

Appetizers

bruschetta 7.95

Italian herb marinated tomatoes on grilled flatbread, topped with mozzarella, feta and parmesan cheeses, then broiled till melted.

mile high nachos 15.50

hand cut & fried nacho chips layered with our three cheese blend, tomatoes, peppers, and sweet onions; with salsa and sour cream.

half order 11.50

add jalepenos 1.50

add guacamole 2.50

add spiced beef 6.00

antojitos 7.95

cream cheese, mozzarella, sweet peppers, onions, chipotle peppers, fresh tomatoes and mexican spices rolled in a whole wheat tortilla, oven baked, and sliced into bite size morsels; with ranch dipping sauce.

hummus & pita 8.95

a tower of lemon and garlic infused house-made hummus; served with pan fried greek pita wedges (or tortilla chips) and veggie sticks.

Substitute falafel for hummus... free

add falafel... 5.00

cajun cornmeal calamari 9.95

thinly sliced calamari dusted in cajun spiced cornmeal, flash fried in canola oil, and served with tatziki

crispy cornmeal oysters 14.95

six Fanny Bay oysters dusted in cornmeal & flour and fried crispy; served with cayenne and lemon spiked mayo.

jacket potato 5.95

extra large salted and baked potato, cut open and loaded with cheese, green onions, & sweet peppers; double baked and topped with sour cream.

add bacon to your potato for... 2.00

add a side salad or soup for... 3.50

chicken wings 12.50

a full pound of mouth watering chicken wings tossed in your choice of sauce: Frank's red hot, BBQ, honey garlic, cajun or sweet chili; served with veggie sticks and ranch dip.

mozzarella sticks 8.95

five large garlic breaded mozzarella sticks fried to perfection and served with your choice of hot and tangy house marinara or ranch dressing.

yam fries 6.95

delicious crispy fried yam sticks with garlic aioli for dipping.

half order... 3.95

onion rings 5.95

thick cut golden brown onion rings served with house-made garlic aioli.

basket of fries 3.95

hand-cut fresh potato french fries, cooked to order.

half order... 1.95

Soups & Salads

smoked salmon & clam chowder
cup 5.95; bowl 7.95
a west coast classic: house smoked salmon and baby clams with potatoes & carrots 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 for today's creation.

warm pesto-chicken salad 14.95
mixed bitter and sweet greens tossed in tomato vinaigrette; topped with roma tomatoes, seasonal nuts and pesto-parmesan grilled chicken breast.
add garlic toast... 2.50

mixed greens half 5.95; full 7.95
topped with fresh veggies & served with your choice of dressing: yogurt ranch, honey-walnut, tomato vinaigrette, or blue cheese.

wilted spinach salad 12.95
fresh spinach, wilted with warm house-made tomato vinaigrette, topped with sweet peppers, goat cheese, raisins and balsamic reduction.

zucchini and pesto salad 9.95
julienne sliced fresh zucchini tossed with basil, garlic, pine nuts and olive oil; on a bed of fresh spinach, with sea salt and cracked black pepper.

caesar salad half 5.95; full 7.95
crisp romaine with creamy house caesar dressing, garlic croutons and parmesan cheese.

liven up your salad!
grilled five ounce chicken breast 5.95
lemon-kissed grilled four ounce salmon steak 6.95
five garlic butter fried prawns 5.95
three ounces of seared halibut 5.95



Fresh Sandwiches & Wraps

with your choice of caesar salad, mixed greens or fries

substitute creamy seafood chowder or yam fries for \$2; substitute onion rings for \$2.50

philly cheese steak 12.95

ciabatta bun stacked with six ounces of house-roasted beef, griddle fried with peppers, onions, and mushrooms, and baked with three cheeses.

lox bagel 11.95

a toasted multigrain bagel with cream cheese, lox, capers and sweet red onions.

reuben sandwich 11.95

Montreal smoked beef piled high with saurkraut and Swiss cheese, served on grilled rye with tangy Dijon mustard.

classic blt 8.95

four slices of crispy bacon with fresh lettuce and tomato on white or brown toast, with mayo.

the b.e.l.t.c.h. 10.95

the HBI classic is back! toasted rye bread layered with bacon, fried egg, lettuce, tomato, cheddar cheese and ham.

single layer club 14.95

a most delicious club: ciabatta bun stuffed with three slices of bacon, six ounces of chicken breast, cheddar cheese, lettuce and fresh tomatoes.

