



DINNER MENU



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SALADS & TAPAS

MIXED SPRING GREENS vgn \$6

West Coast greens and veggies with our housemade Bumbleberry vinaigrette dressing.

CEASAR SALAD \$8

Meal sized Ceasar with house made dressing on crisp romaine topped with croutons and fresh parmesan cheese.
CHICKEN CEASAR \$9.99 with flame grilled chicken

THAI NOODLE SALAD \$8

Egg noodles tossed in a spicy Asian Vinaigrette, julienne carrots, cucumbers and fresh veggies drizzled with manis. (vgn version available, sub rice noodles)

CHICK PEA SALAD \$9

A delicious mix of chickpeas, sunflower seeds, fresh tomato, onions & carrots tossed in Florentine vinaigrette. Served with papadum **VGN**

CARIBBEAN RICE & BLACK BEAN SALAD \$8

A combination of rice, black beans, onions tossed in cumin, Dijon vinaigrette. Served on a bed of mixed greens . Served with Armenian Flat Bread. **VGN**

PEAR GUAVA, GOAT CHEESE & NUT SALAD \$10

West Coast Greens, cherry tomatoes, red onions, Granny Smith apples, walnuts and creamy Okanogan goat cheese. Drizzled with pear guava dressing.

VIETNAMESE STEAK SALAD \$14

6oz Angus sirloin grilled to your liking, served over a bed of mixed spring greens, with baby nugget potatoes, fresh green beans and cherry tomatoes. Topped with Thai ginger vinaigrette. (Meal sized)

WILD SALMON SALAD & BRIE \$14

Seared wild Pacific Sockeye Salmon on a bed of spring greens with red onion, cucumbers and cherry tomatoes & a wedge of Brie. Drizzled with Florentine dressing.

WONTON PRAWNS \$8

Prawns encrusted in crispy wonton coating. Served with a Thai soy dipping sauce.

BRIE CRANBERRY PHYLLO \$8

A delicate phyllo pockets brimming with the sharp flavour of BC cranberries and creamy smooth Brie cheese. Baked to a golden brown.

SIZZLING SWEET POTATO FRITTERS \$8

Yams, jalapeno peppers and sweet chili sauce combine to make these sizzling fritters. Served with lime chili sauce, sweet manao mustard **VGN**

CHEESE & FRUIT PLATE \$9

Guinness infused cheddar, Sage Derby Cheddar and Brie Cheese. Served with fresh fruit and crackers (Cheese types may vary – but it will always be amazing)

CRUNCHY CALAMARI \$8

Tender calamari lightly breaded in our own crunchy batter, served with a fresh basil tartar sauce and a sweet chili dipping sauce.

CHIPOTLE PRAWNS & SALSA VERDE \$8

Delicious Black Tiger Prawns seared in a spicy chipotle seasoning, Served with our special tomatillo and avocado salsa and a soft taco.

ANTIJITOS \$8

Light & delicious. Pinwheels of chili infused cream cheese, wrapped in tomato and spinach tortillas, baked and sliced. Served with sour cream. guacamole and fresh salsa. **Hot & Spicy**

SPRING ROLLS \$6

Our own spring rolls filled with rice noodles, carrots, suey choy, fresh ginger and other delicious spices. Served with sweet & sour and sweet soy lime sauces for dipping. **VGN**

GYOZAS \$7

Japanese dumpling stuffed with veggies, steamed, then grilled . Served with sweet soy liine and spicy sweet chili dipping sauces. **VGN**

HAR GOW \$8

4 delicious shrimp dumplings, steamed and served with soy lime sauce for dipping.

HUMMUS & PITA \$7

Sweet roasted red pepper hummus with warm pita bread. **VGN**

KOOTENAY FRY BREAD \$4

A new twist on a Native Bread- similar to a deep fried bannock. Served warm with butter for dipping. Once you try this you will be addicted! (**VGN- no dip**)

SWEET POTATO FRIES \$5

Delectable and healthy sweet potato fries served with a cumin mayo for dipping.

SOUP: Made fresh daily
Cup \$3.50 Bowl: \$4.95

GOURMET BURGERS

Burgers come with lettuce, tomato, mustard, special sauces, onion & pickle on a Kaiser Bun. Your choice of Soup, Salad or Homemade Fries. Except as noted, Our oil is trans fat free!

THAI PEANUT BURGER **\$8.95**
Char broiled Chicken breast marinated in Thai Curry , topped with sweet chili mayo and spicy peanut sauce.

MOOSEHEAD BBQ BUFFALO BURGER **\$8.95**
Buffalo patty , with Moosehead BBQ Sauce..

H0T &SPICY VEGGIE BURGER (vgn) **\$8.95**
Spicy lentil patty, lettuce, tomato, loaded with banana peppers, shrooms, onions & red pepper Chipotle sauce.

VEGGIE MUSHROOM CHEDDAR BURGER **\$8.99**
Veggie burger topped with real cheddar & mushrooms

BEEF BURGER & FRIES **\$5.50**
Juicy homemade chuck patty, on whole wheat bun with lettuce & tomato ..**Cheeseburger \$6.75** Substitute salad for fries \$1extra.

Our burgers are made with 100% ground chuck steak

CAJUN SALMON BURGER **\$8.95**
Salmon filet rubbed with Cajun spices, topped with Sweet chili mayo.

BRITISH BULLDOG **\$9.99**
Chuck patty, Guinness infused cheddar cheese, bacon Onions, tomato & lettuce.

