

appetizers

Mega Mushroom Caps 14.95
two portabella mushroom caps filled with shrimp and herbed cream cheese; topped with asiago.

Chicken Wings 12.50
a full pound of mouth watering chicken wings tossed with your choice of flavour: Frank's red hot, lime and black pepper, honey garlic, teriyaki, or sweet chili; served with veggie sticks and ranch dip.


Bam-Bam Shrimp 10.95
ten crispy deep-fried large shrimp, with Thai sweet chili sauce.

Dry Ribs 12.50
one pound of crispy ribs with rock salt and black pepper; a pub favourite.

Thai Prawn Salad Rolls 12.95
two rolls with prawns, carrot, rice vermicelli, cucumber and green onion in a cilantro lime vinaigrette; with Thai peanut dipping sauce.

Baked Bruschetta  10.95
Italian herb marinated tomatoes on grilled ciabatta, topped with mozzarella, feta and asiago cheeses, baked till golden with a drizzle of balsamic reduction.

Herbed Calamari 10.95
delicate, crispy squid dusted in herbs and spices; served with tzatziki.

Yam Fries  7.95
delicious crispy fried yam sticks with chipotle aioli for dipping.

half order... 4.95

Basket of Fries  4.95
hand-cut fresh potato french fries, cooked to order.

half order... 3.50

 = vegetarian option


tasty tapenades

all dips with choice of fresh baked baguette, pita bread, or veggie sticks


enjoy with a glass of wine... all suggested pairings are BC wines.

West Coast Paté 12.95
this pate gets its rich flavour from smoked salmon, herbs and cream cheese, garnished with steelhead lox.

may we suggest a glass of...
See Ya Later Ranch, Chardonnay 8.00

Balsamic Onions and Goat Cheese  12.95
a palate pleaser... caramelized onions in a sweet and tangy balsamic reduction is a perfect compliment to a generous portion of chevre.


may we suggest a glass of...
Hester Creek, Merlot 9.00

Spinach and Artichoke Dip  12.95
creamy goodness is in every bite of this popular choice.

may we suggest a glass of...
Sumac Ridge, Sauvignon Blanc 7.00

Hummus and Tzatziki  12.95
a natural couple... these dips are full of the traditional flavours one would expect from these HBI favourites.

may we suggest a glass of...
Sumac Ridge, Gewurztraminer 7.50

Olive Tapenade with Goat Cheese  12.95
exquisite richness from the kalamata olives, capers, garlic and olive oil make this tapenade a perfect pairing with chevre.

may we suggest a glass of...
Cedar Creek, Pinot Noir 9.75

choose any two patés and tapenades for \$24.00

salads

all full size salads served with
house-made five grain bread

Lighthouse Salad 18.95

six ounces poached, chilled wild sockeye filet adorned with fresh fruit salsa on a bed of artisan greens, with house-made berry vinaigrette.

Nutty Goat 16.95

candied nuts, sweet bell peppers, white onions and goat cheese on a bed of spinach, with house-made balsamic vinaigrette.

Bob's Cobb 18.95

this classic is a tribute to its originator Robert Cobb, who created it in 1937 at the Brown Derby restaurant in Hollywood: blue cheese, grilled chicken, bacon, romaine gems, tomato and egg, with Caesar dressing.

Fruit Cornucopia half 11.95; full 15.95

the season's ripest and most flavourful fruit trundled across the plate; with house-made honey-fruit yogurt.

Summer Satisfaction half 11.95; full 15.95

red, green & yellow peppers with sweet onions, cucumbers and tomatoes with crumbled feta and kalamata olives; with balsamic vinaigrette

Classic Caesar half 6.95; full 8.95

crisp romaine with creamy Caesar dressing, garlic croutons and asiago cheese.

Mixed greens half 5.95; full 7.95

topped with fresh veggies & served with your choice of dressing: mango vinaigrette, cilantro-lime vinaigrette, ranch, mixed berry vinaigrette, or balsamic vinaigrette.

complement your salad...

grilled five ounce chicken breast	5.95
five garlic butter fried prawns	6.95
goat cheese	4.95
feta cheese	3.95

soups

Smoked Salmon & Clam Chowder cup 5.95; bowl 7.95

a west coast classic: smoked salmon and baby clams with vegetables in a rich and creamy chowder.

Soup du Jour cup 3.95; bowl 4.95

our chefs create a delicious soup every day... ask your server about today's creation.

Quadra Yum Goong 8.95

infused with citrus elements from lemongrass and kaffir lime leaves; a little bit of spice blended with coconut milk, rice, sweet peppers, corn, scallops and shrimp make this soup an HBI favourite (bowl only).

pasta & curry

Chicken Madagascar Pepper Pasta 17.95

rotini pasta, tender chicken, sweet bell peppers and onions in creamy Dijon-peppercorn sauce; with garlic bread.

Pasta of the Sea 19.95

fettuccine, prawns and the season's best shellfish with onions and sweet bell peppers in rosé sauce; with garlic bread.

