

# starters or sharing

**marinated tomato bruschetta**  **12.95**  
garlic & herb marinated tomatoes on rosemary-sea salt focaccia, baked with feta and mozzarella cheese; finished with balsamic reduction.

**firecracker calamari** **10.95**  
garlic and dill dusted squid and crispy jalapeños, seasoned with house chili spice, marinated tomato and onion; accompanied by house-made tzatziki. (also available firecracker-free)

**hummus & warm pita**  **9.95**  
zesty roasted garlic-chick pea dip with balsamic reduction, olive oil, kalamata olives and fresh veggie sticks.

**chicken wings** **12.95**  
crispy salt & pepper wings with vegetable sticks and ranch dip; choose the flavour for your wings to be tossed in...

- cajun
- sweet chili
- house barbeque
- house chili-lime
- sweet sesame sambal
- black pepper-garlic-Thai
- hot sauce
- honey garlic
- teriyaki
- house honey-curry
- blazin' blue

**dynamite nachos**  **14.95**  
house-cut corn tortilla chips, cheddar and mozzarella cheeses, fresh tomato, sweet onion and black bean & corn fresca; with fresh house-made tomato & smoked onion salsa and sour cream.

add pulled pork **6.95**  
add grilled chicken **6.95**  
side of guacamole **2.95**  
add jalapeños **.95**  
more cheese **3.95**

**sublime french onion soup** **8.95**  
rich roasted beef broth spiked with brandy, port, fresh rosemary, thyme and heaps of caramelized onions; baked with a sourdough crouton and Swiss cheese.

**today's soup** **cup 3.95; bowl 5.95**  
our chefs create a delicious soup every day... ask your server about today's creation.

**creamy seafood chowder**  
**cup 5.95; bowl 8.95**  
a rich coastal classic: smoked salmon and baby clams with vegetables and potatoes.

**yam fries**  **7.95**  
crispy seasoned sweet potato fries with chipotle mayo. **half order...4.95**

**house-cut fries**  **5.95**  
crispy twice-fried fresh potato french fries made to order with chipotle mayo. **half order...3.95**

**onion rings**  **7.95**  
crispy beer-battered onion rings served with house honey-mustard sauce.

**classic poutine** **7.95**  
made with house-cut Canadian Kennebec potatoes, Montreal cheese curds and gravy.  
**better with double-smoked bacon** **2.95**  
**or Sloping Hill pulled pork** **6.95**

a gratuity of 15% will be added to tables of 8 or more.

 = vegetarian option

# salads

**spinach & gold beets**  half 8.95; full 11.95  
tender spinach with apple juice-poached golden beets, creamy goat cheese, pickled red onion and toasted walnuts with apple cider vinaigrette.

**house greens**  half 5.95; full 8.95  
mixed lettuces, fresh vegetables & toasted sunflower seeds with balsamic vinaigrette, miso dressing, ranch, apple cider vinaigrette, blue cheese dressing, or raspberry vinaigrette.

**classic caesar** half 6.95; full 9.95  
crisp romaine, house sourdough croutons and asiago cheese tossed in tangy caesar dressing.

**cajun-miso grilled tuna salad** 16.95  
medium-rare grilled tuna, cajun dusted, sliced and served over mixed bitter and sweet greens tossed in miso dressing with pea shoots, pickled onions, julienne carrots, cucumbers and crispy rice noodles.

**berried quinoa & kale**  9.95  
organic quinoa and kale tossed with sun-dried cranberries, goat cheese, pickled onions and spiced pecans in raspberry vinaigrette.

**top thy greens with protein**

grilled tuna loin... 9.95

Rosstown Farm grilled chicken breast 6.95

creamy goat cheese or feta... 2.95

# sandwiches & wraps

with your choice of mixed greens, house-cut fries, basmati rice or soup

substitute caesar salad for \$1; seafood chowder, yam fries or onion rings for \$2; classic poutine for \$4  
gluten free bread or bun add \$1.50

**local oyster po'boy** 14.95  
crispy cajun-dill dusted on a toasted brioche layered with coleslaw, miso mayo, lettuce and fresh tomato.

