

SANDWICHES & BURGERS

*All served with your choice of
Fries, Soup or House salad.*

Substitute with Caesar Salad or Sweet Fries for \$1.50.

- BLUE CHEESE CHICKEN BURGER** 16
Arugula, tomato and house pickled carrots
- BLACK BEAN QUESADILLA** 15
Chickpeas, julienne pepper, red onion,, mozzarella, fresh spinach, cilantro sour cream, and salsa fresca
- AAA ALBERTA BEEF MELT** 16
Thin sliced AAA beef, brie cheese, beer battered onion rings, Portuguese bun, served with au jus
- HEID OUT BURGER** 16
Hand-pressed charbroiled beef patty, cheddar cheese, Canadian back bacon, lettuce, tomato, ketchup, pickles and homemade roasted garlic aioli
- ULTIMATE BIG FOOT BURGER** 24
Two hand-pressed beef patties, four slices of cheddar cheese, four slices of Canadian back bacon, onion rings, lettuce, tomato, pickles, ketchup, and homemade roasted garlic aioli
- FISHER PEAK CLUB** 17
Chicken breast, tomato, lettuce, Canadian back bacon, cheddar, and sundried tomato aioli on focaccia bread
- BLACK BEAN VEGGIE BURGER** 15
Homemade veggie burger, banana pepper rings, apple & snap pea salad, sundried tomato aioli, and cilantro sour cream
- NATHAN'S HOT DOG** 16
BBQ pulled pork, pickled vegetable and onion confit slaw
- CHAR SIU BEEF WRAP** 15
AAA Alberta shaved beef, rice vermicelli, char siu sauce, red onion, pickled carrot, fresh cilantro and whole wheat wrap
- TURKEY BURGER** 15
Salsa fresca, apple & snap pea salad, and sundried tomato aioli on a focaccia bun
- PULLED PORK REUBEN** 15.5
Slow roasted in our homemade brown ale BBQ sauce, sauerkraut, Swiss cheese, grainy dijon, marble rye bread
- CERTIFIED ANGUS STEAK SANDWICH** 24
8oz Certified Angus Beef sirloin, garlic toast, and onion rings

*We will do our very best to accommodate
any dietary preferences or requirements.*

*Gluten-free and vegan options available.
Please ask your server for our menu.*



Recommended by the Vancouver Aquarium as ocean-friendly.

STARTERS

- CHARCUTERIE BOARD** 25
Gwinner's local artisan dried meats, selection of fine cheeses, fig jam, onion confit, pepperoncinis, pickled beans, hasselback loaf and blueberry ketchup
- STUFFED YORKIES** 13.5
Three Yorkshire puddings filled with shaved AAA Alberta beef, au jus, and horseradish aioli
- LEMONGRASS EDAMAME BEANS** 6
Poached in lemongrass ginger broth and tossed in sea salt
- CALAMARI** with homemade tzatziki 15
- SPICY PICKLE STICKS** 7.5
Quartered dills & crispy panko breading served with homemade chipotle aioli dip
- BRUSCHETTA** with cracked pepper focaccia 5.5
- LOBSTER SPINACH DIP** 14.5
Sundried tomatoes, artichokes, and cream cheese. Served with pita chips. *Vegetarian option available.*
- DRY RIBS** 11.5
Kosher salt, coarse pepper & garlic, bone-in side ribs, crudité & dip
- SZECHUAN PRAWNS**  13
Mildly spicy with salsa fresca and wonton crisps
- PORTABELLA MUSHROOM SPRINGROLLS** 9
Garden vegetables, Char siu sauce
- MAHI MAHI TACOS** 16
Soft flour tortillas, apple & snap pea salad, arugula, salsa fresca, and cilantro sour cream
- BELGIAN WIT CURRY MUSSELS**  18
Belgian Wit curry, mandarins, and garlic toast
- SEASIDE**  18
Mussels, clams, tiger prawns, white wine cream sauce, and garlic bread. *Make it an entrée with rice & vegetables - add \$6*
- MASALA POUTINE** 12.5
Housemade spiced masala, real cheese curds
- HOTCHOS** 17.5
Lattice potato fries, diced sweet & banana peppers, green onions, melted cheese with miso mustard mayo.
Add chorizo chili - \$4 Add extra cheese - \$4
- GUACAMOLE** with seasoned corn chips 5.5
- HUMMUS** 7.5
With toasted pita, Kalamata olives and crudité
- SWEET FRIES** with homemade roasted garlic aioli 7.5
- HEID OUT POUTINE** 10.5
Homemade gravy and real cheese curds.
Add pulled pork - \$4 Add chorizo chili - \$4
- HOUSE FRIES OR ONION RINGS** 7.5
Add a homemade dip for \$1.00
Roasted Garlic Aioli, Chipotle Aioli, Miso Mustard Mayo, Sundried Tomato Aioli, or Blueberry Ketchup

