

## **BREAKFAST** Served daily until 2:00pm

<b>The Traditional</b>	...9
Smoked maple sausage, bacon or honey ham and 2 farm fresh eggs. Served with homestyle hashbrowns and toast.	
<b>Country Combo</b>	...12
Smoked maple sausages, bacon and 3 farm fresh eggs. Served with homestyle hashbrowns and toast.	
<b>Eggs Benedict</b>	...10
A toasted English muffin topped with honey ham, two poached eggs and a rich hollandaise sauce. Served with home style hash browns.	
<b>Cinnamon French Toast</b>	...9
Thick sliced French bread dipped in our cinnamon egg mixture, grilled until golden and topped with fresh whipped cream. Served with your choice of bacon or smoked maple sausages.	
<b>West Coast Steak and Eggs</b>	...15½
A grilled, 6oz West Coast cut of AAA striploin, two eggs any style, homestyle hashbrowns and toast.	
<b>Veggie Skillet</b>	...9
2 eggs, cheddar jack cheese, mixed peppers and green onions all scrambled together and topped with fresh salsa. Served with homestyle hashbrowns and toast.	
<b>The Stack</b>	...8
3 light and fluffy buttermilk pancakes. Served with your choice of bacon or smoked maple sausages.	
<b>Greek Frittata</b>	...10
Open-faced Italian omelette with fresh spinach, roma tomato, bell pepper and feta cheese. Served with homestyle hashbrowns and toast.	
<b>Smoked Salmon Benny</b>	...12
A toasted English muffin topped with smoked salmon, two poached eggs and a rich hollandaise sauce. Served with homestyle hashbrowns.	
<b>The Works Omelette</b>	...11
A traditional 3 egg omelette filled with sautéed button mushrooms, bacon, peppers, onions and cheddar jack cheese. Served with homestyle hashbrowns and toast.	
<b>Omelette Station</b>	
3 eggs, homestyle hashbrowns and toast. Starts at \$7 then add your own filling for \$1 each bacon, honey ham, shrimp, salsa, green onion, mixed bell peppers, mushrooms or cheddar jack cheese.	
<b>Healthy Start</b>	...7½
Fruit salad and cottage cheese served with multigrain toast.	
<b>Senior Special</b>	...7¾
One egg, homestyle hashbrowns, fresh fruit cup and a slice of toast. For our guests 60 and over only.	

## **SIDES & CONCESSION**

<b>Fried Egg Sandwich</b> two eggs, ham or bacon, mayo, tomato and cheese on choice of toast	...6
<b>Breakfast Wrap</b> two scrambled eggs, ham and cheese in a sundried tomato wrap	...6
<b>Bacon &amp; Egg Muffin</b> toasted English muffin with one egg, bacon and cheese.	...4½
<b>Fresh Fruit Salad</b>	Bowl ...5 Cup ...3
<b>Toast</b> white, whole wheat, multigrain or sourdough	...2½
<b>Two Eggs</b> served how you like them	...2½
<b>Homestyle Hashbrowns</b>	...2½
<b>Toasted Bagel</b> with cream cheese	...3
<b>Side of Bacon, Honey Ham or Sausage</b>	...3

