

## SHARING

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**GF Nachos — \$13.99**

Corn Tortilla chips topped with cheese, peppers, onions, olives, black beans, corn and jalapeno's. Served with salsa and sour cream. Add Guacamole \$3.49. Add Chicken, Jerk Chicken or Pulled Pork \$3.99.

**GF Nacho Chips and Salsa — \$6.99**

Corn Tortilla Chips served with salsa and sour cream on the side. Add Guacamole \$3.49.

**Crab Cakes — \$12.99**

Crab Cakes served with pineapple and mango salsa.

**Basket of house seasoned Kettle Chips — \$4.99**

Served with balsamic mayo dip.

## SALADS

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**GF House Salad — sm. \$7.99 lg. \$11.99**

Heritage greens, tomato, cucumber, carrots, pumpkin & sunflower seeds dressed with a house-made champagne vinaigrette.

+ Add Chicken, Jerk Chicken sm \$3.99, lg \$6.49

**GF Caesar Salad — sm. \$9.99 lg. \$13.99**

Romaine lettuce tossed in our creamy Caesar dressing, finished with croutons, parmesan cheese and a lemon wedge.

+ Add Chicken, Jerk Chicken or Shrimp sm \$3.99 lg \$6.49

**GF Grilled Chicken & Yam Salad — sm. \$10.99 lg. \$14.99**

Grilled Chicken and roasted yams on a bed of heritage greens with cucumber, tomato and avocado. Finished with our miso jalapeno vinaigrette.

**GF Watermelon Feta Mint and Shrimp Salad — sm \$13.99 lg \$16.49**

Cold water shrimp served on watermelon tossed in feta cheese and our mint vinaigrette.

## SOUPS

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**Soup of the day — cup \$4.99 bowl \$7.99**

Freshly prepared in our kitchen, bowls served with a fresh baked cheese scone.

**GF Tortilla Soup — \$10.99**

A mexican favorite, corn and black beans in a tomato and cilantro broth finished with mozzarella and Edam cheese. Garnished with sour cream, crisp tortilla strips and avocado.

**Ramen Bowl — 14.99**

Fresh ramen noodles locally made from Prontissima Pasta served in a lemon grass and miso broth garnished with spinach, shredded carrot and pork dumplings.

**GF Mountain Chili — \$10.99**

A mountain favourite. Our home made chili topped with cheese and served with a freshly baked cheese scone.

## FAVORITES

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ALL FAVORITES SERVED WITH YOUR CHOICE OF SOUP OF THE DAY, SIDE HOUSE SALAD OR HOUSE SEASONED KETTLE CHIPS. UPGRADE TO CAESAR SALAD, TORTILLA SOUP OR CHILI FOR \$1.99.

### **Chicken Club Panini — \$15.99**

Grilled chicken breast, bacon and cheddar made into a sandwich using focaccia bread and grilled in our panini press. Finished with mayo, lettuce and tomato.

### **Ham & Swiss Panini — \$14.99**

Sliced honey ham with Swiss cheese made into a sandwich using focaccia bread and grilled on our panini press. Finished with a tangy house dressing, lettuce and tomato.

### **Braised Brisket Panini — \$16.99**

Slow cooked brisket pulled apart and soaked in its own juices. Served on focaccia bread with horseradish aioli. Served with au jus for dipping.

### **Grilled Chicken Caesar Wrap — \$15.99**

Grilled chicken breast, romaine lettuce, Caesar dressing and parmesan cheese wrapped in a flour tortilla.

### **Smoked Salmon Wrap — \$15.99**

Smoked Sockeye salmon, cream cheese, red onion, crispy capers and heritage greens wrapped in a flour tortilla.

### **Pulled Pork Taco — \$14.99**

Two soft con tortillas locally made at Abuelos food, filled with slow cooked pork carnitas, shredded cabbage and fresh salsa.

### **Jerk Chicken Taco — \$14.99**

Two soft corn tortillas locally made at Abuellos, filled with spicy jerk chicken, shredded cabbage and pineapple and mango salsa.

## KIDS MENU

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### **Kids Pick Plate — \$10.99**

Chicken breast, cheddar cheese, carrot and celery sticks and fresh fruit. Served with crackers for snacking.

### **Kids Nachos — \$10.99**

Corn tortilla chips topped with our 3 cheese blend and baked until melted. Served with salsa and sour cream.

### **Kids Pizza — \$10.99**

3 cheese blend and tomato sauce on an individual pizza crust.

### **Kids Grilled Cheese — \$10.99**

Whole Grain bread locally made at True Grains bread with cheddar cheese grilled in our panini press.

 GLUTEN FRIENDLY