



SOUPS & SALADS

 vegetarian

Tomato Bisque

cup \$5.00 / bowl \$6.00



Daily Soup

cup \$5.00 / bowl \$6.00

Caesar Salad

Caesar dressing, crisp romaine lettuce,
toasted croutons, asiago cheese, lemon

small \$7.95 / large \$11.75

Add grilled chicken breast, pacific shrimp,
house-made falafel \$7.00

Add wild salmon fillet \$11.00

Legislative Garden Salad

Artisanal greens, garden fresh vegetables
Choice of balsamic vinaigrette, yogurt dill
dressing, herb vinaigrette, blue cheese dressing,
low-fat raspberry vinaigrette,
black pepper ranch dressing
small \$6.95 / large \$8.95

Chicken & Kale Salad

Grilled chicken, kale, toasted pecans,
pomegranate, feta cheese, red onions,
apple cider vinaigrette

\$15.75

Buddah Salad

Lemon tahini dressing, quinoa, soy beans,
avocado, red cabbage, kale, carrots,
roasted yam, pumpkin seeds

\$14.95

Tuna Poke Bowl

Marinated edamame beans, sunflower sprouts, rice,
cucumbers, carrots, avocado, pickled ginger,
toasted sesame seeds, ponzu, sriracha aioli

\$16.25

SANDWICHES & BURGERS

Sandwiches are accompanied with choice of
French fries, green salad, coleslaw,
or daily vegetables.

Toasted B.L.T.

Tomatoes, smoked bacon, shredded lettuce,
roasted garlic mayonnaise

\$12.50

Turkey and Cranberry Sandwich

Slow cooked turkey breast, cranberry aioli,
shredded lettuce

\$13.75

Classic Clubhouse

Breast of turkey, cheddar cheese, crisp bacon,
tomato, mayonnaise, shredded lettuce

\$16.95

Grilled Montréal Smoked Meat

Marble rye, sautéed mushrooms & onions,
Swiss cheese, house sauce

\$14.95





SANDWICHES & BURGERS

Sandwiches are accompanied with choice of
French fries, green salad, coleslaw,
or daily vegetables.



vegetarian

Thai Cod Burger

Marinated fillet, pickled cucumber, carrots,
red onions, cilantro, jalapeño mayonnaise

\$15.25

Assembly Burger

Lettuce, tomato, house-made Lass sauce,
cheddar cheese, bacon, red onion relish

\$17.95

Falafel Wrap



House-made chickpea fritters,
lemon tahini dressing, artisan greens,
cucumbers, tomatoes,
red onions, feta cheese

\$14.25

Black Bean & Quinoa Burger



Tofu, spinach, toasted almonds,
charred jalapeño aioli,
avocado, cilantro, salsa

\$14.25

Blackened Chicken Kaiser

Cajun marinated chicken breast,
banana peppers, tomatoes,
shredded lettuce, mayonnaise

\$17.50

Steak Sandwich

Char-broiled sirloin, sautéed onions, mushrooms,
garlic rosemary focaccia, Caesar salad

\$19.75

SOMETHING MORE

Vindaloo Bowl

Choice of chicken, prawn or tofu, spiced
vindaloo curry sauce, peas, cauliflower,
potatoes, steamed rice, naan bread,
mint yogurt

\$15.95

Scotch Egg

House-made sausage, soft boiled egg,
arugula greens, red radish, honey mustard aioli

\$8.25 one egg \$12.50 two eggs

Vegetarian Phad Thai



Crispy tofu, broad rice noodles, peppers,
green onion, bean sprout, chopped egg,
cilantro, toasted peanuts

\$15.25

Hoisin Lettuce Wraps

Beef, Chicken or Tofu, spicy peanut dip,
butter lettuce, scallions, crispy noodles,
julienne peppers, cilantro, peanuts

\$14.95

If you have allergies or requests, please inform your server.

Prices include GST

All Groups of 8 or more will be subject to an automatic 18% gratuity

Take-out Phone: 250-387-3959

