

# Starters

**HBI CHILI** 8.95  
house-made chili with beef and kidney beans and warm spices, topped with cheddar cheese; with garlic toast

**PULLED PORK SLIDERS** 9.95  
three sliders with slow-cooked Vancouver Island Pork shoulder on brioche, Carolina BBQ sauce, slaw

**GF V GARLIC PARMESAN FRIES** 8.95  
house-cut Kennebec potatoes, garlic and parmesan; with truffle aioli

**POUTINE** 8.95  
made with house-cut Canadian Kennebec potatoes, Quebec cheese curds and gravy  
...add bacon 2.95  
...add pulled pork 3.95  
...add fried free range egg 1.25

**NACHOS** 15.95  
corn tortilla chips, three cheeses, fresh tomato, sweet onion and black bean salsa; with salsa and sour cream  
...add pulled chicken 3.95  
...add slow-cooked pork shoulder 3.95  
...add guacamole 2.95  
...add jalapeños .95

**WINGS** starter/double 11.95/17.95  
crispy salt & pepper wings; celery & carrot sticks, pickled beans and ranch dip. *Choose...*  
*cajun · hot sauce · sweet chili*  
*blazin' blue · honey garlic · teriyaki*  
*· house chili-lime*

**FRIED PICKLES** 9.95  
crispy beer-battered dills with house-made buttermilk ranch & hot sauce for dipping

**GF CALAMARI** 11.95  
crispy squid, smoked onion salsa; with tzatziki, grilled lemon

**KOBE BEEF CORN DOG** 12.95  
Kobe beef frank, crispy corn batter; mustards; with truffled potato salad

**GF PULLED CHICKEN TACOS** 15.95  
Two Abuelos blue corn tortillas, pulled maple hills farm chicken, jack cheese, lettuce, guacamole and crispy onions

**GF BLACKENED SALMON TACOS** 15.95  
two Abuelos white corn tortillas, blackened wild pacific salmon, slaw, chipotle mayo and smoked onion salsa

**WESTCOAST SEAFOOD CHOWDER**  
cup/bowl 5.95/8.95

classic creamy chowder: smoked salmon, ling cod and baby clams with Yukon gold potatoes

**DAILY SOUP** cup/bowl 3.95/5.95  
seasonal and local

**GF V HOUSE-CUT FRIES** half/full 3.95/5.95  
crispy fries with truffle aioli

**V ONION RINGS** 7.95  
beer-battered; with house honey-mustard

**GF V YAM FRIES** 7.95  
seasoned; with chipotle aioli

# salads

**GF V HOUSE GREENS** half/full 6.95/9.95  
mixed lettuces, fresh vegetables & toasted sunflower seeds; choice of balsamic vinaigrette, apple cider vinaigrette, blue cheese, ranch, honey-walnut vinaigrette or avocado-roasted garlic vinaigrette

**CLASSIC CAESAR** half/full 7.95/10.95  
crisp romaine, sourdough croutons, shaved grano padano, crispy bacon tossed in house-made caesar dressing

**GF V BEET SALAD** half/full 10.95/15.95  
marinated red & gold beets, herb-rolled goat cheese, arugula, beet chips

**ANCIENT GRAIN SALAD** half/full 11.95/16.95  
quinoa, farro, dried fruits, feta cheese, walnuts; with honey-walnut vinaigrette

# SANDWICHES BURGERS & WRAPS

**burgers sandwiches & wraps with your choice of french fries, beet chips, green salad, or daily soup; substitute caesar salad, seafood chowder, yam fries or onion rings for \$2; poutine for \$4**  
*gluten free bread or bun add \$2*

**HERITAGE BEEF BURGER** 13.95  
the classic: six ounce hand-made Canadian Angus beef patty; tomato, lettuce, pickle & red onion; toasted brioche & house awesomesauce  
*customize your burger experience...*  
add mushrooms 1.25  
add bacon 1.25  
add cheddar or Swiss 1.25  
add fried egg 1.25  
add avocado 1.25  
add an extra patty 2.50  
add pulled pork 3.95

**V BLACK BEAN BURGER** 15.95  
house-made veggie patty with black beans, quinoa, mushrooms, sunflower seeds and roasted garlic; toasted ciabatta with creamy goat cheese, alfalfa sprouts, baby kale & mayo

**PHILLY CHEESE STEAK** 16.95  
shaved angus beef, caramelized onions, roasted peppers and swiss cheese on a Portofino onion-cheddar bun; served au jus.

**GF CALAMARI WRAP** 14.95  
crispy squid, tzatziki, spinach, fresh tomato and pickled red onion wrapped in a grilled flour tortilla

**CHICKEN BRIE-L-T** 16.95  
garlic-herb marinated free-range chicken breast layered with bacon, brie, lettuce, tomato & truffle mayo on a Portofino peasant roll

# SPECIALTIES

**GINGER BEEF** 17.95  
tender strips of marinated beef with peppers, onions, carrot and our own sweet ginger sauce on basmati rice

**STEAK SANDWICH** 18.95  
six ounce flatiron steak, sauteed mushrooms & crispy shallots on garlic bread; house-cut Kennebec fries

**SEAFOOD CARBONARA** 16.95  
Pacific cod, wild-caught salmon, scallops, house-smoked bacon hand-cut papardelle, parmesan cream

**GF CRAFT BEER BATTERED FISH & CHIPS**  
with house-cut Kennebec fries & tartar sauce  
ling cod  
one piece 12.95; two pieces 17.95