

# LUNCH & DINNER

FOUR  
POINTS  
BY SHERATON

## APPETIZERS

**Calamari** \$14.95

Seasoned and breaded tender squid rings and tentacles deep-fried and served with house made Tzatziki sauce.

**Chicken Wings** \$13.95

Hot, Blue Moon, Ginger Tare, Maple-Sriracha and BBQ. DRY: Creole, Memphis BBQ, and Salt and Pepper.

**Coconut Curry Mussels** \$15.95

Salt Spring Island mussels in a coconut curry cream sauce with grilled focaccia.

**Flat Bread Trio** \$12.95

Grilled flat bread served with hummus, Kalamata olive tapenade and an artichoke and red pepper dip.

**Crab Cakes** \$15.95

Panko breaded crab cakes served with garlic and lemon aioli.

**Fish Tacos** \$13.95

Cajun seasoned cod loins in a soft taco shell with house made tartar sauce, tomato, lettuce and mango salsa.

**Crispy Thai Bites** \$10.95

Panko crusted thai chicken topped with pickled onion and served with a spicy yogurt dip.

**Baked Goat Cheese** \$14.95

Cracked hazelnut and roasted garlic crusted goat cheese, served with a warm baguette and mango salsa.

**Edamame Beans** \$9.95

Sea-salted steamed soy beans with a Hoisin dip.

**Dry Ribs** \$7.95

Bone-in pork ribs tossed in salt and cracked pepper with a ranch dipping sauce.

**Fried Bowl** \$10.95

A shareable trio of French fries, onion rings and yam fries with chipotle aioli, ketchup and mayo.

**Tail-Gate Nachos** \$13.95

Tortilla chips, nacho cheese, jalapenos, peppers, onions, tomatoes and black beans baked and served in a cast iron skillet. Comes with a side of sour cream and house chili.

## PIZZA

**Farmer's Market** \$18.95

Grilled red peppers, zucchini, red onions, cherry tomatoes and corn kernels topped with goat cheese and fresh basil with a creamy pesto pizza sauce.

**Surf N Turf** \$19.95

Alfredo sauce topped with strips of steak, baby shrimp, fresh spinach, red onions, parmesan and goat cheese.

**The Carnivore** \$19.95

Pepperoni, smoked bacon, chorizo sausage, spiced beef, our zesty tomato sauce and cheese blend.

**The Tropical** \$19.95

Black forest ham, fresh pineapple, tomato sauce and our cheese blend.

**The Lonestar** \$19.95

BBQ sauce, tender chicken, smoked bacon and caramelized onions topped with our cheese blend.

Prices are subject to applicable taxes. An 18% gratuity will be added to all parties of 10 or more.

Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food-borne illness. State law prohibits the consumption of alcohol by persons under the age of 21.

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## SOUPS AND SALAD

All salads served with grilled focaccia bread.

**Seafood Chowder** Bowl \$8.95 / Cup \$5.95  
Made in-house with salmon, clams, shrimp and vegetables to create a perfectly creamy chowder.

**Soup of the Day** Bowl \$6.95 / Cup \$4.95  
Our kitchen's moment to shine daily. From classics to new creations.

**Cajun Chicken Caesar Salad** \$15.95  
Fresh romaine with crispy prosciutto and seasoned croutons tossed in our creamy Caesar dressing then topped with our grilled and seasoned Cajun chicken breast.

**Rocket Salad** \$13.95  
Arugula with goat cheese, hazelnuts, pickled fennel and grape tomatoes tossed in a house made peppered vanilla dressing topped with a red wine caramel poached pear.

**Asian Steak Salad** \$16.95  
6 oz grilled New York steak served on top of a mixed salad with grape tomatoes, red pepper, carrot curls, crispy Asian noodles and crushed peanuts tossed in our house citrus soy dressing.

**Spinach Salad** \$14.95  
Fresh spinach, mushrooms, strawberry, dried cranberries and prosciutto ham tossed in a berry balsamic vinaigrette.

## BURGERS AND SANDWICHES

Sides available are french fries, green salad or a cup of daily soup. Substitute onion rings, seafood chowder, yam fries or Caesar salad for \$2.95.

**Cobb Sandwich** \$14.95  
Smoked bacon, fried egg, fresh sliced tomato, butter lettuce with a blue cheese and guacamole spread. Served on a soft Ciabatta bun.

**Maple Apple & Brie Monte Cristo** \$14.95  
Egg-dipped sourdough stacked with ham, maple apple and brie cheese then grilled to perfection.

**The Met Club** \$15.95  
Seasoned chicken breast with smoked bacon, cheddar, chipotle mayo, arugula and tomato and served on grilled focaccia.

**Prime Rib Burger** \$13.95

Prime rib burger patty topped with tomato, lettuce and red onion. Served on a freshly baked sesame seed bun and dressed with mayo and red pepper relish.

