

STARTERS

Calamari

Tender squid, lightly floured and fried, tossed with fresh tomato, garlic and scallions. 10

Sweet Potato Fries

They speak for themselves, served with our specialty chipotle mayo! 7

Cheddar Poutine

Crispy fries with local cheddar cheese and house-made beef gravy. 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

Butter Chicken Poutine

Crispy fries smothered with creamy butter chicken sauce, braised chicken thigh and mozzarella cheese. 11.50

Pulled Pork Poutine

Golden french fries and house-pulled pork covered in our own barbecue sauce, cheddar and mozzarella cheeses 11

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. 9.50

Seafood Stuffed Mushroom Caps

Baby Shrimp, house-smoked salmon, lemon, garlic, fresh herbs and cream cheese baked with mozzarella cheese. Served with garlic ciabatta. 10

Chicken Strips

House-breaded local Farmhouse chicken filets, served with your choice of honey mustard, plum or BBQ sauce. 10
Add fries. 2

Crab Cakes

A delicious blend of Dungeness crab, rock crab and seasonings in panko breading. Served with baby greens and fresh house-made avocado mango salsa. 12

Taquitos

Sautéed corn, black beans, bell peppers, red onions and goat cheese rolled up in flour tortillas and fried. Served with guacamole ranch dip. 11.50

SOUPS AND BREAD

Housemade Naan Bread

House-fresh naan bread, grilled and rubbed with clarified butter. Served with cucumber raita. 4.75

Garlic Ciabatta Bread

Thick slices of portofino ciabatta grilled with our house garlic butter. 3.50

3 Cheese Garlic Ciabatta Bread

All dressed up with cheddar, mozzarella and feta cheeses. 6.95

Clam Chowder

A creamy combination of chopped arctic clams, smoked bacon, vegetables, potatoes, herbs and seasoned broth. 6.50

Soup Of The Day

Created fresh daily. Bowl 4.50 Cup 3.50

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. 6.50

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. 14.75

Caesar

A classic in any part of the world....chopped romaine lettuce in a creamy Caesar dressing, house-fresh sourdough croutons and shaved parmesan cheese. 8.75

Spinach

Hand-picked spinach tossed with seasoned quinoa, red onion, roasted red pepper, balsamic vinaigrette, garlic buttered portabellas, grape tomatoes, and goat cheese. 11.50

Mexican

Chopped romaine lettuce, black beans, tomatoes, corn, peppers, red onions, avocado and feta cheese finished with our house-made honey lime dressing. 10.50

House Salad Greens

Hand tossed lettuces garnished with julienned carrot, cucumber, grape tomatoes and alfalfa sprouts. Top with your choice of dressing. 7

COMPLETE YOUR SALAD

wild shrimp 4.75
seasoned pacific cod 3.50
grilled wild salmon 4.50
charbroiled sirloin steak 6.50
grilled chicken breast 6.50

SANDWICHES AND WRAPS

All our sandwiches are prepared with your choice of:

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

Upgrade to Caesar salad \$1.25, spinach salad \$2.50, our Mexican salad \$2 or yam fries \$2.50

Beef Dip

Shaved AAA roast beef served on a grilled Portofino ciabatta bun and au jus for dipping. 12

Add sautéed onion 1

Add sautéed mushroom 1

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 grilled house-made focaccia bread. 11

The Shelagh

Bakery fresh French bread dipped in egg, grilled with spinach, tomatoes, sautéed red onion and mushrooms, roasted red peppers, mozzarella cheese and pesto mayo. 11

Chipotle Bacon Chicken Wrap

A white or whole wheat flour tortilla filled with chipotle maple glazed bacon, shaved chicken breast, cheddar cheese, lettuce, tomato and guacamole ranch dressing. 12

Clubhouse

Smoked bacon, sliced chicken breast, lettuce, tomato and mayonnaise. Served on your choice of toasted bread. 11.50

Add cheddar cheese 1

Chicken Brie

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

Served on grilled house-made focaccia bread. 12.75

Pulled Pork

Local Quist pork butt, house-smoked, braised in cajun spices, pulled and mixed with sautéed onions and Dijon BBQ sauce.

