

# Appetizers

## Spinach & Artichoke Dip \$20

A blend of sautéed spinach, artichokes and sweet onions with Monterey Jack, cheddar and cream cheese.

Served with grilled naan bread and nacho chips.

\*\* Can be gluten free with just nacho chips \*\*

## Crunchy Calamari Bite \$17

Sea salt and black pepper calamari served with a sweet chili mayo.

## Chicken Caesar Flatbread \$18

Baked flatbread brushed with Caesar dressing, grilled chicken breast, crumbled bacon, Parmesan and mixed shredded cheese. Make gluten free \$3

## Sweet Potato Fries \$14

Crispy sweet potato fries served with a side chipotle mayo dip.

## Ahi Tuna Bites \$18

Sliced black pepper Ahi tuna, pickled ginger Japanese Goma dressing coleslaw, crispy won ton, wasabi soya mayo and fresh sprouts.

## Wagyu Beef Gyoza \$18

Crispy Japanese dumplings with soya sauce and spicy mayo.

## Nacho Grande \$21 GF

Nacho chips piled high with melted cheese, diced tomato, black olives, jalapenos and green peppers. Served with sour cream and salsa on the side.

Add Tex-Mex Chili \$6 or Buffalo Chicken \$7

Add guacamole for \$2

## Baked Brie \$20

Creamy, rich baked brie served hot with blackberry compote, red pepper jelly and grilled flatbread.

## Lobster Mac & Cheese \$18

Tender chunks of sweet lobster folded into a creamy & rich cheese sauce, perfectly cooked pasta and finished with lemon buttery panko breadcrumbs.

## Pad Thai Bacon Wrapped Scallops \$23

Grilled Pad Thai marinated scallops wrapped with smoked bacon. Served on a warm Asian style julienne vegetable salad with a mango pickled ginger drizzle.

## Feta Heirloom Tomato Bruschetta \$17

Baked flatbread with garlic butter, diced Heirloom tomato, Bermuda onion and fresh basil pesto. Finished with crumbled feta cheese, fresh parmesan & balsamic reduction. Make gluten free \$3

## Pulled Pork Tacos \$17

Smoked whiskey BBQ pulled pork, grilled flour tortilla, mixed greens, grilled pineapple salsa with a Sriracha mayo splash.

## Deep Fried Chicken Wings 1lb -\$19 2lb -\$32

Deep fried chicken wings served with carrot and celery sticks with blue cheese dip.

Choice of sauce: BBQ, Medium, Honey Garlic, Caribbean Jerk, Hot, Sweet Chili, 3<sup>rd</sup> Degree or Teriyaki

## Soup of the Day \$8

Ask your server for our daily feature.

# Salads

Available dressings: Balsamic Vinaigrette, Greek, Ranch, Blue Cheese, French, Italian or Raspberry Vinaigrette

Add your choice of: Grilled Chicken \$9, