

BREAKFAST *Served Daily until 2pm*

The Traditional GF 10.50

A choice of maple sausage, bacon strips or Ham, with two eggs, hash browns and toast.

Country Combo GF 13.75

Two maple sausages, three bacon strips, three eggs with hash browns and toast.

Cinnamon French Toast GF V 10.75

Topped with whipped cream.

Steak & Eggs GF 17.00

6oz AAA Sterling Silver Sirloin, two eggs, hash browns and toast.

Omelette Station GF V 9.75

Three eggs with cheddar jack cheese. Served with hash browns and toast. Additional ingredients add \$1.00:

Bacon	Mushrooms	Shrimp
Salsa	Green onion	Tomato
Ham	Bell peppers	Spinach

Open Face Pesto Frittata GF V 11.25

Two eggs, spinach, roma tomato, bell pepper, feta cheese and pesto with hash browns and toast.

The Works Omelette GF 12.75

Three eggs, sautéed mushrooms, bacon, bell pepper, tomato, onion and cheddar jack cheese with hash browns and toast.

Healthy Start GF V 8.75

Scrambled egg whites and fresh fruit with multigrain toast.

Veggie Skillet GF V 11.00

Two eggs, cheddar jack cheese, mixed peppers, mushrooms and green onions scrambled together and topped with fresh salsa. Served with hash browns and toast.

Senior Special GF V 8.50

One egg, fresh fruit, hash browns and a slice of toast.

California Breakfast Wrap V 11.25

Two eggs, spinach, guacamole, onion, tomato & feta in a flour tortilla with a side of hash browns.

The Stack V 9.75

Three buttermilk pancakes with maple syrup.



All items marked with a GF can be made gluten free. Please inform your server. Menu items that require GF bread substitutions will be an additional \$1.50.

V is for Vegetarian

Benny Menu

All eggs bennies are served on a toasted English muffin with two eggs poached to your liking. Served with hash browns.

Original Benny 12.00
Ham & hollandaise

Texas Style 12.75
Chorizo sausage & chipotle hollandaise

The Neptune 15.25
Crab, shrimp & hollandaise

HANDHELD BREAKFASTS

Loaded Breakfast Bagel 8.75

Two eggs, bacon, chorizo sausage, tomato, chipotle aioli and jack cheese on a toasted bagel.

Fried Egg Sandwich 7.25

Two eggs, ham or bacon, mayo, tomato and cheddar cheese on your choice of toast.

Breakfast Wrap 6.25

Two scrambled eggs, ham and cheddar jack cheese in a flour tortilla wrap.

Bacon & Egg Muffin 5.25

Toasted English muffin with one egg, bacon and cheddar cheese.

SIDES

Cup of Fresh Fruit 3.50

Bowl of Fresh Fruit 6.50

Toast 2.50

White, Multigrain, Marble Rye or Sourdough

Gluten Free Toast 3.00

Two Eggs 3.00

Home Style Hash Browns 3.00

Three Strips of Bacon 3.50

Side of Ham 3.50

Two Maple Sausages 3.50

Substitute Egg Whites Only 2.00

Plain Bagel w/cream cheese 3.75

STARTERS AND SHARE PLATES

Share Platter 25.00

Can't decide? Then have it all! Nachos, calamari, choice of wings, spring rolls, yam fries, grilled naan bread and tzatziki.

Traditional Poutine **V** 9.00

Fries with cheese curds and gravy. Add any of the following for 4.00

-The Works - bacon, onion, sour cream
-Butter Chicken with house made sauce
-Pulled Pork in smoky BBQ sauce

Crispy Phyllo Prawns 12.00

Served with sweet chili sauce.

Redwoods Quesadilla 13.00

Your choice of cajun chicken, spicy beef or baby shrimp with sliced mushrooms, bacon, green onion, diced tomato and cheddar jack cheese. Add fries or tossed salad for 3.00

Chicken Strips 10.50

Plum, smoky BBQ or honey mustard. Add fries or tossed salad for 3.00

Salmon Chowder 9.00

Made with wild sockeye salmon. Topped with smoked bacon and fresh chives. Served with a garlic baguette.

Artisan Pizzas

Hawaiian 14.50

Black forest ham, fresh pineapple, house made marinara and mozzarella.

BBQ Chicken 15.00

Grilled chicken breast, Jack Daniels BBQ sauce, bell peppers, red onion and smoked applewood cheddar.

Chorizo & Mushroom 15.50

Spicy Italian chorizo sausage, button mushrooms, fire roasted peppers with house made marinara and mozzarella.