**Quadra Island beef dip deluxe** 14.95  
smoked beef, shaved and stacked with garlic sautéed onions and mushrooms on a toasted ciabatta; served au jus.

**grilled Swiss & mushroom sandwich**  11.95  
prepare thyself for a flavour explosion: sourdough bread garlic-grilled with basil pesto, sautéed mushrooms, Swiss cheese, fresh tomato and spinach. Boom.

**classic BLT** 9.95  
Four strips of crispy bacon with lettuce, tomato and mayo on your choice of multi-grain or sourdough.

**Mediterranean quinoa wrap**  12.95  
spinach, kalamata olives, feta, marinated tomato and red onion with balsamic vinaigrette-infused organic quinoa; wrapped with tzatziki in a flour tortilla.

**pulled pork bun** 13.95  
in-house apple-wood smoked pulled pork with house bbq sauce and apple-fennel slaw on a toasted brioche.

**calamari wrap** 13.95  
crispy squid, house-made tzatziki, spinach, fresh tomato and pickled red onion rolled in a grilled flour tortilla.

**local braised beef burrito** 15.95  
braised Quadra Island beef, with black beans, sweet corn, red pepper, smoked onions, cheddar and mozzarella cheeses, wrapped with chipotle mayo and basmati rice in a flour tortilla.

# burger bar

with your choice of mixed greens, house-cut fries, basmati rice or soup

substitute caesar salad for \$1; seafood chowder, yam fries or onion rings for \$2; classic poutine for \$4  
gluten free bread or bun add \$1.50

## **miso tuna burger** 16.95

char-grilled Oceanwise albacore tuna loin on a toasted ciabatta with miso mayo, pickled onions, lettuce and tomato.

## **heritage beef burger** 12.95

the classic, made with Quadra Island beef: a six ounce hand-made beef patty with tomato, lettuce, pickle and red onion on a toasted brioche bun with house awesomesauce.

## **parmesan chicken burger** 14.95

panko encrusted Rosstown Farm chicken breast with roasted tomato marinara, asiago and mozzarella cheeses on a toasted ciabatta with chipotle mayo.

## **HBI deluxe** 15.95

local Quadra Island beef stacked with an onion ring, bacon, cheddar cheese, tomato, crunchy lettuce, pickle and red onion on a toasted brioche bun with house awesomesauce.

## **black bean burger** 12.95

house-made veggie patty with black beans, quinoa, mushrooms, sunflower seeds and roasted garlic on a toasted ciabatta bun with chipotle mayo, lettuce, tomato and sweet onion.

## **customize your burger...**

cheddar or swiss cheese	1.95
double-smoked bacon	2.95
sautéed onions	.95
sautéed mushrooms	.95

# pub classics

## **west coast cod & chips**

**one piece 11.95; two pieces 15.95**

crisp beer-battered cod with house-cut fries, honey-mustard coleslaw and tartar sauce.

## **local scallops** 18.95

local swimming scallops poached with white wine, garlic butter, sweet onion, tomato and herbs; with garlic-toasted focaccia.

**half pound 11.95**

## **chicken tenders** 11.95

three crispy chicken tenders served with plum or house honey-mustard sauce and your choice of mixed greens, french fries, basmati rice or soup.

## **linguini and meatballs** 16.95

local Quadra Island beef meatballs in roasted tomato marinara tossed with tender linguini pasta, topped with asiago cheese, and garlic toast along side.

## **rice bowl by design** 11.95

broccoli, bell peppers, carrot, celery, onion and zucchini in teriyaki or black pepper-garlic-Thai sauce; over steamed basmati rice.

<b>add grilled tuna...</b>	<b>9.95</b>
<b>Rosstown Farm grilled chicken breast</b>	<b>6.95</b>

*please advise your server of any food allergies*

*note: many items can be made gluten-wise; please inquire with your server.*