

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

tacos 11

choice of: roasted cajun chicken or korean beef – lettuce chiffonade, roasted corn & black bean salsa, chipotle aioli, cilantro, fresh lime **add: guacamole +2 sour cream +2**

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 garlic, asiago & garlic rub

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 korean taco beef +5 cajun chicken +6

roasted corn & black bean salsa +3

SOUPS, SALADS & BOWLS

seafood chowder 9 (bowl) 6 (cup) GF

ocean wise salmon, cod and clams, root vegetables, potatoes, potato starch thickened tarragon cream

summer garden salad 12 GF

fresh artisan greens, cucumber, shredded carrot, grape tomatoes, strawberries, shredded purple cabbage, crispy spiced chickpeas, toasted almonds

add: chicken +6 prawns +6 tuna poke +7 house smoked tofu +4 salmon +9

cobb salad 18 GF

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

green goddess bowl 12 GF

pearl barley, romaine lettuce, snow peas, celery, grilled asparagus, broccoli, creamy herb dressing

add: chicken +6 prawns +6 tuna poke +7 house smoked tofu +4 salmon +9

baja bowl 13 GF

cilantro lime seasoned warm brown rice, romaine lettuce, roasted corn & black bean salsa, fresh avocado, bell peppers, red onions, grape tomatoes, crispy tortillas, salsa verde, sour cream

add: chicken +6 prawns +6 tuna poke +7 house smoked tofu +4 salmon +9

tuna bowl 19 GF

lemongrass, black pepper infused ponzu marinated ocean wise™ ahi tuna, mirin & rice wine seasoned warm brown rice, pickled vegetables, avocado, mango, cucumber, shredded purple cabbage, crispy spiced chickpeas

steak & goat cheese salad 18½

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

dressings: ranch, blue cheese, white balsamic & pear, green goddess, black cherry, lemon & olive oil

THE QUICK BITE

croissant sandwich 11

croissants baked in house, daily creation; choice of side

chicken strips & salad 11

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

cajun chicken quesadilla & salad 11

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

korean beef & ancient grain lettuce wraps 11

korean seasoned certified angus ground beef®, pickled vegetables, ancient grains, iceberg lettuce

grilled cheese 11

house smoked cheddar cheese, sourdough bread; choice of side

½ buffalo chicken ranch pizza & salad 11

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

½ italian deluxe pizza & salad 11

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**

BURGERS & SANDWICHES

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

gluten friendly buns available +2

certified angus beef® burger 15

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, smoked gouda, 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, spinach tortilla; choice of side

california burger 17

choice of fire grilled chicken breast, beyond meat® patty or ocean wise™ salmon fillet alfalfa sprouts, fresh avocado, tomato, vegan roasted garlic aioli, whole wheat bun; choice of side

pork schnitzel burger 15

pounded & breaded pork cutlet, fried crisp, mayonnaise, crisp double smoked bacon, fried egg, smoked cheddar, lettuce, tomato, sesame kaiser

falafel naan 14

house made vegan falafel, roasted beet hummus, vegan roasted garlic aioli, feta cheese, alfalfa sprouts, tomato, cucumber, crispy spiced chick peas, fire grilled naan bread; choice of side

pesto chicken baguette 16¾

basil infused pesto aioli, grilled chicken, crisp double smoked bacon, fresh apple, smoked gouda cheese, baby spinach leaves, warm garlic buttered baguette, 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

sides:	daily soup, fries, fresh vegetables or artisan green salad
substitutions:	seafood chowder +2 onion rings, poutine or sweet potato fries with chipotle aioli +3
extras:	double smoked bacon, smoked applewood cheddar, caramelized onions, sautéed mushrooms +1 fried egg, house made gravy, garlic toast +2 falafel, house smoked tofu +4 chicken +6 beyond meat® patty +7½ certified angus beef® sirloin steak, salmon fillet, ocean wise™ tuna poke +9
dips:	chipotle, sriracha, ranch, blue cheese, vegan roasted garlic 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

pesto prawn zucchini pasta 17

ocean wise™ prawns, baby spinach leaves, grape tomatoes, red onions, basil pesto, cream reduction, zucchini noodles, asiago cheese, garlic toast

sirloin steak sandwich 18¼

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

AT LAST...

key lime pie 7½

whipped cream, fresh mint

cheesecake lollipops 6

house-made new york cheesecake, chocolate ganache

chocolate brownie 6

house-made rich mini brownies, ice cream, candied pecans, chocolate sauce

Please note that a 17% gratuity will be automatically added for groups of more than 10 people.