

# **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

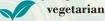
Marble rye, sautéed mushrooms & onions, Swiss cheese, house sauce \$14.95





# SANDWICHES & BURGERS

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## Thai Cod Burger

Marinated fillet, pickled cucumber, carrots, red onions, cilantro, jalapeño mayonnaise \$15.25

# Falafel Wrap

House-made chickpea fritters, lemon tahini dressing, artisan greens, cucumbers, tomatoes, red onions, feta cheese \$14.25

### Blackened Chicken Kaiser

Cajun marinated chicken breast, banana peppers, tomatoes, shredded lettuce, mayonnaise \$17.50

## **Assembly Burger**

Lettuce, tomato, house-made Lass sauce, cheddar cheese, bacon, red onion relish \$17.95

# Black Bean & Quinoa Burger

Tofu, spinach, toasted almonds, charred jalapeño aioli, avocado, cilantro, salsa \$14.25

### **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

## Vegetarian Phad Thai

Crispy tofu, broad rice noodles, peppers, green onion, bean sprout, chopped egg, cilantro, toasted peanuts \$15.25

## Scotch Egg

House-made sausage, soft boiled egg, arugula greens, red radish, honey mustard aioli \$8.25 one egg \$12.50 two eggs

# **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

