

## Neqelaxstala (lunch)

pronounced "ne-khay-lach-sta-la"



### **Seafood Chowder**

Piping hot, fresh and loaded New England style chowder featuring a medley of seafood; Served with house made Bannock. Sm 11 large 21

### **Garden Green Salad [GF] [V]**

A fresh blend of assorted greens with cucumber, grape tomatoes, carrots and red onion with your choice of dressing. 16

### **Strawberry Spinach Salad [GF] [V]**

Sliced strawberries, red onion, cucumbers, grape tomatoes, carrots and honey roasted pecans, goat cheese on a bed of spinach and served with strawberry balsamic vinaigrette. 18

### **Caesar Salad**

Crisp romaine lettuce drizzled with house made dressing, topped with bacon bits, fried capers and parmesan cheese. 20

### **Pickled Beet and Honey Roasted Pecan Salad [GF]**

A delightful blend of pickled beets, honey roasted pecans, cucumbers, carrots, grape tomatoes, red onion and goat cheese, dried cranberries on top of a bed of mixed greens; Served with balsamic vinaigrette. 22

### **Seafood Cakes**

Mixture of seafood combined with red onions and bell peppers then panko coated and flash fried until completely golden; Served with lime yogurt sauce & fresh mango salsa. 22

### **Calamari**

7.5 oz of flash-fried squid cooked golden-brown and served with tomatoes, red onions and tzatziki. 19

### **Clams [GF] With Focaccia**

Local B.C. clams gently steamed open in clarified butter, garlic, white wine, tomato & shallots. 25

### **Baked Bruschetta**

Savory mixture of house made tomato sauce, onion, garlic, basil, roasted pepper on naan bread, topped with parmesan cheese and sliced into individual pieces; Finished with balsamic reduction. 18

**Fries. 6 Onion Rings. 7 Poutine. 12**

*Substitute Fries or salad for: Onion Rings 2 / Caesar or Garden Salad 6 / Chowder 9*

*Add – 4oz Chicken 9 / Add – Four Prawns 10 / 3 oz Salmon 10*

*Add 1 Slice Garlic Toast – 3.00 Add Gravy – 3.00*

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[GF] – Gluten Free [V] – Vegetarian

### **Fish & Chips**

One or two pieces of golden fried Pacific Ling Cod served with fries, coleslaw and house tartar.

One piece – 21 Two pieces – 26

### **Chicken Fingers & Fries**

Chicken fingers served with French fries or salad. Accompanied with your choice of plum sauce or honey mustard. 18

### **Chicken Finger Caesar Wrap**

Chicken fingers with house made Caesar dressing, sweet Thai chili sauce and romaine lettuce. Served in a warm tortilla wrap with your choice of French fries or salad. 19

### **Curry Cream Mussels With Focaccia**

Canadian Mussels steamed in a delicious combination of garlic, curry and heavy cream. 25

### **Falafel Wrap [V] Contains Peanuts**

Falafel, peanut, lettuce, feta cheese, cucumber, tomato and tzatziki in a warm tortilla wrap; Served with French fries or salad. 21

### **Coconut Prawns**

Five breaded Coconut Prawns served with house made cocktail sauce and Caesar Salad. 16

### **Beef Dip**

Thinly sliced prime rib on top a bun with Au Jus; served with fries or salad. 26

### **Prawns and Salad [GF]**

Five plump and juicy prawns slowly cooked in garlic butter and finished with fresh herbs and lemon; Served with Salad. 24

### **Fish Tacos**

3 fish tacos, with Pacific Ling cod, coleslaw, cilantro, a fresh salsa and lime wedge. Served in soft taco shells. 23

### **B.L.T**

2 slices of toasted bread, lettuce, bacon, tomato, cheese, mayo; served with Fries or Salad. 16

### **Portobello Burger [V]**

Grilled portobello, tomato, onion, lettuce, provolone cheese on a brioche bun; served with fries. 17

### **Chicken Wings**

Choice of salt & pepper, teriyaki or BBQ; Served with ranch dressing. 18

*Substitute Fries or salad for: Onion Rings 2; Caesar or Garden Salad 6; Chowder 9*

*\*Substitute Brioche bun for gluten free bun 3*