

CELIAC DINNER MENU

APPETIZERS

Sweet Potato Fries

They speak for themselves, served with our specialty chipotle mayo! 8

Potatoes

Golden french fries, green onion, tomato, black olive and jalapeño. Baked with cheddar cheese and topped with a dollop of sour cream. 9.5

Seafood Stuffed Mushroom Caps

Baby Shrimp, house-smoked salmon, lemon, garlic, fresh herbs and cream cheese baked with mozzarella cheese. Served with rice toast. 12

Hot Spinach and Artichoke Dip

Our own "to die for" mixture: fresh baby spinach, artichoke, fresh garlic, onion, cream cheese, mozzarella and parmesan. Served with crisp corn tortilla chips to dip. 10.50

Vegetable Tortilla Soup

A healthy bowl, brimming with sweet and spicy peppers, onions, corn, black beans, fresh cilantro, tomatoes, rice and seasoned vegetable stock. Topped with avocado, tortilla strips and Mexican crema. 7.50

SALAD BOWLS

Cobb

Chopped romaine, shaved chicken breast, Black Forest ham, diced tomato, green onions, chopped egg, shredded local cheddar cheese, local feta, avocado and chipotle maple glazed bacon with guacamole ranch dressing. 15.5

Caesar

A classic in any part of the world....chopped romaine lettuce in a creamy Caesar dressing and shaved parmesan cheese. 9.5

Spinach

Hand-picked spinach tossed with seasoned quinoa, red onion, roasted red pepper, balsamic vinaigrette, garlic buttered portabellas, grape tomatoes, and goat cheese. 12.50

Mexican

Chopped romaine lettuce, black beans, tomatoes, corn, peppers, red onions, avocado and feta cheese finished with our house-made honey lime dressing. 11.50

House Salad Greens

Hand tossed lettuces garnished with julienned carrot, cucumber, grape tomatoes and alfalfa sprouts. Top with your choice of dressing. 8

Burger Adds

Local feta, cheddar, mozza, provolone, jalapeño, guacamole, salsa, mushrooms, bell peppers, sautéed onions, chipotle mayo. 1

Premium Burger Adds

Little Qualicum brie, blue cheese, parmesan, avocado, portabellas, smoked bacon, back bacon. 2.25 Chipotle maple bacon. 2.5

Salad Adds

wild shrimp 5.25
seasoned pacific cod 4
grilled wild salmon 5
charbroiled sirloin steak 7
grilled chicken breast 7

Deep-fried items can contain traces of gluten

ENTREES

Prime Rib

AAA Slow roasted and served with your choice of starch and fresh vegetables. 6oz 8oz 10oz Market prices

AAA 8oz Top Sirloin

Seasoned with Montréal steak spice and served with your choice of starch and market vegetables. 21.5

Wild Cedar Planked Salmon

Wild salmon filet baked on a cedar plank with Canadian maple balsamic glaze. Served with seasoned basmati rice and market vegetables. 21

Pan fried Pacific Cod

Two pieces of Pacific cod lightly pan fried served with seasoned basmati rice and fresh market Vegetables. 16.50

Butter Chicken

Tender morsels of chicken breast in a garam masala butter cream sauce. Served over seasoned basmati rice with raita and rice toast. 18.50

Jambalaya

A combination of prawns, chicken breast, chorizo, onion, peppers, celery and seasoned basmati rice in cajun spiced fire roasted tomato sauce. 17

Beef Liver

Beef liver lightly grilled. Topped with sautéed onions and strips of smoked bacon. 15

SANDWICHES AND BURGERS

Charbroiled whipple specialty burgers are garnished with lettuce, tomato, red onion, pickle, mayonnaise and house-made sweet onion relish on a toasted gluten-free bun.

French fries, tossed salad or a cup of daily soup.

