

APPETIZERS

hot spinach & artichoke dip 10

spinach, artichoke hearts, cream cheese, onions, asiago cheese, warm naan bread

zucchini sticks 9

house-made & panko breaded, house seasoning, ranch dressing

crispy bocconcini balls 10

basil pesto marinated bocconcini balls with basil infused marinara sauce

cajun chicken quesadilla 9

flour tortilla, cajun chicken, cheddar & monterey jack cheeses, scallions, tomatoes, sour cream

chicken wings 14¾

10 wings, choice of sauce: dry pepper, hot, bbq, honey sriracha **add: artisan blue cheese dip +1**

wicket nachos 17 GF

cheddar, monterey jack, tomatoes, scallions, pickled jalapeño peppers, black olives, sour cream, tomato salsa
add: house made guacamole +3 mexican taco beef +5 cajun chicken +6 roasted corn & black bean salsa +3

SOUPS & SALADS

seafood chowder 9 (bowl) 6 (cup) GF

ocean wise salmon, cod and clams, root vegetables, potatoes, tarragon fennel cream

cobb salad 16¾ GF

iceberg lettuce, hardboiled egg, snow peas, toasted almonds, grilled chicken breast, double smoked bacon, blue cheese, grape tomatoes, avocado

steak & goat cheese salad 18½ GF

certified angus beef® sirloin steak, okanagan goat & cream cheese, artisan greens, cucumbers, grape tomatoes, red onions; choice of dressing

summer chicken salad 16¾ GF

grilled chicken breast, seasonal berries, toasted almonds, artisan greens, cucumbers, grape tomatoes, red onions, asiago cheese; choice of dressing

spinach salad 14 GF

fresh apple, smoked gouda, toasted almonds, fresh seasonal berries, baby spinach leaves, red onions; choice of dressing

ancient grain power salad 14 GF

baby kale, arugula, blueberries, grapes, red quinoa, millet, faro, wheat berries, feta cheese, cucumber, red onion, black cherry vinaigrette

add: smoked tofu +3 sautéed prawns +6 salmon fillet +9 steak +9 chicken +6

dressings: artisan blue cheese, ranch, white balsamic & pear, black cherry vinaigrette, lemon & olive oil

THE LIGHTER LUNCH

croissant sandwich 12

croissants baked in house, daily creation, choice of side

chicken strips & salad

house made, panko breading, choice of sauce: plum, honey mustard, hot or bbq

cajun chicken quesadilla & salad 12

flour tortilla, cajun chicken, cheddar & monterey jack cheeses, scallions, tomatoes, sour cream, side salad, choice of dressing

grilled cheese 12

house smoked cheddar cheese, sourdough bread; choice of side

½ buffalo chicken ranch pizza & salad 12

chicken breast, double smoked bacon, tomatoes, cheddar & monterey jack cheeses, ranch dressing, side salad, choice of dressing **gluten friendly pizza shells available +3**

½ italian deluxe pizza & salad 12

basil infused marinara sauce, pepperoni, italian crumbled sausage, bell peppers, red onions, mushrooms, mozzarella cheese, side salad, choice of dressing **gluten friendly pizza shells available +3**

ADD ONS

6oz certified angus beef sirloin steak 9

grilled chicken 6

okanagan goat cheese 3

crispy smoked tofu 3

ocean wise™ prawns 6

ocean wise™ salmon fillet 9

BURGERS & SANDWICHES

make any burger or sandwich into a wrap for no charge.

gluten friendly buns available +1

certified angus beef® burger 14½

certified angus beef® blended with salt & pepper, fire grilled, tomatoes, lettuce, red onions, pickle, mayonnaise, sesame kaiser bun, choice of side **add: smoked applewood cheddar, caramelized onions, double smoked bacon, sautéed mushrooms +1** each

grilled chicken club wrap 16¾

grilled chicken breast, double smoked bacon, smoked applewood cheddar, lettuce, tomato, mayonnaise, tomato tortilla, choice of side

hot brisket sandwich 17

overnight roasted & deli shaved certified angus beef® brisket, garlic buttered baguette, sautéed button mushrooms, rich beef gravy

wicket umami wrap 15

sautéed shiitake, portabella, button & oyster mushrooms, lightly smoked and fried tofu, miso aioli, pea shoots, red onions, cucumber, tomato tortilla wrap; choice of side

nashville hot chicken sandwich 16¾

spicy marinated & cornflake breaded chicken, honey cayenne glaze, tomato, red onion, mayonnaise, sesame kaiser bun; choice of side

salmon flatbread 17½

ocean wise™ salmon fillet, grilled naan bread, pesto aioli, spinach, lemon & olive oil, red onion; choice of side

baron of beef 17

slow roasted and deli shaved certified angus beef®, au jus, garlic buttered baguette, choice of side **add: smoked applewood cheddar, smoked gouda, caramelized onions, double smoked bacon, sautéed mushrooms +1** each

sirloin steak sandwich 18¼

certified angus beef® sirloin steak, button mushrooms, onion ring, garlic buttered baguette, choice of side

sides: daily soup, fries, fresh vegetables or artisan green salad

substitutions: seafood chowder, spinach or ancient grain salad +2
onion rings, poutine or sweet potato fries with chipotle aioli +3

extras: double smoked bacon, smoked applewood cheddar, smoked gouda, caramelized onions, sautéed mushrooms +1
house made gravy, or garlic toast +2

dips: pesto, chipotle or miso aioli +1

PUB SPECIALTIES

fish & chips 15 (1 fillet) **19** (2 fillets)

4oz ocean wise™ cod fillet, traditional ale batter, slaw, house made tartar sauce

baked mac & cheese 15

aged cheddar, swiss & asiago cheeses, panko crumb topping, garlic toast

add: double smoked bacon +1 broccoli +1 chicken +6

jambalaya 18

ocean wise™ prawns, artisan chorizo sausage, pan seared chicken, bell peppers, onions, house made creole sauce, brown rice, roasted corn & black bean salsa

nashville hot chicken 18

spicy marinated & cornflake breaded chicken pieces, honey cayenne glaze, jalapeño cheddar corn bread, baked beans, slaw, fries

AT LAST...

chocolate brownie 6½

house made dark chocolate brownie, vanilla ice cream, chocolate sauce, candied pecans

cheesecake 7½

seasonal flavours, whipped cream

apple crumble 7½

granny smith apples, raisins, spices, streusel topping, caramel sauce, ice cream