BURNIN' RING OF FIRE **\$9.50**
Homemade chuck patty, jalepeno jack cheese, habanera peppers, onions, 'shrooms, sweet chili & Ebese Hot Sauce.

BACON MUSHROOM CHEDDAR BURGER **\$8.99**
Delicious homemade chuck patty, smothered with cheddar cheese, mushrooms & bacon.

VEGGIE BURGER & FRIES **\$5.50**
Veggie patty with lettuce, tomato, special sauce Onion & pickle . **Veggie Cheeseburger \$6.75** Substitute salad for fries \$1extra.



LIGHTER FARE



PAD THAI **\$10.99**
Our own special red curry Pad Thai sauce, stir fried with peppers, carrots, cabbage, suey choy, and sprouts. Topped with fried egg & peanuts. A house favourite.(**Vgn version available**). **This is a spicy dish.** Can be ordered Extra Spicy .Meal Sized **ADD TOFU \$2.50, CHICKEN \$3 OR PRAWNS \$4**

WILD MUSHROOM CURRY CHICKEN BOWL **\$10.99**
A flavourful blend of curries and spices to gently tantalize your palette. Chicken, wild mushrooms, celery, carrots and fresh basil. Served over rice. Served with Armenian Flat Bread.

TOM YUM (VGN) **\$9.95**
A spicy coconut milk ,ginger based broth with vegetables, served with a side of rice. Mild or Spicy.
ADD TOFU \$2.50, CHICKEN \$3 OR PRAWNS \$4

CHICKEN SATAY **\$9.50**
Marinated chicken on 2 skewers served with mixed greens, rice and drizzled With three dipping sauces. Peanut Sauce, Thai Soy & Sweet Chili Sauce. This is a light meal.

CURRIED CHAMPIGNONS (vgn) **\$10.99**
Oyster, Shitake, Crimini and Chinese mushrooms, fresh basil, carrots, celery simmered in a flavourful blend of curries. This is a vegetarian version of the Wild Mushroom Curry Bowl, as requested.

CHICKEN STRIPS Lightly breaded strips of chicken breast, with plum or honey mustard dipping sauce.
\$8.50



DINNER ENTRÉES



SAGE DERBY STUFFED CHICKEN \$14

Chicken breast stuffed with sage infused cheddar cheese, garlic, cranberry salsa, and prosciutto. Oven roasted and drizzled with garlic cream sauce. Served with Thai jasmine rice and seasonal veg.

YELLOWFIN TUNA & TOMATILLO SALSA \$17

Fresh Tuna loin grilled med rare, to retain the flavour and moisture of this fish. Served with our own Salsa Verde, Thai Jasmine rice and seasonal fresh vegetables. (Oceanwise)

PACIFIC SOCKEYE SALMON \$15

Wild Pacific Sockeye Salmon seared to retain its delicate and moist texture. Served with Thai Jasmine rice and seasonal vegetables. (Oceanwise)

STUFFED BUTTERNUT SQUASH (VGN) \$12

Wild mushrooms, spinach, almonds, peppers, onions, julienne carrots and rice tossed in a sweet ginger, black bean sauce, then stuffed in a butternut squash and baked. Garnished with yam fritters.

SESAME STIR FRY (vgn available) \$11

Steamed noodles, spinach, peppers, mushrooms, broccoli stir fried with garlic, sesame oil and sesame seeds. **Add tofu & extra veggies \$2.50, Chicken \$3 or Prawns \$5**

BRIE & MUSHROOM PHYLLO \$13

Flaky phyllo packet stuffed with wild mushrooms and brie cheese. Topped with a cream sauce and served with a Mediterranean salad.

SPICY GREEN CURRY VEGGIE BOWL \$10

Green Thai curry, peppers, onion, broccoli, garlic, lemon grass & kific lime sauce over Asian egg noodles. **Add Tofu \$2.50, Chicken \$3, Prawns \$5**
VGN version available with rice noodles.

THAI STYLE SPICY SEAFOOD & NOODLES \$15

Scallops, prawns, bay shrimp, crab, clams, shitake mushrooms, broccoli, suey choy, garlic and peppers all tossed in a spicy chili lime coconut broth with egg noodles

SAN FRANCISCO SEAFOOD STEW \$16

A tasty tomato broth spiked with BC red wine and generous portions of prawns, bay shrimp, crab, scallops, clams, red nugget potatoes, green beans, onions & corn.

LOBSTER RAVIOLI & SALAD \$17

Delectable lobster ravioli in a white wine cream sauce with Pacific bay shrimp and fresh Spinach. Mediterranean salad on the side.

MOOSEHEAD BBQ RIBS \$19

Tender baby back ribs, seasoned and oven roasted then grilled with our own Moosehead BBQ sauce. Served with red nugget potatoes and Caesar Salad.
Half rack \$15

VIETNAMESE STEAK SALAD \$14

6oz NY Strip loin grilled to your liking, served over a bed of mixed spring greens, with baby nugget potatoes, fresh green beans and cherry tomatoes. Topped with a Thai ginger vinaigrette.

NY STRIP LOIN (Certified Angus Beef) \$19

10oz Angus Beef, topped with a herb butter medallion. Served with nugget potatoes & seasonal vegetables.
Prawns \$5

NY STRIP LOIN \$15

6 oz New York striploin, grilled to perfection, served with nugget potatoes and seasonal vegetables.

All items are made fresh, so please be patient if your meal takes a bit longer than expected. Taxes not included. Prices subject to change without notice.