Mains

FISH & CHIPS 15

One house beer battered cod, lemon caper & cilantro aioli
For extra fish, add \$7 per piece

JAEGER "HUNTER" SCHNITZEL 16

House breaded pork, homemade wild mushroom cream sauce, homemade spätzle, and seasonal vegetables.
Make it a large schnitzel - add \$5

CURRY CHICKEN MASALA 24

South Indian masala spiced chicken breast & drumstick, garlic basmati rice, cilantro sour cream and toasted pita. Our cook, Raj's recipe from Madurai, India

GRILLED SALMON WITH QUINOA 27

6oz Kuterra Salmon filet, seaweed vinaigrette, nori chards, seasonal vegetables

10 OZ FLAME GRILLED RIBEYE 35

Flame grilled Certified Angus ribeye, herb roasted fingerlings, seasonal vegetables, Yorkshire pudding, and natural jus

LEMONGRASS NOODLE BOWL 10.5

Lemongrass ginger broth, rice noodle, vegetables, seaweed salad and pickled beet ginger
Add 5 tiger prawns OR 4oz Certified Angus Sirloin - \$8.5

PASTA CARBONARA 15

Mushrooms, bacon, garlic, cream reduction, and parmesan
Add 5 tiger prawns - \$8.5; Add ½ chicken breast - \$4

BUDDHA BOWL 18

Ancient grain quinoa, pickled beets, chickpeas, bocconcini, cucumber, pickled carrots, daily protein selection (ask server)

VANILLA MANGO HALIBUT FILET 37

6oz halibut filet, green pea risotto, beet fennel puree, vanilla mango vinaigrette, and 3 Crow Farms sunflower shoots

HALOUMI & GREEN PEA MASALA 19

South Indian masala spiced haloumi cheese and green peas, garlic basmati rice, cilantro sour cream and toasted pita. Our cook, Raj's recipe from Madurai, India

MEDITERRANEAN VEGETABLES 15

Baby bell peppers, Indian eggplant, red onions, baby zucchini, Kalamata olives sautéed in extra virgin olive oil, oregano, topped with cow feta. Served with focaccia.

❖ *With 8oz Certified Angus Beef Sirloin Steak* 33

❖ *With 6oz Kuterra Salmon*  31

❖ *With 6oz Halibut Filet*  36

With 6oz Chicken Breast 25

LAMB CHOPS 38

Four New Zealand lamb chops, roasted root vegetables, Spinach & grape tomato salad, arugula pesto

THE TOMAHAWK EXPENSE ACCOUNT 99

Tomahawk Steak, five jumbo garlic Tiger prawns, fingerling potatoes and seasonal vegetables

SOUP

Daily housemade soups from scratch

CUP 5 | BOWL 6.5

SALAD

Dressing: Orange Basil Vinaigrette, Balsamic Vinaigrette, Blueberry Ginger Vinaigrette, Lemon Mustard Vinaigrette, Roasted Garlic, Ranch, Bleu Cheese

½ HOUSE - 7 | FULL HOUSE - 11
½ CAESAR - 8 | FULL CAESAR - 13

- SOUP & SALAD** 13
One soup and house or caesar salad. Served with garlic toast
- AVOCADO AND QUINOA SALAD** 15
Ancient grain quinoa, spinach, red onion, pepper, cucumber, grape tomato, feta, dry cranberry, citrus avocado vinaigrette
- COBB SALAD** 17
Chicken, ham, bacon, boiled egg, carrots, cherry tomatoes, cucumber, and cheddar on mixed greens with roasted garlic dressing
- SUNDRIED TOMATO & APPLEWOOD CHEDDAR SALAD** 17
Crisp greens, dried figs, candied walnuts, toasted pumpkin seeds, pepper, red onion and blueberry ginger vinaigrette
- BABY POTATO SALAD** 14
Herb roasted fingerling potatoes, crispy prosciutto, scallions, balsamic reduction with lemon mustard dressing
- WARM ROASTED ROOT VEGETABLE SALAD** 10
Carrot, beet, rutabaga, yam and red onion, balsamic date vinaigrette, fresh arugula
- ADD TO ANY SALAD:**
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| ½ Chicken Breast | 4 |
| 3oz Kuterra Salmon  | 8 |
| 5 Sauteed Prawns  | 8.5 |

Flatbreads

Our 10" flatbreads are served on our homemade flatbread dough, sprinkled with olive oil. Our Margherita and Chicken & Brie are served without tomato sauce.

- MARGHERITA FLATBREAD** 17
Olive oil, basil, marinated bocconcini cheese, tomato, basil
- BLUE CHEESE, PEAR & PROSCIUTTO** 18
Mozzarella, local 3 Crows farms vegetable shoots
- CHICKEN & BRIE FLATBREAD** 18
Arugula, fig jam, bacon & mozzarella. Great for sharing!