



# LUNCH EATS

## Let's begin with...

**THAI CHICKEN & RICE SOUP** ..... 7  
 Chicken, rice, mushrooms, green peppers, basil, cilantro, and garlic.

**COMOX CHICKEN WINGS** ..... 14  
 Choice of: Coast dry rub, buffalo red hot, BBQ, honey garlic sauce, or salt 'n' pepper.

*Blue Crab* **SIGNATURE CRAB CAKES** ..... 15 1/2  
 Victoria's famous Blue Crab Seafood House crab cakes served with artisan greens, and chipotle mayo.

**ARTISAN FLATBREAD** ..... 14  
 Alberta BBQ short ribs or pesto grilled chicken with avocado, peppers, tomatoes, mozzarella cheese and Asian slaw.

**STRAWBERRY BLACKBERRY SALAD** ..... 13  
 Baby kale and artisan greens, avocado, salted almonds, feta cheese, and maple-balsamic dressing.

**NEW WORLD SALAD** ..... 15  
 Grilled chicken breast, watermelon, cilantro, Asian ginger slaw, balsamic mandarin greens, quinoa, tomato, and cucumber.

**ROMAINE & KALE CAESAR** ..... 10  
 Classic house-made dressing, bacon, croutons, and Parmesan.

*Add chicken breast* ..... 4  
*Add salmon fillet* ..... 5

## Handhelds & casual favourites...

**CRUNCHY CHICKEN SANDWICH** ..... 16  
 Crispy chicken, cheddar, lettuce, tomato, onions, mushrooms, and chipotle mayo.  
 Served with fries or greens.

**ALBERTA BEEF SHORT RIB SANDWICH** ..... 16  
 Caramelized onions, fresh tomatoes, red pepper jam, and provolone cheese on rye with au jus.  
 Served with fries or greens.

**GRILLED TURKEY AVOCADO SANDWICH** ..... 15  
 Turkey, avocado, tomato, and Swiss cheese, smothered with raspberry jam on jalapeño bread. Served with fries or greens.

**FULL MONTY** ..... 15  
 Roast beef, turkey, avocado, Swiss cheese, cheddar, tomato, and bacon jam on pretzel baguette. Served with fries or greens.

**BACON CHEDDAR BURGER** ..... 16  
 Hand pressed ground chuck, bacon, smoked cheddar, mushrooms, and bacon jam. Served with fries or greens.  
*Vegetarian option available.*

**CRANBERRY CLUBHOUSE** ..... 15 1/2  
 Grilled chicken breast, tomato, avocado, lettuce, bacon, cucumber, and cranberry mayo, stacked on cranberry walnut bread. Served with fries or greens.  
*Vegetarian option available.*

**STEAK SANDWICH** ..... 19  
 AAA Alberta beef New York striploin cut and mushrooms on ciabatta. Served with fries or greens.

**MAC & CHEESE** ..... 15  
 Cavatappi pasta tossed in con queso cheese sauce. Choice of spicy beef, chorizo sausage or beef short rib meat.

**WOK & ROLL** ..... 17  
 Lemongrass chicken, tempered cauliflower and broccoli, steamed rice, and vegetarian spring rolls.

15% gratuity will be added to group of 8 or more.

Not all ingredients are listed in the menu description. Please inform your server of any allergies or dietary restrictions.