Summer Vegetable Curry 13.95

we seek fresh, local vegetables for this dish; your server knows what's seasonal and happening in today's curry; with saffron rice and house-made chutney; with garlic bread.

sandwiches & wraps

with your choice of caesar salad, mixed greens, french fries or soup
substitute creamy seafood chowder or yam fries for \$2

Olé Molé Wrap 15.95
tender sautéed chicken breast, house-made molé sauce, cheddar and mozzarella cheese & fiesta rice in a whole wheat tortilla.

Country Chicken Club 14.95
grilled chicken breast, three slices of crispy bacon, lettuce, tomato and Swiss cheese with cranberry compote on a garlic-grilled ciabatta bun.

Lox 'n' Cream Cheese 13.95
cream cheese with steelhead lox, capers and sweet red onion on a toasted whole wheat bagel.


Brunch-wich 13.95
a renamed HBI classic! toasted rye bread layered with bacon, fried egg, lettuce, tomato, cheddar cheese and ham.


Classic BLT 9.95
four slices of crispy bacon fresh tomato and lettuce with mayo on your choice of white, whole wheat or rye toast.

Hail to the Reuben 12.95
eat it or climb it, your choice: Montreal smoked beef piled high with sauerkraut and Swiss cheese, served on grilled rye with grainy Dijon mustard.

Shrimptacular 14.95
tender shrimp, julienned peppers, green onions, lettuce, tomatoes and lemon dill mayo on a freshly baked croissant.

New Yorker 19.95
striploin grilled to your liking on garlic toasted french bread with zesty pepperjack mayo, finished with a tower of crispy onions and a skewer of mushrooms... the best steak sandwich on the island.

Greek Veggie Pita  11.95
house-made hummus, tomato, lettuce, olives, sweet onions, peppers, feta cheese and tzatziki rolled up in a Greek pita.
Substitute falafel for hummus... free
add three falafel... 5.00

Rustic Tuscan  11.95
grilled eggplant, zucchini, roasted red peppers and pickled-chili eggplant on top of herbed cream cheese, open faced on house-made five grain bread.

Crispy Chicken Caesar Wrap 13.95
crispy chicken breast nestled in Caesar salad and wrapped with tomatoes in a whole wheat tortilla.

Bombay Curry Wrap  12.95
saffron rice with a medley of curried vegetables and the Inn's own chutney, wrapped in a whole wheat tortilla.

Ultimate Beef Dip 14.95
tender shaved roast beef with sautéed mushrooms and onions; baked with Swiss cheese on a grilled steak bun; served au jus.

Pesto Seafood Club 14.95
house-made pesto brings flavour to a blended mix of salmon, cod and shrimp with bacon, tomato and lettuce on a ciabatta bun.


burger bar

with your choice of caesar salad, mixed greens or fries
substitute creamy seafood chowder or yam fries for \$2

Bayside Burger 14.95
sautéed local sockeye salmon and halibut with lemon-dill-caper mayo on a toasted multi-grain bun with lettuce, tomato and sweet red onion.

Scallop and Lobster Burger 16.95
encrusted in tarragon panko crumbs and sautéed in butter; on a toasted multi-grain bun with lemon-dill-caper mayo, lettuce, tomato and sweet red onion.

Isola Bella Burger  13.95
a grilled portabella mushroom topped with grilled eggplant, balsamic onions & goat cheese; on a toasted multi-grain bun with lettuce & mayo.

Heriot Burger  11.95
a combination of quality ingredients give this burger its texture and flavor; mushrooms, beans, roasted garlic and brown rice to name a few; served on a toasted artisan multi-grain bun with fresh lettuce, tomato, sweet red onion and chipotle mayo.

Greek Lamb Burger 14.95
ground lamb grilled perfectly and topped with olives and melted feta; on a multi-grain bun with tzatziki, lettuce, tomato and sweet red onion.

Crispy Chipotle Chicken Burger 12.95
panko-breaded crispy chicken breast, on a garlic-grilled multi-grain bun with chipotle mayo, lettuce, tomato, sweet red onion and pickle.

HBI Classic Burger 10.95
house-made patty grilled for flavour, topped with shaved crispy onions; on a toasted multi-grain bun with dijon-peppercorn mayo, lettuce, tomato & sweet red onion.

customize your burger...


bacon	2.00
swiss, feta or cheddar	1.95
guacamole	2.50
sautéed onions	1.00
mushrooms	1.50

classics

Fish & Chips
beer battered high quality fish with crispy house-cut fries, fennel & tarragon coleslaw, and tartar sauce.

halibut... one piece 15.95; two pieces 19.95
cod... one piece 10.95; two pieces 13.95

Local Shellfish Medley 17.95
a full pound of mixed local shellfish a white wine-garlic broth with fresh tomatoes, fennel and sweet onion; served piping hot with thick cut garlic bread.
half pound 12.95

Stirfry By Design  10.95
fresh seasonal vegetables stir-fried just right... choose teriyaki or lemon-sesame, and your protein, should you desire; with saffron rice.
with prawns... 13.95
with chicken... 12.95