



## APPETIZERS

Yam Fries with curry mayo	\$6
Chips & Salsa	\$5.50
Onion Rings	\$5.50
Fries	\$4
small plate	\$4
large plate	\$6
Baked Stilton & Bread: Stilton, white cheddar & cream cheese baked together and served with baguette and rye bread	\$12
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
Edamame: Japanese soybeans tossed in sea salt	\$6
Hummous with grilled pita bread and veggies	\$8
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
Smoked Salmon on rye with cream cheese, red onion and capers	\$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: Savoy 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 pepper, red onion, and green beans. Served with a mandarin sesame 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	\$13

## 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	\$9
Buffalo Chicken Wrap: Crispy chicken tenders smothered in hot sauce and wrapped up with lettuce, tomato and ranch dressing	\$12
Kielbassa: Grilled garlic smokie with sauteed onions & dijon on a bun	\$11
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) \$11
	--2 piece (6 oz) \$16
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	\$18
Top Sirloin: 6 oz with garlic mashed potatoes, demi glace and roasted vegetables	\$18
Veggie Curry: Thai style curry over fries	\$9
Beef Lasagna: homemade, served with garlic foccacia bread	\$14

## DESSERT

Homemade Brownies & Vanilla ice cream	\$6
---------------------------------------	-----