



SOUPS

Add On: Daily house-baked garlic focaccia bread / \$4

Seafood Chowder / \$8.25 – 8oz / \$15.50 – 16oz

Our famous in-house made New England seafood chowder with smoky bacon, local rock cod and Sockeye salmon.

Daily Soup / \$7.25 – 8oz / \$14.25 – 16oz

Ask your server for our Chef's daily creation.

APPETIZERS

Calamari / \$16

Lightly breaded calamari deep fried tossed with parsley and red onions served with Tzatziki.

Wings / \$16.50

Grilled coriander pepper wings served with our In-house made sweet chili sauce.

Poutine / \$14.50

Fries with melted cheese curds topped with our in house-made gravy.

Chicken Strips / \$14.75

Fresh chicken strips panko breaded and served with fries and plum sauce.

SALADS

Add Ons: Grilled Chicken /\$6 Cajun Chicken /\$6.5 Grilled Salmon /\$6 Tofu /\$3.50

Seasonal Greens \$13.75 / \$6 side

Mixed greens, tossed in a Champagne Vinaigrette topped with dried cranberries, creamy goat cheese and roasted pumpkin seeds.

Caesar Salad \$13.75 / \$6 side

Romaine lettuce, house-baked croutons, crispy bacon, creamy Caesar dressing and topped with Grana Padano Parmesan cheese.

Tofu Quinoa Bowl / \$18

Chilled quinoa salad with cucumber, tomato, seaweed, topped with fried tofu and drizzled with a sesame soy dressing.

MAINS

All burgers served with your choice of daily soup, fries, mixed greens or Caesar salad.

Lite Life Patty \$2 / In-House Made Gravy \$3 / Gluten Free Bun \$4 / Poutine \$4 / Seafood Chowder \$5

Bacon Cheddar Burger / \$20.50

6oz grilled beef burger served with smoky bacon, melted cheddar, lettuce, tomato, dill pickle and our signature burger mayo.

Veggie Mushroom Burger / \$19.50

A blend of button mushrooms, smoked paprika, roasted garlic, oats, panko breading and parmesan cheese served with mixed greens, caramelized onions, lemon aioli.

Crispy Chicken Burger / \$19.50

Buttermilk marinated chicken, dredged in Dylan's secret spiced flour mixture and deep fried until golden brown. Served with pickle, pickled red onions, lettuce, tomato, and chipotle mayo.

Rock Cod & Chips

Rock Cod 1 pc /\$17 or 2 pc / \$21

Craft beer battered & deep-fried local rock cod served with fries and our homemade tartar sauce and fresh coleslaw.

Salmon Burger / \$20.50

B.C. Sockeye salmon grilled to medium with wasabi ginger mayo, mixed greens and tomato.

BBQ Baby Back Pork Ribs / \$32

Half Rack / \$24

Smokey, braised, BBQ baby back ribs served with crispy slaw and fries.

Salmon, Sweet Pea and Bacon Risotto / \$22

B.C. Sweet peas, smoky bacon, tossed in a creamy risotto, topped with grilled B.C. Sockeye Salmon.