

.....ALL DAY MENU.....

.....STARTERS.....

Soup of the Day 5.5

Ask your server about Chef's daily creation

Tossed Organic Bay Greens 5.5

Fresh tomatoes and English cucumber with your choice of dressing - VE, GF

Classic Caesar Salad 7 / Entrée 12

Crisp romaine lettuce, parmesan cheese and focaccia croutons - V

Add grilled chicken breast 5

Grilled salmon filet  7

Chicken Fingers & Fries 14

A fan-favourite served with four pieces of juicy chicken tenders served with crisp French fries and honey mustard sauce

Loaded Nachos small 10 large 16

Shredded mozzarella and cheddar cheeses, olives, jalapenos, tomatoes, and green onion

Basket of Sweet Potato Fries 8

Served with chipotle mayonnaise

Basket of French Fries 7

Served with white truffle mayonnaise

AVAILABLE AFTER 2PM

Mascarpone Ravioli 10

Six pieces of mushroom and mascarpone cheese filled ravioli, topped with pesto and sundried tomatoes, garnished with parmesan cheese - V

Baked Brie 9

Baked brie wedges with sundried tomatoes and toasted focaccia - V

Crispy Chicken Wings

1/2 dozen 7 dozen 13

Your choice of hot, honey-garlic, or salt and pepper with blue cheese dressing and celery sticks

Pork Bites 11

Served dry with chipotle mayonnaise or with honey-garlic-ginger glaze

Crunchy Shrimp 12

Five jumbo shrimp, served crispy with curry mayonnaise

.....SANDWICHES & BURGERS.....

All Sandwiches and Burgers come with your choice of tossed organic bay greens or French fries. Make it a caesar salad or yam fries + 2

The Unwind Burger 15

Home-made with 100% beef, crisp bacon, smoked white cheddar cheese, lettuce, tomato, red onion, mayonnaise and relish

The West Coast Burger 17

Panko crusted wild sockeye salmon and shrimp burger, with arugula, tomato, and red onion with wasabi tartar sauce

Smokey Turkey Clubhouse 15

Smoked turkey breast, crisp bacon, smoked white cheddar cheese, lettuce, and tomato stacked on country style cranberry sourdough bread

New York Steak Sandwich 19

6oz AAA New York Steak grilled your way served with herb butter over a toasted French baguette with French fries

Grilled Chicken Quesadilla 15

Sliced chicken, mixed with corn kernels, black beans, chopped bell peppers and onions grilled with monterey jack

.....HEARTY SALADS.....

Chef's Signature Cobb Salad 15

Grilled chicken breast, boiled egg wedges, crispy bacon, tomatoes, avocado, crumbled blue cheese and your choice of dressing - GF

Rocket Salad 14

Served with quinoa, caramelized pecans and honey-lime vinaigrette - VE

.....HOUSE FAVOURITES.....

The Classic Pizza 15

Mozzarella cheese, with pepperoni over a marinara base

The Surf's Up Pizza 15

Mozzarella cheese and marinara sauce, this time with the Hawaiian classics: ham and pineapple

Pesto Pizza 16

Sliced chicken breast served with bell peppers and mozzarella cheese

La Fresca Pizza 15

Fresh Roma tomatoes, mozzarella cheese and basil - V

Spaghetti Bolognese 17

The classic home-cooked favourite served with garlic toast

Saffron Risotto 16

*Exotic mushrooms and sundried tomatoes with a balsamic reduction served with garlic toast - V
(GF, VE - without garlic toast)*

Thai Red Curry Bowl 16

*Chicken and vegetables come together with jasmine rice and served with Naan bread
(GF - without Naan bread)*

Brunch Anytime 13

All Day Breakfast prepared with two eggs your way, bacon, sausage, hash brown potatoes, and toast

.....CHEF RECOMMENDS.....

*All Chef's Selections come with seasonal vegetables and your choice of rice, mashed potatoes, or roasted potatoes and are **served after 5pm***

New York Strip 26

8oz Canada AAA New York Striploin prepared your way with peppercorn sauce

West Coast Surf & Turf 30

New York Strip served with four jumbo tiger prawns

Fraser Valley Hunter Chicken 18

Exotic mushrooms, tomatoes and a garlic red wine reduction

Seared Wild Salmon 20

Pan seared wild sockeye salmon with roasted corn salsa and balsamic vinegar - GF



Grilled Pork Chop 19

10oz of grill perfection, served with mushroom and tarragon sauce

Lamb Shank 22

One pound of bone-in lamb, slowly braised in a cabernet red wine sauce - GF