



APPETIZERS

Yam Fries with curry mayo	\$6
Chips & Salsa	\$5.50
Onion Rings	\$5.50
Fries small plate	\$4
large plate	\$6
Poutine: fries, cheese curds, gravy	\$8
Mini Beef Tacos: 7 shredded beef tacos with sour cream & salsa	\$8
Warm Spinach & Artichoke Dip with tortilla chips	\$8
Chicken Tenders: with honey mustard, honey garlic, Guinness BBQ, plum or ranch	\$9
—add fries (\$2), yam fries (\$3.50), side caesar or house (\$2.50)	
Dry Ribs: breaded, boneless pork delights served with your choice of blue cheese, ranch or Guinness BBQ sauce	\$11
Chicken Wings: a dozen wings tossed up in one of the following: hot sauce, hotter than hot, salt & pepper, honey garlic or Guinness BBQ	\$10
Edamame: Japanese soybeans tossed in sea salt	\$6
Hummous with grilled pita bread and veggies	\$9
Green Onion Cakes: served with dark rice vinegar and sambal oelek	\$7
Veggies & Dip: carrot and celery sticks, red pepper & broccoli. Comes with ranch or blue cheese dressing	\$6
Baked Stilton & Bread: Stilton, white cheddar and cream cheese baked together and served with baguette and rye bread	\$12

SOUP & SALAD

Daily Soup: served with baguette cup	\$4
bowl	\$6.50
House Salad: mixed spring greens with sunflower seeds, mandarins, and our house vinaigrette. Served with garlic foccacia bread	\$8.50
Caesar Salad: romaine lettuce, croutons, parmesan and creamy caesar dressing. Served with garlic foccacia.	\$8.50
Black Frog Salad: green cabbage, bean sprouts, parmesan and toasted almonds in an asian style dressing	\$6.50
Soup & Salad: a cup of soup served with your choice of house, caesar or Black Frog salad	\$8.50
Chef Salad: spring greens topped with cheddar, swiss, roast chicken, ham, boiled egg and ranch dressing. Served with garlic foccacia	\$12
Grilled Salmon Salad: 6oz salmon loin over mixed greens topped with red onion, cucumber, cherry tomatoes and green beans. Served with a teriyaki vinaigrette.	\$13

BURGERS

All BURGERS are served on a multigrain bun topped with lettuce, tomato, red onion and sun-dried tomato mayo, and come with your choice of either fries, soup, house or caesar salad. Substitute yam fries for \$2.50

8oz Beef Burger	\$12
Grilled Chicken Burger	\$12
Veggie Burger	\$11
—Add \$1.50 each: cheddar, swiss, edam, bacon, ham	
—Add \$1 each: sauteed onions, sauteed mushrooms	
Salmon Burger: 6oz grilled salmon with lemon dill mayo	\$14

SANDWICHES

All SANDWICHES are served with your choice of either fries, soup, house or caesar salad. Substitute yam fries for \$2.50

Roasted Chicken: on multigrain with lettuce, tomato and mayo	\$11
BLT: bacon, lettuce, tomato & mayo on multigrain	\$9
Classic Grilled Cheese on multigrain	\$7
—add \$1.50 each: bacon, ham	
—add \$1.00 each: tomato, sauteed onions, sauteed mushrooms	
Triple-decker Clubhouse on multigrain with roasted chicken, cheddar, lettuce, tomato, bacon & mayo	\$13
Grilled eggplant, edam cheese, tomato, cucumber, red onion, and sun-dried tomato mayo on toasted foccacia bread	\$11
Reuben: grilled rye bread topped with pastrami, sauerkraut, swiss and dijon	\$12
Steak Sandwich: on garlic foccacia, topped with sauteed onions and mushrooms	\$13
Pulled BBQ Chicken: roasted chicken tossed in bbq sauce, layered with coleslaw on a garlic buttered multigrain bun	\$12
Roasted Veggie Wrap: seasonal roasted vegetables, mushrooms, shredded edam cheese	\$10
Buffalo Chicken Wrap: crispy chicken tenders smothered in hot sauce and wrapped up with lettuce, tomato and ranch dressing	\$12
Ploughman's Lunch for Two (when available)	\$17
An assortment of sliced cheese and meat, rye bread, baguette, and a few pickled onions to fight over	

ENTREES

Halibut & Chips: dipped in fresh beer batter and served with fries and tartar sauce --1 piece (3 oz)	\$12
--2 piece (6 oz)	\$17
Stuffed Chicken: ham & swiss cheese stuffed chicken breast with garlic mashed potatoes, demi-glace and roasted vegetables	\$15
Breaded Pork Schnitzel: pan fried, served with roast potatoes, roasted vegetables, and a side of lingonberry sauce	\$15
Top Sirloin: 6 oz with garlic mashed potatoes, demi glace and roasted vegetables	\$19
Veggie Chili: A hearty bowl of vegetarian chili and a side of corn bread	\$12
Beef Lasagna: homemade, served with garlic foccacia bread	\$14

DESSERT

Homemade Brownies & Vanilla ice cream	\$6
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