Add a Caesar salad for 3.00

Calamari 12.50

Lightly seasoned squid topped with sweet red onion. Served with house made tzatziki and naan bread.

Yam Fries **V** 7.75

Lightly seasoned and served with chipotle aioli.

Chicken Wings 11.50

One pound. Hot, smoky BBQ sauce, teriyaki, honey garlic, Cajun or steak spice.

Beef Sliders 13.75

A foursome of fire grilled patties topped with smoked applewood cheddar, BBQ sauce, lettuce, tomato and onion.

Veggie Spring Rolls **V** 10.00

Served with sweet chili sauce.

Crab & Spinach Dip **GF** 12.00

Real crab meat, spinach and artichoke hearts, blended and baked with herbed cream cheese. Served with warm tortilla chips and grilled naan bread.

Sicilian Flat Bread **V** 10.00

House baked naan bread, sweet red pepper relish, goat cheese, arugula and balsamic reduction.

Extreme 4some Nachos **GF** 22.00

Loaded layers of tortilla chips, cheddar jack cheese, green onions, tomatoes, jalapeños and black olives. Topped with your choice of cajun chicken or spicy beef. Served with double sour cream, double salsa and guacamole.

Half Extreme **GF** 16.00

Basic (No Meat or Guac) **GF V** 17.50

Half Basic (No Meat or Guac) **GF V** 14.00

SIGNATURE SALADS

Redwoods Caesar **V** 11.00

Chopped romaine lettuce, creamy caesar dressing and aged parmesan reggiano. Topped with oven baked croutons. Served with garlic bread. Starter size 7.25

Fraser Valley Greens **GF V** 10.00

Fresh greens, tomato, bell pepper, cucumber and candied pecans with your choice of dressing. Starter size ...7.00

Add 5oz grilled chicken...5.00

Add 6oz grilled salmon...7.75

Blackened Chicken Salad **GF** 15.75

Blackened chicken breast, baby spinach, strawberries and goat cheese tossed in balsamic vinaigrette.

Cajun Mesa Chicken **GF** 15.75

Cajun charbroiled chicken breast over fresh greens with cheddar jack cheese, bell peppers, red onions, salsa & tortilla strips all tossed in a creamy ranch dressing.

Steak and Feta **GF** 16.25

Mixed greens, tomato, Spanish onion and crumbled feta topped with sautéed AAA sirloin, tossed in sundried tomato vinaigrette.

Salmon and Avocado Cobb Salad **GF** 17.75

Wild sockeye salmon, iceberg, arugula, smoked bacon, avocado, egg, grape tomatoes and crumbled feta cheese drizzled with creamy ranch dressing.

GF – GLUTEN FREE **V** - VEGETARIAN

CASUAL FAVOURITES

All sandwiches & wraps served with choice of fries, yam fries, tossed salad, Caesar salad or a bowl of our daily soup.

Cranberry Chicken Melt 14.50

Chicken breast, lettuce, tomato, cranberry aioli and provolone on grilled ciabatta.

Clubhouse GF 13.75

Oven roasted turkey breast, smoked bacon, mayo, lettuce and tomato. Choice of bread.

Cajun Cod Street Tacos 14.50

Cajun Pacific cod, cilantro slaw, tomato, wasabi cream, red onion and mango salsa in warm flour tortillas.

Fajita Wrap 13.75

Choice of cajun steak or chicken with bell peppers, onion, lettuce, cheddar jack cheese, sour cream and salsa.

Pulled Pork Sandwich 13.75

Jack Daniels BBQ sauce, crispy onions and chipotle mayo.

Fish & Chips 15.75

Two pieces of Trading Post Helles Lager battered Pacific cod served with coleslaw and our house made tartar sauce.

Beef Dip 13.25

Shaved roast beef with horseradish aioli and au jus. Served on a pretzel bun.

Buffalo Chicken Wrap 13.75

Breaded chicken tenders, hot sauce, red onion, tomato, shredded cheddar jack cheese, ranch dressing and greens.

Grilled Veggie Ciabatta V 13.50

Sautéed mushroom, zucchini, red onion and bell pepper with fresh tomato, arugula, provolone cheese and pesto aioli.

Baked Seafood Melt 14.25

English muffin with shrimp, dungeness crab, hollandaise and mozzarella.

BBQ Chicken Wrap 13.75

Chicken, smoky BBQ sauce, crispy onions, lettuce, tomato, smoked applewood cheddar and chipotle mayo.

Teriyaki Philly 13.50

AAA sirloin, bell pepper, mushroom, onion, sweet teriyaki sauce and mozzarella on a pretzel bun.

