

Appetizers

Soup of the Day \$8

Ask your server for our daily feature.

Spinach & Artichoke Dip \$17

A blend of sautéed spinach, artichokes and sweet onions with Monterey Jack, cheddar and cream cheese.

Served with grilled naan bread and nacho chips.

** Can be gluten free with just nacho chips **

Chilled Shrimp Cocktail \$18 GF

Lemon and celery poached black tiger shrimp with an in-house zesty grainy mustard honey dip.

Chicken Caesar Flatbread \$18

Baked flatbread brushed with Caesar dressing, grilled chicken breast, crumbled bacon, Parmesan and mixed shredded cheese. Make gluten free \$3

Sweet Potato Fries \$13

Crispy sweet potato fries served with a side chipotle mayo dip.

Wagyu Beef Gyoza \$16

Crispy Japanese dumplings with lemon herb ranch dip.

Nacho Grande \$19 GF

Nacho chips piled high with melted cheese, diced tomato, black olives, jalapenos and green peppers.

Served with sour cream and salsa on the side.

Add Tex-Mex Chili \$6 or Buffalo Chicken \$7

Add guacamole for \$2

Grilled Veggie Flatbread \$18

Basil pesto, zucchini, portobello mushroom, roasted red peppers, fresh herbs, parmesan & feta cheese with a balsamic drizzle. Make gluten free \$3

Stuffed Chicken Bites \$16

Mini breaded chicken breast cutlets stuffed with a creamy blend of gouda & white cheddar.

Pad Thai Bacon Wrapped Scallops \$21

Grilled Pad Thai marinated scallops wrapped with smoked bacon. Served on a warm Asian style julienne vegetable salad with a sweet mango splash.

Heirloom Tomato Bruschetta \$16

Baked flat bread with garlic butter, diced heirloom tomato, Bermuda onion and fresh basil pesto.

Drizzled with extra virgin olive oil and finished with fresh parmesan cheese & balsamic drizzle.

Make gluten free \$3

Baja Fish Tacos \$18

Cajun beer battered Cod strips, pineapple salsa, mixed greens in a grilled flour tortilla with a chili lime pink peppercorn sour cream and fresh lemon.

Deep Fried Chicken Wings 1lb -\$18 2lb -\$32

Deep fried chicken wings served with carrot and celery sticks with blue cheese dip.

Choice of sauce: BBQ, Medium, Honey Garlic,

Caribbean Jerk, Hot, Sweet Chili, 3rd Degree or Teriyaki

Salads

Available dressings: Balsamic Vinaigrette, Greek, Ranch, Blue Cheese, French, Italian or Raspberry Vinaigrette

Add your choice of: Grilled Chicken, Shrimp or Grilled Steak to your Caesar or Earthbound Greens salad.

Caesar Salad

Fresh Romaine lettuce with croutons and crispy bacon. Tossed in our homemade signature creamy garlic dressing. Topped with grated Parmesan cheese.

Earthbound Greens GF

Farm fresh mixed greens topped with grape tomato, diced cucumber and shredded carrot. Served with your choice of dressing.

Poke Tuna Bowl GF

Black pepper cubed Ahi tuna, mixed greens, julienne Asian vegetables, edamame, wild rice and diced cucumber. Served with a wasabi pickled ginger vinaigrette.

Lighter Fare

Served with a choice of side: Seasoned hand cut fries, garden salad, Caesar salad, onion rings, sweet potato fries or soup.

Elk Bacon Burger

Grilled in-house elk burger mixed with ground bacon and topped with spiced rum maple pear chutney and melted goat cheese.

Grilled Turkey Wrap

Sage marinated turkey breast, julienne peameal bacon, baby spinach, sliced tomato, cranberry relish mayo and brie cheese. Wrapped in a grilled flour tortilla.

Spicy Chicken Gar-Par Wrap

A grilled chicken breast tossed in a Frank's Red Hot chipotle BBQ hot sauce and Caesar dressing, romaine lettuce, bacon bits and fresh parmesan. Wrapped in a flour tortilla.

Crispy Shrimp Wrap

Crispy Pacific white shrimp marinated in Thai sauce. Served with sautéed vegetables, Napa cabbage and Bok choy. Wrapped in a Thai ginger flour tortilla.

Butcher Style Burger

Montreal steak spiced 6oz hamburger. Served with lettuce, tomato, onion and pickle garnish. Add: Cheddar Cheese or Swiss Cheese and/or bacon.

Signature Entrées

All entrées include: Starter soup or House Salad. Upgrade to a Caesar Salad for \$3

Stuffed Chicken Supreme GF

Maple balsamic chicken stuffed with goat cheese and apple. Topped with thyme roasted chicken jus. Served with seasonal vegetables and daily potato.

Asian Vegetable Stir Fry GF

Teriyaki sautéed Asian vegetables served on a bed of rice. Add chicken or shrimp.

Pasta of the Day

Ask your server for our Chef inspired pasta feature. Served with garlic toast.

Catch of the Day GF

Ask your server for our daily fish feature.

Stuffed Pork Tenderloin GF

Oven roasted Ontario pork tenderloin stuffed with baby spinach, roasted red pepper, sautéed sweet onion & parmesan cheese with a whiskey smoked apple reduction. Served with seasonal vegetables and daily potato.

Grilled Tofu Stack GF

Grilled pesto marinated tofu with grilled vegetable and daily potato.

6oz Manhattan Steak GF

6oz smoked bacon wrapped Manhattan steak with a red wine demi sauce. Served with seasonal vegetables and daily potato.

10oz AAA Striploin Steak GF

*A Montreal spiced grilled striploin steak cooked to your liking. Topped with a sautéed mushroom pink peppercorn sauce. Served with seasonal vegetable and daily potato. **Golfer Upgrade \$15***

Tex-Mex Ribs – ½ Rack GF

Tex-Mex slow braised baby back ribs brushed with our homemade wild whiskey BBQ sauce. Served with seasonal vegetables and daily potato.

Upgrade Full Rack \$10

Rosemary Lamb Shank GF

Braised New Zealand lamb shank with a rustic rosemary demi sauce. Served with seasonal vegetables and daily potato.

Chicken and Ribs GF

*Half a rack of ribs and a grilled chicken breast brushed with our wild whiskey BBQ sauce. Served with seasonal vegetables and daily potato. **Golfer Upgrade \$10***

**** Applicable taxes and gratuities are not included ****