

# To Start

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## **Spinach & Artichoke Dip**

Spinach and artichoke mixed with cream and spices served warm with flat bread pieces.

## **Zinger Wings (8)**

Large chicken wings with crispy breading.

## **Dry Ribs**

Boneless pork ribs sprinkled with lemon juice, Worcestershire sauce and seasoning salt.

## **Italian Spring Rolls (4)**

Pepperoni, mozza and tomatoes wrapped in pastry, fried golden and served with your choice of dip.

## **Supreme Nachos**

Taco hamburger surrounded by tri-coloured corn chips topped with peppers, green onions, tomatoes, jalapenos and olives all under a layer of melted cheese.

## **Calamari Rings**

Tasty morsels, battered and cooked to perfection.

## **Popcorn Shrimp**

Fried golden brown and served with seafood sauce.

## **Mozza Stix**

Battered mozza cheese fried to perfection.

## **Sweet Potato Fries**

Crispy and served with tangy chipotle dip.

# Salads & Wraps

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## **Almond Berry Salad**

A mix of spinach and romaine tossed with dried cranberries, strawberries, toasted almonds, red onion, feta cheese and raspberry vinaigrette. Served with garlic toast.

## **Chicken Caesar Salad**

Romaine lettuce, parmesan cheese, real bacon bits and croutons tossed with Caesar dressing. Served with garlic toast.

## **Sesame Thai Chicken Salad**

Romaine lettuce tossed with seasoned chicken, tomato, red onion, carrots, cucumber, bean sprouts, and crunchy noodles topped with Thai dressing. Served with garlic toast.

## **Taco Salad**

Tossed salad mixed with taco hamburger, cheese, crushed corn chips and Catalina dressing. Served with garlic toast.

## **Grilled Chicken Salad**

Tossed salad topped with a grilled chicken breast.

## **Chicken Bacon Ranch Wrap**

Grilled chicken pieces, real bacon bits, tomato, romaine lettuce and mozza cheese topped off with ranch dressing and rolled in a tortilla wrap. Served with your choice of side.

## **Greek or Caesar Wrap**

Greek or Caesar salad with your choice of grilled chicken breast or chicken strips wrapped up and served with your choice of side.

# Burgers & Sandwiches

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## **The Monster Burger**

Two patties open faced with ham, bacon, cheese, mustard, relish, onions, lettuce and tomato.

## **BMM**

Bacon, mozza and mushrooms on a 5oz patty with mustard, relish, onions, lettuce and tomato.

## **Spicy Chicken Crunch**

A breaded full muscle chicken breast with mozza cheese, lettuce, tomato and spicy sauce.

## **Steak Sandwich**

A juicy 6oz steak cooked to your liking, served on garlic toast and topped with mushrooms.

## **Clubhouse**

Three pieces of toast filled with bacon, turkey, cheese, lettuce, tomato and mayo.

## **Deluxe Burger**

A 5oz patty with cheese, mustard, relish, onions, lettuce and tomato.

## **The Nor'Wester**

Our version of the Monty Cristo.

## **Chicken Grill or Chicken Burger**

A grilled or breaded chicken breast topped with lettuce, tomato, mozza and mayo.

## **House Burger**

An 8oz patty topped with bacon, onions, mustard, relish, lettuce, tomato, mayo and cheese.

It's as big as a House!

## **Chicken Breast Sandwich**

Chicken strips with mozza cheese, lettuce and mayo inside thick grilled bread.

## **Beef Dip**

Sliced roast beef served between thick grilled bread and served with Au Jus.

## **Chicken 'n Cheese**

Chicken strips and shredded mozza cheese between two slices of garlic toast.

## **Hot Sandwich**

Your choice of roast beef, hamburger or turkey on toast covered in gravy.

## **Philly Cheese Steak**

Sliced roast beef, grilled peppers and onions topped with cheese on grilled bread.

***All of the above include your choice side***

## Choices for your Side Dish

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Fries / Soup / Onion Rings / Mashed / Rice / Baked Potato

Salad (tossed, Caesar or Greek)

Or Try Sweet Potato Fries

# Main Course

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## **Rib Eye Steak**

An 8oz steak cut off the prime rib roast cooked to your specification and covered with mushrooms.  
Served with garlic toast.

## **Shrimp Scampi**

8 Shrimp sautéed to perfection in garlic butter. Served with garlic toast.

## **Chicken Cordon Bleu**

A chicken breast rolled with ham and Swiss cheese.

## **Phyllo Shrimp Dinner**

8 Tiger shrimp breaded in Phyllo pastry dough and fried until golden. Served with garlic toast.

## **Breaded Cutlets**

One or two tender pork cutlets breaded and grilled.

## **Pork Chops**

One or two pork chops grilled and served with tangy cranberry salsa.

## **Chicken Quesadilla**

A large grilled tortilla folded around diced chicken, peppers, green onions and melted cheese.

## **Chicken Strip Dinner**

Three or five white meat strips served with sauce for dipping.

## **Battered Cod**

One or two pieces of cod fried golden and served with tartar sauce.

## **Hamburger Steak**

An 8 oz. ground beef steak covered with grilled onions and gravy.

## **Liver & Onions**

Grilled Beef liver covered in sautéed onions.

## **New York Steak**

A New York strip steak cooked to perfection topped with grilled mushrooms. Served with garlic toast.

***All of the above come with a starter soup or salad (tossed, Caesar or Greek) and your Choice of side dish (Fries, Mashed, Rice, Baked Potato or Onion Rings)***

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## **Stir-Fry**

Your choice of Shrimp, Chicken or Beef sautéed with crisp vegetables, tossed with special sauces and served on a bed of rice. Served with garlic toast.

## **Lasagna**

An Italian Classic! Served with a side salad and garlic toast.

## **Dry Ribs**

Boneless pork ribs paired with a choice of Caesar, Greek, tossed salad or fries and served with garlic toast.

# Ideal Protein®

*Each dish comes with 2 cups of steamed veggies and Romaine lettuce with your choice of IP dressing.*



## **Grilled Chicken Breast**

Grilled and lightly seasoned with lemon garlic seasoning.

## **New York Steak**

An 8oz steak charbroiled to your specification.

## **New York Steak & Shrimp**

A juicy 6oz charbroiled steak paired with 4 lemon garlic seasoned shrimp.

## Drinks

### **Soft Drinks**

Pepsi, Diet Pepsi, Brisk Iced Tea, 7up,  
Ginger Ale, Orange Crush, Mug Root Beer

### **Coffee or Tea (Red Rose or Herbal)**

**Hot Chocolate or Mocha**

**Milk or Chocolate Milk**

### **Fruit Juice**

Orange, Apple, Tomato

### **Milkshakes**

Chocolate, Strawberry, Vanilla

## On The Side

**French Fries**

**Onion Rings**

**Soup & Roll**

**Poutine**

**Garlic Toast**

**Cheese Toast**

**Soup of the Day**

**Side Salad**

## Desserts

**Fruit Pie with or without Ice Cream**

**Cream Pie**

**Cinnamon Buns**

**Muffins**

**Dessert of the Day**