

## July and August Fresh Sheet

Please ask your server about our daily  
Soup & Sandwich 11

## Salads & Appetizers

### **Cobb Salad**

Blue cheese, grilled chicken, hardboiled egg, pea shoots, bacon & Mixed Greens tossed in dijon vinaigrette 16

### **Spring Rolls**

Served with ponzu 10

### **Jumbo Seared Scallops**

Served on wilted arugula & a shiitake mushroom soy citrus cream 14

### **Red Thai Curry Coconut Prawns**

Served on sticky rice with pickled onions & carrots 14

## Handhelds

### **Grilled Cheese Avocado Bacon Sandwich**

Swiss Cheese, cheddar cheese, avocado, tomato, bacon on garlic sough dough 15

### **Veggie Thai Noodle Wrap**

Farkay noodles with julienne vegetables, romaine lettuce & spicy peanut sauce 12

## Entrees

### **Grilled Lamb Chops & Mushroom Risotto**

Grilled lamb on mushroom risotto, grilled vegetables & truffle oil 30

### **Pork Tenderloin Marsala**

Pan roasted pork scaloppini in a marsala sauce mashed potatoes & seasonal vegetables 22

### **Poached Saffron Tomato Halibut**

Halibut poached in a saffron-tomato broth & served with rice & grilled asparagus. 32

## Dessert

### **Blueberry & Raspberry Cobbler**

Served with vanilla ice cream & chocolate sauce 8

Some of our dishes may contain nuts or  
nut products, any questions please ask your server.  
Add \$1.50 for split plates

## Salad & Soup

### Soup du Jour

Made fresh daily, ask your server for today's special  
cup 5 bowl 8

### French Onion Soup

Made in house using sweet onion, fresh tomato, herb  
focaccia & Swiss cheese 9

### Tossed Caesar Salad

Caesar dressing, garlic croutons & shaved parmesan  
side 7 full 10

Add chicken or shrimp 6

### Loft House Salad **GF**

Mixed Greens, Julienne Vegetables, Toasted Almonds,  
Feta Cheese, Sundried Cranberries & Balsamic  
Vinaigrette 10

### Quinoa Arugula Salad **GF**

Wholesome quinoa tossed with baby arugula, gala  
apples, red onion, sun dried tomato, pine nuts, topped  
with feta cheese & grilled asparagus, with Cranberry  
berry vinaigrette 14

## Familiar Favourites

### Tomato Bruschetta

Tomato, red onion & basil on a crustini with olive oil &  
balsamic reduction 10

### Crab Cakes **DF**

Set with arugula & cilantro aioli 13

### Chicken Wings **GF** **DF**

Tossed with your choice of sauce, honey garlic, hot,  
teriyaki, sweet chili or salt & pepper 13

### Chicken Strips & Fries **DF**

Home style crispy chicken tenders with fries, your  
choice of ranch, honey mustard or plum 16

### Nachos

Loaded with black olives, jalapeños, double cheese,  
diced tomatoes, green onion & served with sour cream  
& salsa- Full 20 / Half 11

### Chicken Quesadilla

Filled with chicken, peppers, Green onion, Tomato,  
nacho cheese & served with sour cream & salsa 15



Gluten Free Items



Dairy Free Items

passion beyond **flavour.**

**THE LOFT**  
AT MEADOW GARDENS

## Handhelds

*All handhelds include soup, salad or fries*

### Classic Clubhouse

Layers of rolled turkey breast, crisp bacon, cheddar, tomato stacked with your choice of bread 16

### Plain Burger DF

100% Prime rib burger with mayo, lettuce, tomato & red onion 12

Add Bacon 2 Caramelized Onions 2 Cheese 2

### Meadow Gardens Burger

100% prime rib, Burger fire grilled & set with Bacon, Caramelized Onions & Cheddar 17

### Chicken Sandwich

Grilled chicken breast topped with Prosciutto, Roasted Red Pepper, Swiss Cheese, Pesto Mayonnaise on Herb Kaiser Bun 17

### Halibut Burger DF

Set with lettuce, tomato, cucumber & tartar sauce 17

### Beef Dip

Shaved prime rib topped with Caramelized White Onion & Swiss cheese set on a French loaf, red wine jus 16

### New York Steak Sandwich DF

6oz "AAA" Alberta Steak fire grilled to your liking topped with beer battered onion rings & served on a garlic french roll 18

## Everyday Breakfast

*Served all day*

### Classic 2 Egg Breakfast

Two farm fresh eggs cooked as you like, choice of sausage or bacon, crisp house hash browns & choice of toast 9

### Ham & Cheese Omelette

Black forest ham & mild cheddar mix set in three eggs, hash browns & choice of toast 11

## 12 & under

*All kids meals 8*

Grilled Cheese & Fries

Chicken Fingers & Fries

Spaghetti & Marinara

Mini Corn Dogs & Fries

*Please ask your server about our daily soup & sandwich 11*

Executive Chef

*Anthony Arnold*

## Signature Pastas

*All pastas 16. Add chicken, shrimp or chorizo sausage 6. Ask your server about our gluten free options*

### **Penne Primavera** (DF)

Tossed with julienne Vegetables & tomato sauce

### **Penne Salmone**

Smoked salmon tips with fresh cream, black pepper

### **Penne & Chorizo Sausage** (DF)

Tossed In A Spicy Tomato Sauce, Sun Dried Tomatoes, Chorizo Sausage & Basil

### **Linguine Pesto & Chicken**

Tossed in a Light Cream Pesto Sauce With Grilled Chicken

### **Tortellini Alfredo**

Cheese Filled Tortellini Served with heavy cream, Parmesan & pan roasted garlic

### **Spaghetti Bolognese** (DF)

Ground Beef with fresh peeled tomatoes & garlic

### **Assorted Bread Basket**

Served with olive oil & balsamic 5

## Signature Entrees

### **Beef Rice Bowl** (DF)

Stir fry vegetables & beef in a spicy chili sauce 18

### **8oz Pan Seared Coho Salmon** (GF)

Wild salmon with rice pilaf, dill cream sauce & steamed vegetables 21

### **Prawn & Scallop Linguini**

Seared prawns & scallops tossed in linguini with diced tomatoes & lemon dill cream 23

### **10oz. New York Steak & Garlic Prawns**

Grilled to your liking & served with mashed potatoes & steamed vegetables 29

### **Braised Lamb Shank**

Lamb shank braised in rosemary sauce. Served with seasonal vegetables & mashed potatoes 25

### **Pan Roasted Chicken Breast**

Roasted chicken breast with mashed potatoes, seasonal vegetables & grainy mustard jus 21

All entrees available without sauce to make them gluten free. Some of our dishes may contain nuts or nut products, any questions please ask your server.  
Add \$1.50 for split plates.