

Shareables

HGI WINGS • 14

One pound of wings tossed in your choice of Hot, Maple Jack Daniels, Honey Garlic or Salt & Pepper served with ranch and cucumber slices.

SALT & PEPPER RIBS • 10

Lightly breaded boneless pork ribs deep fried and chipotle mayo.

✔ ARTICHOKE & SPINACH DIP • 12

Blend of artichokes, spinach, cream cheese, garlic, cream and parmesan baked and served with tortilla chips.

PAN FRIED SHRIMP GYOZA • 14

Six house-made gyoza filled with minced prawns, garlic, onion and spices pan fried, served with soya sauce.

✔ NACHOS FOR ONE • 12

Tortilla chips in a tortilla bowl with green onion, tomatoes, peppers, red onions, cheddar/jack cheese blend with sour cream and salsa. Add guacamole • 2

BEEF TACOS • 10

Two corn tortillas, sliced beef, fresh avocado, crispy onions, garlic aioli, cheddar/jack cheese blend, salsa and sour cream.

✔ GARDEN SPRING ROLLS • 8

Homemade spring rolls filled with cabbage, carrots, ginger and garlic deep fried, served with plum sauce.

✔ CALIFORNIA ROLL • 10

Fresh carrots, avocado and cucumber over rice with wasabi, wrapped in nori with pickled ginger and sesame seeds.

Flatbreads

✔ GARDEN VEGGIE FLATBREAD • 16

Pesto, mushrooms, tomato, red onion, red pepper, black olives, feta cheese.

MEAT LOVERS FLATBREAD • 17

Pepperoni, bacon, spiced ground beef tomato sauce and mozzarella.

DONAIR FLATBREAD • 16

Topped with donair sauce, meat, red onion, diced tomato, and mozzarella.

Sides

SWEET POTATO MASH • 5

MUSHROOM RISOTTO • 5

COCONUT RICE • 5

Soups & Salads

SOUP OF THE DAY • 4/6

Made fresh daily from our recipe file.

GOLDEN BEET SOUP • 5/7

Our homemade beet soup with sour cream.

WONTON SOUP • 6/8

Pork filled wontons with carrots, shrimp, broccoli and green onions in chicken broth.

✔ SPINACH SALAD • 14

Baby spinach, strawberries, red onion, almonds, goat cheese and wild berry vinaigrette.

✔ TRADITIONAL CAESAR SALAD • 14

Hearts of romaine, parmesan cheese, garlic herb croutons, Caesar dressing, garlic toast.

✔ TOSSED GREEN SALAD • 8

Spring greens layered with tomato, cucumbers, carrots, and dried cranberries.

✔ TOMATO & AVOCADO SALAD • 12

Tomatoes and avocados in white balsamic vinaigrette, red onion and feta cheese.

✔ ASIAN SALAD • 16

Hearts of romaine with julienne carrots, daikon radish, mandarin oranges, bean sprouts, Thai sesame dressing and crispy noodles.

Burgers & Sandwiches

BEAT SANDWICH • 14

Toasted multigrain bread, bacon, fried egg, avocado, tomato jam, cheddar cheese.

BUILD YOUR OWN BURGER* • 16

Choose from our beef patty, chicken breast or veggie patty grilled and served on a Kaiser bun with lettuce, tomato, cheddar, onion and pickle. Add toppings • 1

CLASSIC CLUBHOUSE • 16

Triple decker with roasted turkey, bacon, tomato, lettuce, and cheddar.

CHICKEN BRIE SANDWICH • 16

Pretzel bun with strawberry chutney, grilled chicken, and melted Brie.

STEAK SANDWICH* • 19

Charbroiled 6 oz. flatiron steak, sautéed mushrooms, 2 onion rings and garlic toast.

✔ CAPRESE QUESADILLA • 14

Flour tortilla with tomato, fresh basil, Bocconcini cheese and baked.

✔ SPINACH & PESTO QUESADILLA • 14

Flour tortilla, baby spinach, pesto, mozzarella cheese and baked.

Entrées

KOREAN BBQ RICE BOWL • 18

Rice topped with pork ribs tossed in Korean BBQ sauce, broccolini, bean sprouts, carrots and green onions.

ALBERTA SIRLOIN WITH PEPPERCORN SAUCE* • 28

Grilled 6 oz. AA sirloin steak with Madeira peppercorn sauce, served with seasonal sautéed vegetables.