Steak Sandwich GF 17.25

6oz AAA sirloin on garlic toast with sautéed garlic mushrooms.

Daily Soup & Sandwich 10.00

Ask your server for today's creation.

Classic BLT GF 10.75

Smoked bacon, mayo, lettuce and tomato.

GOURMET BURGERS

All burgers served with your choice of regular fries, yam fries, tossed salad, Caesar salad or a bowl of our daily soup.

The Classic GF 12.75

House made Angus beef patty or a grilled chicken breast with mayo, red relish, lettuce, tomato and red onion.

Cajun Bacon Cheddar GF 16.25

House made Cajun Angus beef patty or cajun chicken breast, smoked bacon, cheddar, banana peppers, pickles, lettuce, tomato, mayo and wasabi ranch.

Californian GF 15.75

House made Angus beef patty or a grilled chicken breast, fresh guacamole, lettuce, tomato, red onion, provolone cheese and ranch.

BBQ Jack 15.50

House made Angus beef patty or a grilled chicken breast basted with smoky BBQ sauce. Topped with mayo, lettuce, tomato, melted jack cheese and crispy onions.

Tandoori Chicken 14.50

Grilled tandoori chicken breast with mango salsa, lettuce, tomato, red onion and mayo.

Pesto Salmon GF 15.75

A 6oz grilled sockeye salmon filet topped with lemon pesto mayo, lettuce, tomato and red onion.

Garden Veggie GF V 13.75

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

*Our beef patties contain gluten.

GREAT ADDITIONS TO ANY BURGER OR SANDWICH

Two Strips of Bacon 2.00,

Sautéed Mushrooms 1.50,

Choice of Cheese 1.50

Cheddar, Jack, Smoked Applewood Cheddar & Provolone

MAINS



We only use premium **AAA Sterling Silver** sirloin steaks. They are aged for a minimum of 28 days and have excellent marbling making every bite abundantly flavorful, incredibly tender and naturally juicy.

Grilled Sirloin **GF** 6oz - 21.50 8oz - 25.50

Fire grilled and served with seasonal vegetables, garlic mashed potatoes and peppercorn sauce.
Add 5 garlic prawns for 5.00

Steak & Pasta 25.75

Our 6oz sirloin served with penne noodles tossed with house made marinara, artichokes, sun dried tomatoes, fire roasted peppers and parmesan cheese.
Served with a garlic baguette.

Gian's Famous Butter Chicken 16.75

Everything in this traditional East Indian dish is made in house by our long time employee Gian. From the butter chicken sauce to the naan bread and tzatziki, it's all authentic!

Wild Sockeye Salmon **GF** 18.50

A 6oz filet of wild sockeye salmon either pan seared or blackened topped with mango salsa. Served with wild rice and seasonal vegetables.

Chicken Caprese 18.75

Grilled chicken breast with fresh pesto, grape tomatoes, basil and mozzarella cheese. Served with wild rice and seasonal vegetables.

Chorizo & Chicken Penne 17.75

Chorizo sausage, mushrooms and sundried tomatoes simmered in a hearty marinara sauce with penne noodles topped with a grilled chicken breast. Served with garlic baguette.

Thai Curry Prawn Bowl **GF** 17.75

Black tiger prawns with pan seared Asian style vegetables simmered in a green Thai curry topped with fresh cilantro and lime. Served over basmati rice.

JUNIOR MENU

All meals are served with a choice of regular fries, yam fries, tossed salad or Caesar salad and include pop, milk or juice.
Available to our junior members and children 12 and under. **9.50**

Chicken Strips

BBQ, plum or honey mustard.

Grilled Cheese **GF**

Choice of bread with cheddar.

Cheese Burger **GF**

Grilled beef patty, mayo, lettuce, tomato & cheddar.

SPECIALS

Monday

Food – Enjoy one of our delicious poutine toppers at no charge when you purchase a regular poutine.

Drink – Support Local day - \$5.00 Pints of Trading Post Helles Lager and \$5.00 glasses of Chaberton Estates Wine

Tuesday

Food - \$10.00 Classic burgers

Drink - \$5.00 Single Caesars \$7.50 Double Caesars

Wednesday

\$12.00 Beer & Wings - Pint of Okanagan Spring Pale Ale and a pound of wings.

Hot, smoky BBQ, teriyaki, honey garlic, cajun or steak spice – choose one flavour.

Thursday

Food - \$3.00 off all pizzas

Drink - \$5.00 Pints of Sleeman Original Draught