..... 11.50  
On Rice Toast With Lettuce, Tomato, Red Onion, Pickle And Mayo. Topped With Avocado Mango Salsa And Your Choice Of Side.

**ADDONS:** ..... 1.30  
Feta Cheese, Brie Cheese, Cheddar Cheese, Jalepenos, Guacamole, Bacon, Mushroom, Salsa.

## POPULAR FAVOURITES

**Served With Your Choice Of Rice, Mashed, Baked Potato, Or **\*\*Roasted Potatoes\*\***.**

**CEDAR SALMON** ..... 19  
Salmon Filet Baked On A Cedar Plank With Canadian Maple Syrup Balsamic Glaze.Served With Fresh Vegetables.

**GRILLED HALIBUT** ..... 15  
With Fresh Vegetables.

**BACK RIBS** ..... 20  
Slow Cooked Tender Pork Ribs Smothered In Our House Fresh Balsamic Maple Glaze. Served With Fresh Vegetables.

**CHICKEN AND RIBS** ..... 20  
A Chicken Breast Or Leg And Tender Pork Ribs Smothered In Our Housemade Maple Glaze. Served With Fresh Vegetables.

**LIVER** ..... 13.50  
Beef Liver Topped With Sautéed Onions And Strips Of Smoked Bacon. Served With Fresh Vegetables.

**KIDS GRILLED CHEESE** ..... 7  
On Rice Bread.