Served on a grilled Portofino ciabatta bun with a side of coleslaw. 12.50

Spinach Wrap

A white or whole wheat flour tortilla filled with spinach, seasoned quinoa, red onion, roasted red peppers and goat cheese dressed with balsamic vinaigrette 11

Add local Farmhouse chicken 3.50

Add house-smoked salmon 4

Add wild shrimp 4.75

OUR DELICIOUS HOUSE BURGERS

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

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

Upgrade to Caesar salad \$1.25, spinach salad \$2.50, our Mexican salad \$2 or yam fries \$2.50

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 Chipotle maple bacon. 2.25

Angus Beef Chuck

The perfect beginnings for your ultimate burger. 10

Big Bull Burger

Release the beast! An 8oz Angus chuck burger! 12

BBQ Bacon and Cheddar

Made with our own bbq sauce, smoked bacon and cheddar cheese. 12

Bison

Dress this up to make everyone else wish they had one. 12.50

Almond Cod

Almond breaded Pacific cod with honey ginger mayonnaise. 12.50

Grilled Chicken

Local, fresh Farmhouse chicken breast. Add what makes your tastebuds happy. 10.50

Cajun Chicken

Cajun blackened Island Farmhouse chicken breast, guacamole ranch dressing, provolone cheese and chipotle maple glazed bacon. 12.50

MEXICAN!!!

WHAT MORE CAN WE SAY.....

Sizzlin' Fajitas

A choice of sirloin steak, local Farmhouse chicken or baby shrimp with cajun spiced onions, zucchini and peppers.

Served in a smokin' hot skillet with warm flour tortillas, sour cream, avocado mango salsa, guacamole, cheddar cheese, diced tomato, lettuce and black olives. 16.50

Vegetarian 14

Quesadillas

Your choice of local Farmhouse chicken, sirloin steak, ground bison, shrimp or black bean and corn in a white or whole wheat flour tortilla filled with cheddar cheese, red onions, bell peppers, tomatoes, green onions and cajun spice. Served with house salad, avocado mango salsa and sour cream. 14.50

Amigo Fish Taco

Flour tortillas filled with seasoned Pacific cod, chipotle coleslaw, chopped tomato, green onions, guacamole ranch dressing. Served with quinoa, green salad and a lime wedge. 15

Prime Chimichanga

A deep-fried flour tortilla filled with beef rib-eye, refried beans, cheddar cheese and Mexican spices. Topped with lettuce, tomatoes and green onions. Served with Mexican salad, sour cream and avocado mango salsa. 15.75

PASTAS

All our pastas are served with fresh Portofino garlic bread

Baked Bison and Bacon Penne

Fresh penne noodles in a house-made tomato sauce with ground bison, chopped bacon, sautéed onions and mushrooms. Baked until golden with mozzarella and parmesan cheese. Half 15 Full 21

Sirloin Steak and Portabella Linguine

Chopped sirloin steak in a portabella mushroom cream sauce with fresh linguine, roasted peppers, red onion and parmesan cheese. Half 14 Full 20

Westcoast Linguine

Fresh linguine, house-smoked salmon, wild shrimp, scallions, chopped tomato, and fresh herbs in a fire roasted tomato sauce. Topped with shaved parmesan cheese. Half 15 Full 21

Southwest Chicken Penne

Island Farmhouse chicken breast and fresh penne pasta in a chipotle parmesan cream sauce with red onion, bell pepper, corn and black beans. Topped with local feta cheese. Half 14 Full 18

Penne Italiano

Island Farmhouse chicken breast and fresh penne pasta in a house-made pesto cream sauce with red onion, roasted peppers, sundried tomatoes and local feta cheese. Half 14 Full 18

Linguine Primavera

Fresh linguine in a house-made white wine cream sauce with roasted red peppers, julienne carrots, mushrooms, scallions, zucchini, spinach, fresh herbs and shaved parmesan cheese. Half 13 Full 17

ENTREES

All our entrees are served with fresh market vegetables and your choice of seasoned basmati rice, potato or seasoned quinoa

Prime Rib

AAA Slow roasted and served with house fresh yorkshire pudding and beef gravy. 6oz 8oz 12oz Market prices

