

BREAKFAST *Served Daily until 2pm*

The Traditional GF 11.50

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

Country Combo GF 14.50

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 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 11.75

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

The Works Omelette GF 13.50

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

Healthy Start GF V 9.50

Scrambled egg whites and fresh fruit with multigrain toast.

Veggie Skillet GF V 11.75

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 8.75

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

California Breakfast Wrap V 11.75

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 13.00

Ham & hollandaise

Texas Style 13.75

Chorizo sausage & chipotle hollandaise

The Neptune 15.25

Crab, shrimp & hollandaise

HANDHELD BREAKFASTS

Loaded Breakfast Bagel 9.00

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

Fried Egg Sandwich 8.25

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

Breakfast Wrap 6.50

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

Bacon & Egg Muffin 5.75

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! Dry ribs, calamari, choice of wings, spring rolls, veg + dip, yam fries, grilled naan bread and tzatziki.

Traditional Poutine V 9.75

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

Roaster Wings 12.50

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

Chicken Strips 11.50

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

Salmon Chowder 9.50

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

Pierogis 11.00

Mini potato & cheese stuffed pierogis sautéed with onions and chorizo sausage. Served with sour cream.

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, bell peppers with house made marinara and mozzarella.

Add a caesar salad for 3.00

Calamari 13.00

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

Redwoods Quesadilla 13.50

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

Pork Dry Ribs 12.00

Honey garlic or salt + pepper.

Pulled Pork Sliders 12.50

A foursome of brioche buns topped with BBQ pulled pork, crispy onion, and chipotle slaw.

Veggie Spring Rolls V 10.00

Served with sweet chili sauce.

Yam Fries V 8.50

Lightly seasoned and served with chipotle aioli.

Crab & Spinach Dip GF 13.00

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

Tuscan Flat Bread V 11.00

House baked naan bread. pesto, mozza, parmesan, arugula & balsamic reduction.

Extreme 4some Nachos GF 23.00

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 11.00

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 16.50

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

Cajun Mesa Chicken GF 16.50

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 17.00

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

Salmon and Avocado Cobb Salad GF 18.75

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

CASUAL FAVOURITES

All sandwiches & wraps are served with your choice of fries or garden salad.

Substitute yam fries, caesar salad or a bowl of our house made daily soup for 2.00.

Cranberry Chicken Melt 15.25

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

Clubhouse GF 14.50

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

Cajun Cod Street Tacos 15.25

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

Fajita Wrap 14.50

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

Pulled Pork Sandwich 14.50

Jack Daniels BBQ sauce, crispy onions and chipotle mayo. Served on a pretzel bun.

Fish & Chips 16.75

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

Beef Dip 14.50

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

Buffalo Chicken Wrap 14.50

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

Grilled Veggie Ciabatta V 14.50

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

Baked Seafood Melt 14.75

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

BBQ Chicken Wrap 14.50

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

Teriyaki Philly 14.50

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

Steak Sandwich GF 18.00

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

Daily Soup & Sandwich 11.50

Ask your server for today's creation.

Classic BLT GF 11.50

Smoked bacon, mayo, lettuce and tomato. Choice of bread.

GOURMET BURGERS

All burgers are served on a grilled brioche bun with your choice of fries or garden salad.

Substitute yam fries, caesar salad or a bowl of our house made daily soup for 2.00.

The Classic GF 14.00

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

The Spicy Canadian GF 16.75

House made cajun angus beef patty or cajun chicken breast, smoked bacon, cheddar, banana peppers, pickles, lettuce, tomato and chipotle mayo.

The Californian GF 15.75

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

The Jack 15.75

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

The Fisherman 15.75

Beer battered cod, honey mustard slaw, house made tartar sauce.

The Sockeye GF 16.75

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

The Cordon Bleu 16.00

Breaded chicken breast, topped with black forest ham and Mozzarella with lettuce, tomato, red onion, mayo and honey mustard.

The Garden GF V 14.75

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 Cheddar or Jack 1.50

Peppercorn Beef Gravy 1.75

MAINS

Grilled Sirloin GF 6oz - 22.50 8oz - 26.50

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

Grilled Chicken Agnolotti 19.75

Spinach and cheese stuffed pasta in a creamy rosé sauce
Topped with grilled chicken breast. Served with garlic toast.

Thai Curry Prawn Bowl GF 18.75

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.

Wild Sockeye Salmon GF 19.75

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

Butter Chicken 18.75

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! Served over basmati rice.

Steak & Chorizo Mash 22.50

AAA sirloin and spicy chorizo sausage sautéed with mushrooms, bell peppers and onion in a bourbon bbq peppercorn gravy served over garlic mashed potatoes.

Chicken Neptune 22.50

Grilled chicken breasts topped with shrimp, crab and our signature hollandaise. Served with wild rice and seasonal vegetables.

Kung Pow Bowl 19.75

Chicken & prawns sautéed in Szechwan sauce with mixed vegetables served over basmati Rice. Topped with peanuts.

JUNIOR MENU

All meals are served with a choice of regular fries or tossed salad and include a pop.
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

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

SPECIALS

Monday

Food – Add a topping to your poutine for \$1.00

Drink – Support local day - \$5.00 Trading Post Helles Lager (16oz) and \$5.00 glasses of Chaberton Estates Wine (6oz)

Tuesday

Food - \$12.00 Classic burgers

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

Wednesday

\$15.00 Beer & Roaster Wings – 16oz of Sleeman Original and a pound of wings.

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

Thursday

Food - \$2.00 off all pizzas

Drink - \$1.00 off Craft Tall Cans