



July & August Fresh Sheet

To Start

Pork Spring Rolls

Served with Ponzu 11

Red Thai Curry Coconut Prawns

Prawns, Stir Fry Vegetables, Rice in A Spicy Coconut Curry Sauce 15

Pistachio Crusted Goats Cheese

Roasted Red Peppers, Arugula, Crostini 15

Salads

Spinach Feta Watermelon & Blueberry Salad

Roasted Red Peppers, Crispy Onions, Almond, Feta, Spinach, Cucumbers, Watermelon & Blueberry vinaigrette 15

Lemon Quinoa & Balsamic Chicken Power Bowl

Butter Lettuce, Quinoa, Cherry Tomato, Avocado, Kalamata Olive, Chick peas, Goats Cheese & Balsamic Vinaigrette 17

Entrees

Grilled Vegetable Smoked Tomato Risotto

Grilled Vegetables, Arugula & Grana Padano 26

Pan Roasted Halibut

Red Quinoa, Asparagus, Saffron Tomato Cream 32

Smoked Duck Breast

Pear Chutney, Blueberry Jus, Mushroom Risotto & Broccolini 28

Dessert

Blue Berry Crème Brulee 8

Soups & Salads

Soup du Jour

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

French Onion Soup

Baked with Swiss cheese & croutons 9

Tossed Caesar Salad

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

Add chicken or shrimp 6

Loft House Salad

Mixed Greens, Julienne Vegetables, Toasted Almonds, Feta Cheese, Sundried Cranberries & Balsamic Vinaigrette 12

Quinoa Arugula Salad

Wholesome quinoa tossed with baby arugula, gala apples, red onion, sun dried tomato, pine nuts, topped with feta cheese & grilled asparagus, with cranberry vinaigrette 15

Familiar Favourites

Tomato Bruschetta

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

Crab Cakes

Set with arugula & cilantro aioli 13

Chicken Wings

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

Chicken Strips & Fries

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 16

Please ask your server about our Daily Soup & Sandwich 13



Gluten Free Items



Dairy Free Items



Handhelds

All handhelds include soup, salad or fries

Classic Clubhouse

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

Plain Burger

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, Mushrooms & Cheddar 17

Chicken Sandwich

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

Salmon Burger

Set with lettuce, tomato, cucumber & smoked tomato mayo 17

Beef Dip

Shaved beef topped with Caramelized White Onion & Swiss cheese set on a French loaf, red wine jus 17

New York Steak Sandwich

6oz "AAA" Alberta Steak fire grilled to your liking topped with beer battered onion rings & served on 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 11

Ham & Cheese Omelette

Black forest ham & mild cheddar mix set in three eggs, hash browns & choice of bread 13

12 & under

All kids meals 8

Grilled Cheese & Fries

Chicken Fingers & Fries

Spaghetti & Marinara

Mini Corn Dogs & Fries

Some of our dishes may contain nuts or nut products, any questions please ask your server.

Add \$1.50 for split plates

Signature Pastas

All Pasta's 17. Add chicken, shrimp or chorizo sausage 7. Gluten free pasta available please ask your server

Penne Primavera

Tossed with julienne Vegetables & tomato sauce

Linguine Vongole

Clams in a butter sauce with parsley

Penne & Chorizo Sausage

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

Ground Beef with fresh peeled tomatoes & garlic

Assorted Bread Basket

Served with olive oil & balsamic 5

Signature Entrees

Korean Style Pork Rice Bowl

Stir Fry Vegetables in a Spicy Chili Sauce 18

8oz Pan Seared Coho Salmon

Wild Salmon with Rice Pilaf, Dill Cream Sauce & Steamed Vegetables 23

Prawn & Scallop Linguini

Seared prawns & scallops tossed in linguini with smoked tomatoes & lemon dill cream 24

10oz. New York Steak & Garlic Prawns

Grilled to your liking & served with Mashed potatoes & steamed vegetables 30

Braised Lamb Shank

Lamb shank Braised in a Red Wine Sauce. Served With Seasonal Vegetables & Mashed Potatoes 25

Pan Roasted Chicken Breast

Roasted chicken Breast with Mashed Potatoes, Seasonal Vegetables & Grainy Mustard Jus 22

All entrees available without sauce to make them gluten free.