



THE LUNCH MENU

APPETIZERS

Roasted Bruschetta warm roasted vegetables, garlic and a basil cream cheese on fresh baguette \$7

Calamari Cajun marinated tossed with tomato, red pepper, onion, jalapeno and flour, crispy fried and served with cilantro lime yogurt Starter \$7 Sharing \$11

Goat Cheese Flatbread warm strips of flatbread topped with goat cheese, basil and olive oil.....simply awesome \$10

Bacon Wrapped Scallops four juicy scallops wrapped in crispy bacon served with cocktail sauce and wasabi aioli \$12

Coconut Prawns four prawns served with papaya salsa and red curry aioli \$8

Starboard Sausage Starboard sausage specially made for us by Pete's Mountain Meats simmered with tomato, oyster mushrooms and roasted garlic served with fresh baguette \$8

DON'T FORGET TO CONSIDER CHEF'S FEATURE ITEMS

SOUPS AND SALADS

Candied Salmon Chowder Chef's people's choice award winning recipe from the Pacific Rim Chowder Chowdown cup \$6 bowl \$9

Soups of the Day ask your server about today's Chef's creations cup \$4 bowl \$7

Starboard Salad seasonal greens, beets, feta cheese, pumpkin seeds, cucumber, mandarin orange and kalamata vinaigrette appy \$7 meal \$10

Caesar Salad gem lettuce, caesar dressing, shredded parmesan, sourdough rye croutons and fresh lemon appy \$7 meal \$10

Green Salad seasonal greens, beets, red peppers, carrot, grape tomato, cucumber and your choice of dressing appy \$6 meal \$9

Add to any salad you choice of grilled chicken, baby shrimp, prawn skewer or seared tuna \$5

Add garlic baguette \$1.50

SANDWICHES AND WRAPS

Steak Sandwich AAA striploin steak grilled to your liking, garlic baguette, mushrooms, dijon aioli and crispy onion strings \$17

Soft Fish Taco Spicy seasoned cod, guacamole, pineapple slaw, chipotle mayonnaise, leaf lettuce and papaya salsa in a grilled flour tortilla \$13

Chicken BCLT Wrap chicken breast, bacon, lettuce, tomato, mayonnaise and 3 cheeses \$13

Canal Beach Clubhouse toasted bread of your choice, guacomole, bacon, baby shrimp, leaf lettuce, tomato and chipotle mayonnaise \$12

Veggie Wrap spinach, arugula, cucumber, carrot, beet, tomato, feta cheese, kalamata vinaigrette, red onion and pepper \$11

All sandwiches served with fries, soup, yam fries or a side of any salad chowder instead add \$2

add gravy \$1.50

BURGERS

Sproat Lake Classic in house fresh ground beef burger the same burger our chef makes for friends and family – dijon aioli, lettuce, tomato, pickle and crispy onion strings \$11

Sesame Crusted Tuna seared rare on a Kaiser bun with papaya salsa, lettuce and red curry aioli \$13

Dragon Boat Chicken teriyaki glazed chicken breast, wasabi aioli, lettuce, pineapple slaw and red onion \$13

The Portabella roasted red pepper/garlic stuffed portabella mushroom with Dijon aioli, lettuce, tomato and red onion \$12

Salmon Burger Baked salmon with local Metropolitan Chef West Coast rub with lettuce, tomato, red onion and a balsamic aioli \$13

All burgers served with fries, soup, yam fries or a side of any salad or chowder instead add \$2

add gravy \$1.50

Add sautéed mushrooms, cheese or bacon to your burger \$1.25

STARBOARD BOWLS AND MORE

Satori Tuna cucumber noodle salad on a bed of seasonal greens topped with sesame crusted tuna loin finished with avocado vinaigrette \$15

Fish and Chips cod in a light tempura batter with pineapple coleslaw and our tartar sauce
1pce \$11 2pce \$15

Roasted Vegetable Quesadilla served with pineapple slaw, roasted corn salsa, guacamole and sour cream \$12 (with chicken) \$14

Vegetable Mixed Grill freshly grilled assorted vegetables drizzled with pesto olive oil accompanied by basmati rice and flatbread \$13

The Hot Pot Salmon, Ling Cod, Prawns, Starboard Sausage and roasted vegetables bound in a butter curry and served with coconut basmati rice \$16



THE DINNER MENU

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All burgers served with fries, soup, yam fries or a side of any salad add gravy \$1.5

Add sautéed mushrooms, cheese or bacon to your burger \$1.25

MAIN DISHES

Starboard Strip Loin Steak AAA beef cooked to your specifications finished with a wild BC mushroom ragout and crispy onion strings 6oz \$19 10oz \$24

Cajun Salmon blackened salmon filet finished with a corn/starboard sausage remoulade and pineapple slaw \$20

Pecan Pesto Chicken and Prawn charbroiled sundried tomato marinated chicken breast finished with black tiger prawns sautéed with pesto, spinach, arugula and a splash of cream \$20

Blackberry Lamb Roast petite lamb sirloin marinated with rosemary and garlic, roasted to your preference and finished with a local blackberry demi \$21

Portabella Ling Cod pan seared ling cod on a red pepper/garlic stuffed portabella mushroom finished with a butter curry sauce \$19

The above dishes are accompanied by vegetable medley and rice or potato of the day

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