**Tail-Gate Burger** \$16.95

Prime rib burger patty topped with smoked bacon, fried egg, guacamole, cheddar, tomato, lettuce and red onion. Served on a freshly baked sesame seed bun and dressed with mayo and red pepper relish.

**Chicken Burger** \$14.95

A perfectly seasoned chicken breast on a freshly baked sesame seed bun. Layered with butter lettuce, tomato, red onion and mayo.

**Black Bean Veggie Burger** \$13.95

Our veggie patty made with asiago cheese, chipotle mayo, portabella mushroom cap, lettuce, tomato and red onion.

**Teriyaki Salmon Burger** \$15.95

Teriyaki glazed sockeye salmon served on a bed of wasabi coleslaw and butter lettuce on a soft Ciabatta bun.

### ADD ONS

Bacon, Cheddar, Swiss, Prosciutto, or Chorizo Sausage for \$2.25. Grilled mushrooms or Avocado for \$1.75.

**Guinness French Dip** \$14.95

Roast beef, slow roasted with Guinness au jus and served with caramelized onions and swiss cheese.

**Asian Steak Lettuce Wraps** \$13.95

Grilled steak strips with crispy Asian noodles, crushed peanuts and wasabi coleslaw, julienne vegetables, and sesame mandarin hoisin sauce with butter lettuce for wrapping.

**NY Steak Sandwich** \$17.95

6 oz New York steak sitting on top of grilled Focaccia bread with caramelized onions and mushrooms.

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## PASTA AND BOWLS

All pasta dishes served with grilled focaccia.

### **Pesto Seafood Fettuccine** \$18.95

Sockeye salmon, cod, baby shrimp, mussels, mixed peppers and peas tossed in our pesto cream sauce with fettuccine noodles. Topped with parmesan and smoked salmon.

### **Grilled Vegetable Marinara** \$15.95

Grilled peppers, zucchini, red onions and cherry tomatoes served in a zesty marinara sauce with penne noodles then topped with shaved parmesan and fresh basil.

### **Chicken Fettuccine Alfredo** \$16.95

Sliced chicken breast tossed in our house made alfredo sauce and fettuccine, then topped with crispy prosciutto and parmesan.

### **Russian Beef Stroganoff** \$16.95

Sirloin beef strips, onions, mushrooms in a rich red wine, parmesan and Dijon cream then tossed with penne noodles.

### **Chicken Carbonara** \$17.95

Grilled chicken in our house made Carbonara sauce on penne noodles.

### **Ginger Beef Bowl** \$18.95

Ginger Tare glazed beef with peppers, onions, peas and crispy ginger on a bed of coconut-green tea infused jasmine rice.

### **Maple-Sriracha Chicken Bowl** \$19.95

A bed of coconut-green tea infused rice topped with Sriracha marinated chicken breast, grilled pineapple chunks, peppers, onions, cherry tomatoes and avocado slices.

### **Thai Rice Bowl** \$17.95

Seared ling cod with peppers, onions, peas, cilantro and peanuts in a lemon grass scented thai sauce with coconut green tea infused rice.

## ENTREES

Served 4 PM to close.

### **Prosciutto Wrapped Cod** \$24.95

Pan seared prosciutto wrapped cod topped with a pesto cream sauce. Accompanied by coconut-green tea infused jasmine rice and fresh seasonal vegetables.

### **Backyard BBQ Ribs** Full \$32.95 / Half \$23.95

Cajun spice rubbed then finished with our Blue Buck BBQ sauce. Served with French fries and Caesar salad.

### **Citrus Soy Salmon** \$24.95

Citrus soy glazed sockeye salmon topped with wasabi butter. Served with coconut-green tea infused jasmine rice and fresh seasonal vegetables. FISH & CHIPS 1 piece 14.95 / 2 piece 18.95 Beer battered cod served with fries, tartar sauce and wasabi coleslaw.

### **New York Steak Dinner** 6 oz \$22.95 / 10 oz \$29.95

Char grilled to your liking and served with crispy roasted garlic potato croquettes and seasonal vegetables.

### **Mango Chutney Pork Chop** \$26.95

10 oz pork chop broiled and topped with a mango chutney. Accompanied by crispy roasted garlic potato croquettes and seasonal vegetables.

### **Bacon and Garlic Stuffed Chicken Breast** \$24.95

Panko crusted chicken breast stuffed with roasted garlic, smoked bacon and a mixed cheese blend. Accompanied by garlic mashed potatoes and seasonal vegetables.

### **Surf N Turf** \$33.95

6 oz New York steak and sockeye salmon topped with a garlic prawn skewer served with coconut-green tea infused jasmine rice and seasonal vegetables.

### **Asiago Artichoke Chicken Breast** \$23.95

5 oz chicken breast perfectly seasoned then topped with a home-made asiago and artichoke cream sauce with garlic mashed potato and seasonal vegetables.

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