FRIED CHICKEN • 18

Deep fried chicken, mashed potatoes, coleslaw and homemade buttermilk biscuit.

CHEF'S FISH & CHIPS • 20

Beer battered haddock deep fried, homemade coleslaw and tartar sauce.

✔ GNOCCHI IN GARLIC CREAM SAUCE • 18

Gnocchi in cream sauce with spinach, mushrooms, tomatoes, Monterey Jack cheese and garlic toast.

✔ GARDEN BOWL • 18

Rice topped with black beans, avocado, carrots, julienne beets, crispy wonton and yogurt cucumber dill sauce.

✔ Vegetarian

**Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Please note that some of our dishes may contain traces of nuts.*

For guests with special dietary requirements or allergies who may wish to know about the food ingredients used, please ask a member of the Restaurant team.



FROM THE GRILLE & BAR

Kids*

- CHICKEN FINGERS • 9
- KRAFT MACARONI & CHEESE • 9
- PB&J SANDWICH • 9
- PASTA WITH TOMATO SAUCE • 9
- PIZZA SLIDERS • 9

Beverages

- COCA-COLA PRODUCTS • 3
- FRESHLY BREWED COFFEE • 3
- HOT TEA • 3
- ICED TEA • 3
- LEMONADE • 3
- PERRIER SPARKLING • 3

Bottled Beers

- BIG ROCK GRASSHOPPER • 6.3
- BIG ROCK TRADITIONAL ALE • 6.3
- BIG CHUTES LAGER • 6.3
- BUD LIGHT • 6.3
- BUDWEISER • 6.3
- COORS LIGHT • 6.3
- KOKANEE • 6.3
- LABATT'S BLUE • 6.3
- MOLSON CANADIAN • 6.3
- MICHELOB ULTRA • 6.3
- RICKARD'S RED • 6.3
- SAM ADAMS BOSTON LAGER • 7.3
- HEINEKEN • 7.3
- STELLA ARTOIS • 7.3
- CORONA EXTRA • 7.3
- MILLER GENUINE DRAFT • 7.3

Desserts*

- STRAWBERRY CHEESECAKE • 9**
Gluten free strawberry swirled vanilla cheesecake on a chocolate cookie crust with chocolate shavings.
- WHITE CHOCOLATE PATÉ WITH HAZELNUTS • 10**
Creamy white chocolate melted with Kahlua and cream studded with toasted hazelnuts served on a bed of berry compote.
- NEW YORK STYLE CHEESECAKE • 9**
Topped with our wild berry compote.
- GRILLE BROWNIE WITH VANILLA BEAN ICE CREAM • 9**
Decadent chocolate brownie served warm with ganache and vanilla bean ice cream.
- APPLE & RHUBARB CRUMBLE • 9**
Fresh apples and rhubarb baked with our crumble topping served warm with vanilla bean ice cream.
- TIRAMISU • 8**
Lady fingers dipped in coffee with brandy and layered with mascarpone cream filling dusted with cocoa.

Wines

Served by the glass or by the bottle. (6oz / 9oz / bottle)

WHITE WINE

- WHITE ZINFADEL • 7.25 / 10.25 / 36
- PROSECCO • 10 / 12 / 44
- PINOT GRIGIO • 9.25 / 11.25 / 40
- SAUVIGNON BLANC • 10 / 12 / 44
- CHARDONNAY • 8.25 / 10.25 / 36
- BODACIOUS WHITE BLEND • 6 / 9 / 34

RED WINE

- CABERNET SAUVIGNON • 11.25 / 13.25 / 46
- PINOT NOIR • 10.25 / 12.25 / 44
- CARMENERE • 9 / 11 / 40
- MALBEC • 9 / 11 / 40
- MERLOT • 9.25 / 11.25 / 40
- BODACIOUS RED BLEND • 6 / 9 / 34

Cocktail Favourites

- BAHAMA MAMA • 8**
White rum, Coconut Rum and Amber rum with Kahlua, lemon & pineapple juices.
- BELLINI • 9**
La Marca Prosecco poured over peach puree, served with an orange slice.
- CAPE CODDER • 8**
Smirnoff vodka with cranberry juice over ice.
- LONG ISLAND ICED TEA • 9**
Vodka, Tequila, Rum and Triple Sec layered with lemon juice and Coca-Cola.
- MADRAS • 8**
Vodka with cranberry, orange and lime juices over ice.
- MOJITO • 9**
Fresh limes, mint muddled in simple syrup, topped with rum, soda water and ice.