Upgrade to Caesar salad \$1.75, spinach salad \$3, our Mexican salad \$2.5 or yam fries \$3

Angus Beef Chuck

The perfect beginnings for your ultimate burger. 12

Big Bull Burger

Release the beast! An 8oz Angus chuck burger! 14

Veggie

Scratch made with quinoa and black beans. 14

Grilled Chicken

Local, fresh Farmhouse chicken breast. Add what makes your tastebuds happy. 13

Cajun Chicken

Cajun blackened Island Farmhouse chicken breast, guacamole ranch dressing, provolone cheese and chipotle maple glazed bacon. 14.50

Clubhouse

Smoked bacon, sliced chicken breast, lettuce, tomato and mayonnaise. Served on rice toast. 13.50
Add cheese 1

Chicken Brie

Grilled seasoned chicken breast with local brie cheese, sliced apple, red onion, tomato, alfalfa sprouts and pesto mayo. Served on rice toast. 14.5

Portabella Mushroom

Sliced portabella mushrooms and fresh garlic sautéed in olive oil, topped with local brie cheese, red onion, tomato, alfalfa sprouts and pesto mayo on rice toast. 13

CELIAC BREAKFAST MENU

Breakfast is served until 4pm every day!

OUR FAMOUS BENNY'S

All our celiac benny's are served on a toasted gluten free english muffin with shredded or roasted hashbrowns. Sub fresh fruit for \$2.75

Southwestern

Two poached eggs, charbroiled local chorizo sausage. Topped with house-made chipotle hollandaise sauce. \$14.5

Shrimp And Avocado

Two poached eggs, baby shrimp and avocado. Topped with house-made cilantro hollandaise Sauce. \$14.5

Eggs Florentine

Two poached eggs, goat cheese, spinach and grilled tomato. Topped with house-made hollandaise sauce. \$14.5

Classic

Two poached eggs with back bacon topped with house-made hollandaise sauce. \$14

TRAPPER OMELETTES

All our fluffy, three egg omelettes are served with rice toast and shredded or roasted hashbrowns.

Portabella

Portabella mushrooms, spinach, sun-dried tomatoes, local Little Qualicum brie and mozzarella cheese. 16

Brie Egg White

Local Little Qualicum brie, fresh spinach and sun-dried tomatoes. Served with fruit instead of hashbrowns. 15.5

Loaded

Local ham, smoked bacon, cheddar cheese and sauteed mushrooms. 15.5

Cheddar Cheese

Build your perfect omelette by adding from the following choices. 12

Omelette Adds

Onions, avocado mango salsa, guacamole, peppers, mushrooms, feta, mozzarella, spinach, tomatoes or jalapenos. 1

Select Omelette Adds

Little Qualicum brie, sausage, chorizo sausage, chicken sausage, local ham, bacon or chipotle maple bacon. 2

Tot's One Egg Breakfast

One egg any style, two pieces of bacon or sausage and rice toast. 6.75

OUR DELICIOUS SKILLETS

All our skilletts are baked with scrambled eggs over shredded or roasted Hashbrowns. Sub fresh fruit for \$2.75

Farmer Sausage

Island Farmhouse farmer chicken sausage, red onion, bell peppers, mushrooms and cheddar cheese. Topped with house-fresh hollandaise sauce. 14

Shrimp And Salmon

Shrimp and house-smoked salmon with roasted red peppers, spinach, mozzarella and Little Qualicum brie cheese. Topped with fresh sliced avocado. 14

Vegetarian skillet

Marinated tofu, spinach, sun-dried tomato, quinoa, egg plant, feta and mozzarella. Made with egg whites and topped with tomato and green onion. 14

PIONEER HEARTY RISERS

All our hearty risers are served with rice toast and shredded or roasted hashbrowns. Sub fresh fruit \$2.75

Lumberjack

8oz. AAA angus beef sirloin steak grilled to your specification with two eggs any style. 18.75

Regular

Two eggs any style, local ham or four pieces of bacon or four pieces of sausage. 12.5

Chorizo Breakfast

Two local spicy chorizo sausages with two eggs any style. 15.5

Farmer Chicken Sausages

Two Island Farmhouse chicken sausages with two eggs any style. 15.5

Huevos Rancheros

Two crispy, deep fried corn tortillas, layered with refried beans, guacamole and cheddar. Topped with two eggs your way and finished with diced tomatoes and green onions. Served with avocado mango salsa and jalepeno sour cream. 13.5

BREAKFAST A LA CARTE

Chorizo sausage _____	5.5
Chicken sausage _____	5.5
Fresh baked ham _____	4.25
Four pieces bacon _____	4
Four pieces chipotle maple bacon _____	4.25
Shredded or roast hashbrowns _____	5
Fruit bowl _____	4.75
Rice toast _____	4
Gluten free english muffin _____	4
French Vanilla Yogurt _____	3.25
Hollandaise _____	2.5
One egg _____	1.5