AAA 8oz Top Sirloin

Seasoned with Montréal steak spice and served with buttermilk onion crisps. 20

Steak Sandwich

Charbroiled AAA 6oz centre-cut sirloin steak with Montréal steak spice. Served on a grilled Portofino garlic ciabatta bun with buttermilk onion crisps, fries and green salad. 15

Butter Chicken

Tender morsels of braised chicken thigh in a garam masala butter cream sauce. Served over seasoned basmati rice with cucumber raita and house fresh naan bread. 16.50

Chicken and Waffles

Fresh Island Farmhouse chicken breast, fried in a crispy breading and topped with strawberry compound butter. Served over a Belgium waffle and smothered in Canadian maple syrup. 18

Baby Back Ribs

A full rack of ribs, smoked, slow cooked and smothered in our house fresh BBQ sauce. 21

Pacific Cod and Chips

Pacific cod filets in our house batter, deep-fried until golden. Served with house-fresh tartar sauce and a lemon wedge. 1pc 12 2pc 15.50

Almond Pacific Cod

Two filets of Pacific cod, almond breaded. Served with our own honey ginger sauce. 15.50

Wild Cedar Planked Salmon

Wild salmon filet baked on a cedar plank with Canadian maple balsamic glaze. 20

Beef Liver

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

Veal Cutlets

Tender breaded veal, grilled and served with house-made beef gravy. 17

Jambalaya

A combination of prawns, chicken breast, chorizo, onion, peppers, celery and seasoned basmati rice in cajun spiced fire roasted tomato sauce. 16

ADD ONS

Make fantastic even better.....

Cajun blackened prawns 6
Sautéed garlic prawns 6
Sautéed garlic button mushrooms 3

OUR SUGGESTION FOR WINE.....DRINK WHAT YOU LIKE!!!!
MAKE SURE TO SAVE ROOM FOR DESSERT!
ALL OUR DESSERTS ARE HOUSE-MADE.

LIGHTER MEALS

Served with your choice of potato, seasoned basmati rice or quinoa and fresh market vegetables

Baby Back Ribs

Half a rack of ribs, smoked, slow cooked and smothered in our house-made BBQ sauce. 13

Almond Breaded Cod

One piece of almond breaded Pacific cod with house-made honey ginger sauce. 12

Liver Bacon And Onions

Dusted with seasoned flour and lightly grilled. Topped with sautéed onions and smoked bacon. 12

Breaded Veal Cutlet

Tender breaded veal, grilled and served with house-made gravy. 13

REFRESHING BEVERAGES

Milkshakes

chocolate ~ vanilla ~ strawberry
cookies 'n' cream ~ chocolate chip mint
orange sherbet
4.50

Juice

pineapple ~ tomato ~ mott's clamato ~ cranberry
grapefruit ~ orange ~ apple
Small 2.25 Medium 3.25

Italian Soda

strawberry ~ raspberry ~ peach ~ mango ~ banana
lime ~ piña colada
2.50

Pop

pepsi ~ diet pepsi ~ dr pepper ~ 7up ~ orange crush
mug root beer ~ schweppes ginger ale ~ soda water
schweppes tonic water ~ diet sprite
3.20

Fresh Fruit Smoothies

Made with Island Oasis all-natural ingredients.
Create your own personal favorite
strawberry ~ raspberry ~ peach ~ mango ~ banana
lime ~ piña colada
4.50

Dad's Root Beer

3.50

Dad's Orange Cream

3.50

Shirley Temple

3

Roy Rogers

3

Milk

regular 2.70 mug 3.70
Chocolate milk
regular 3.25 mug 4.25

Fair Trade Organic Coffee

2.7

Brewed Decaf

2.7

Hot Chocolate

2.60

Perrier Mineral Water

3.90

**ASK YOUR SERVER ABOUT OUR
DRAFT BEER SPECIAL ~ DRINK SPECIALS ~ WINE FLIGHTS**

DON'T MISS OUT ON DESSERT!!!!

Ask for our dessert list!

Fresh from our ovens ~ we have something for everyone!

Be sure to take a stroll over to our display case to see today's features and our famous one acre cinnamon buns!

Order a pie to take home!

Thank you and enjoy your experience with us...

Please inform your server of any dietary requests or if you have an allergy.