## STARTERS AND SHARE PLATES

<b>Chicken Strips</b> ...9 Tender chicken breast lightly breaded. Served with plum, BBQ or honey mustard. Add fries or tossed salad ...2	<b>Jumbo Chicken Wings</b> ...9¾ A full pound of crispy chicken wings. Hot, BBQ, teriyaki, honey garlic or Redwoods steak spice.
<b>Yam Fries</b> ...6½ Lightly seasoned and served with chipotle mayo.	<b>Pulled Pork Sliders</b> ...9¾ Three mini signature pulled pork sandwiches, drizzled with bourbon BBQ sauce topped with tempura onion strings.
<b>Three Cheese Garlic Naan Bread</b> ...8½ Roasted garlic, aged parmesan, feta and cheddar jack cheese baked on naan bread. Served with warm marinara.	<b>Crab &amp; Spinach Dip</b> ...11 Fresh crab, spinach and artichoke hearts blended and baked with herbed cream cheese. Served with warm tortilla chips and pita bread.
<b>Redwoods Quesadilla</b> ...10 Your choice of cajun chicken, spicy beef or shrimp with sliced mushroom, crispy bacon, green onion, diced tomato and melted cheddar jack. Add fries or tossed salad ...2	<b>Rib Bites</b> ...9¾ One pound of tender short ribs tossed with coarse salt & pepper.
<b>Steak Cut Onion Rings</b> ...6 Thick beer battered rings served with parmesan ranch.	<b>Vegetable Spring Rolls</b> ...9 Crispy spring rolls served with sweet and spicy Thai chili sauce.
<b>Bacon Wrapped Scallops</b> ...9¾ Atlantic scallops wrapped in smoky bacon, baked and served with zesty cocktail sauce and garlic bread.	<b>Calamari</b> ...10 Lightly seasoned squid topped with sweet red onion. Served with tzatziki and pita bread.
<b>Appy Tower</b> ...25 Our famous tower is back, better than ever, with nachos, calamari, wings, rib bites, yam fries, tzatziki and pita. Served with all the fixings.	<b>Extreme Nachos</b> ...20 Loaded layers of tortillas chips, cheddar jack cheese, green onions, tomatoes, jalapeños and black olives. Topped with your choice of cajun chicken or spicy beef. Served with sour cream, salsa and guacamole. Basic version also available.

## SIGNATURE SALADS

<b>Redwoods Caesar Salad</b> ...9 Chopped romaine lettuce, homemade croutons, creamy caesar dressing and aged parmesan reggiano. Topped with oven baked croutons and served with garlic bread . <i>Starter size</i> ...6	Add a grilled breast of chicken ...3 or a blackened filet of salmon ...5
<b>Fraser Valley Greens</b> ...8 Fresh greens, tomato and crisp cucumber with your choice of dressing. <i>Starter size</i> ...6	
<b>Ginger Citrus Salad</b> ...12 Grilled chicken breast and fresh greens, with a ginger citrus vinaigrette, toasted almonds and citrus fruit.	
<b>Thai Chicken Salad</b> ...12 Sweet bell peppers, red onions, steamed noodles and fresh greens topped with a grilled chicken breast. Served with Thai peanut sauce.	
<b>Chicken Club Salad</b> ...13 Grilled chicken, smoked bacon, fresh avocado, tomato and roasted pecans over mixed greens with a herb vinaigrette.	
<b>West Coast Steak and Feta Salad</b> ...13 Mixed greens, tomato, Spanish onion and crumbled feta topped with sautéed striploin in a sundried tomato vinaigrette.	

## CASUAL FAVOURITES

All served with a choice of fries, salad or daily soup. Sub caesar, yam fries or steak cut onion rings for ...2