Greek veggie pita 9.95

house made hummus, tomato, lettuce, Kalamata olives, grilled sweet peppers, feta cheese and tzatsiki rolled up in a Greek pita.

Substitute falafel for hummus... **free**

add falafel... **5.00**

ultimate beef dip 12.95

tender roast beef fried in garlic butter with onions and mushrooms, topped with melted Swiss cheese; served au jus.

cajun calamari wrap 11.95

thin sliced calamari dusted in cajun seasoned cornmeal, fried golden brown and stuffed into a whole wheat tortilla with onions, tomatoes, spinach and tzatziki.

the happy vegetarian 8.95

hummus, lettuce, tomato, sweet onions, cucumbers and guacamole on rye bread.

Mediterranean chicken pita 12.95

Greek marinated grilled chicken breast with tomatoes, lettuce, onions, pickles, feta and tahini-yogurt sauce, all in a grilled Greek-style pita.

Prefer your sandwich in a whole wheat wrap? No problem, no extra charge. Just ask!



Hot Off the Grill

with your choice of caesar salad, mixed greens or fries

substitute creamy seafood chowder or yam fries for \$2; substitute onion rings for \$2.50

halibut burger 13.95

4oz halibut filet on garlic buttered ciabatta with lettuce, tomatoes, sweet onions and tartar sauce.

bacon mushroom burger 13.95

crisp bacon and sauteed mushrooms on a six ounce handmade beef patty with tomato, lettuce, sweet red onion, pickle and HBI burger sauce, topped with cheddar cheese on a kaiser bun.

HBI cheese burger 12.95

six ounce handmade beef patty covered in melted cheddar cheese, loaded with tomato, lettuce, sweet red onion, pickle and HBI burger sauce on a kaiser bun.

salmon burger 12.95

lemon-kissed local salmon grilled to medium; served on a kaiser bun with sweet onions, tomato, lettuce and mayonnaise.

build your own burger 10.95

begin by choosing your burger: chicken, veggie or beef.
all burgers are stacked with fresh tomatoes, thick sliced sweet onions, crisp lettuce, dill pickles and mayo.

Make it your own by adding one or more of the following:

bacon	2.00	guacamole	2.50
ham	2.50	salsa	1.00
swiss or feta cheese	2.00	crispy dusted onions	1.00
Cheddar cheese	2.00	panfried onions	1.00
fried mushrooms	1.00	sauerkraut	1.00

Classics

fish & chips one piece 12.50;
two pieces 16.50

beer battered west coast halibut with fries, tartar sauce and coleslaw.

chicken fingers 9.95

four crispy all breast meat chicken strips and plum sauce, with your choice of caesar salad, mixed greens, or fries.

HBI swimming scallops 17.95

a full pound of local swimming scallops, steamed in white wine and garlic broth with fresh basil and tomatoes; served with garlic toast.

half pound 11.95

classic steamed clams 14.95

a pound of lovely local clams, steamed in a white wine-garlic broth with fresh basil and tomatoes; served with garlic toast.

half pound 10.95

HBI mussels 15.95

a full pound of local mussels elegantly steamed in white wine, basil, garlic, onions, tomatoes, peppers, and butter; served piping hot with fresh garlic toast.

half pound 11.95

braised beef stuffed yorkshire 12.95

thick, rich stew starring triple A beef braised in Hermann's dark lager, served stuffed in an extra large housemade yorkshire pudding.

AAA Angus strip steak 10 ounce 18.95
6 ounce 14.95

hand cut strip steak seasoned with HBI steak spice, chargrilled to your liking; served on a bed of thick cut grilled tomatoes, topped with thick cut onion rings; served with house cut fries, soup, or salad.

add sauteed mushrooms and onions 2.00