- Redwoods Clubhouse** ...11  
Traditional triple decker clubhouse with shaved smoked turkey breast, bacon, mayo, crisp lettuce and tomato.
- Classic BLT** ...8¾  
Three strips of crisp smoked bacon, mayo, lettuce and tomato.
- Beef Dip** ...9½  
Thinly shaved, slow roasted AAA Alberta beef on a toasted baguette, served with au jus.
- Philly Beef Sandwich** ...11  
Sliced striploin steak with sweet bell pepper, onion, mushrooms and Swiss cheese served with au jus. Served on a toasted baguette.
- West Coast Steak Sandwich** ...15½  
A 6oz West Coast cut AAA striploin charbroiled and served on a garlic toasted French baguette. Topped with sautéed mushrooms and steak cut, beer battered onion rings.
- Pesto Chicken Focaccia** ...12  
Grilled chicken breast with tomato, sautéed onions and mushrooms topped with parmesan cheese. Served on grilled focaccia with pesto mayonnaise.
- BBQ Bourbon Pulled Pork Sandwich** ...11  
Tender pulled pork marinated in Jack Daniels BBQ sauce. Served on a toasted hoagie bun with caramelized onions and chipotle mayo.
- Wonton Soup** ...11  
Packed with pork wontons, prawns, BBQ pork, farkay noodles and Asian vegetables.
- Veggie Wrap** ...9  
Tomatoes, cucumbers, sweet bell peppers, red onion and fresh greens with sundried tomato cream cheese.
- Buffalo Chicken Ranch Wrap** ...11  
Breaded chicken tenders tossed in Louisiana hot sauce with red onion, tomato, shredded cheddar jack cheese, ranch dressing and fresh greens.
- Fajita Wrap** ...11  
Your choice of cajun steak or chicken with sweet bell peppers, onion, lettuce and cheddar jack cheese. Served with sour cream and salsa.
- Thai Chicken Wrap** ...11  
Sliced chicken breast with fresh greens, sweet bell peppers, red onion and farkay noodles. Tossed in peanut dressing.
- Chicken Caesar Wrap** ...11  
Our Redwoods caesar tossed with a seasoned chicken breast and aged parmesan reggiano.

**JUNIORS** all meals are \$8 and include a drink. Available to our junior members and children under 12.

**Noodles and Sauce** noodles in our sauce of the day.

**Chicken Strips** your choice of plum or honey mustard with fries or salad.

**Double Cheese Burger** beef, mayo, lettuce, tomato, onion & cheddar with fries or salad.

**Grilled Cheese** served on your choice of bread with fries or salad.

**Hot Dog** with all the fixings and a choice of fries or salad.

## GOURMET BURGERS

All served with a choice of fries, salad or daily soup. Sub caesar, yam fries or steak cut onion rings for ...2

### Double Deluxe Prime Rib Burger ...16

Two 6oz premium Canadian beef patties with double bacon, double cheese, sautéed mushrooms, lettuce, tomatoes, mayo and a steak cut onion ring on a rustic kaiser bun.

### Classic Prime Rib Burger ...11¾

6oz premium Canadian beef patty with mayo, lettuce, tomato and onion.  
Add sautéed mushrooms, bacon or cheese for ...1

### Louisiana Chicken Burger ...11

Crispy breaded chicken tossed in Louisiana hot sauce with banana peppers, tomato, lettuce, Swiss cheese and blue cheese aioli.

### Wild Sockeye Burger ...12

Grilled sockeye salmon fillet topped with lemon pesto mayo, lettuce, tomato and onion.

### Garden Veggie Burger ...11

Grilled brown rice and mushroom patty topped with fire roasted peppers, lettuce, tomato and onion.  
With ranch spread.

## MAINS

### West Coast Striploin 6oz cut...16

Fire grilled West Coast cut striploin steak served with seasonal vegetables and roasted potatoes. Add 5 garlic prawns for ...5

8oz cut...19

### Chicken Neptune ...18

Grilled chicken breast topped with dungeness crab, tiger prawns and béarnaise. Served with basmati rice and seasonal vegetables.

### Shanghai Beef & Noodle Sauté ...14

Flash fried strips of beef and julienne Asian vegetables tossed with steamed noodles simmered in sesame ginger marinade.

### Chipotle Chicken Penne ...14

Sautéed chicken breast, fire roasted bell peppers, green onion and tomato, simmered in chipotle marinara. Served with garlic toast.

### Maple Glazed Salmon ...16

A baked 6oz filet of fresh sockeye salmon drizzled with sweet soy maple glaze. Served with basmati rice and seasonal vegetables.

### Fish & Chips One Piece ...11

Beer battered halibut served with fries and house made tartar sauce.

Two Piece ...14

### Butter Chicken ...14

The traditional East Indian dish served over basmati rice with naan bread.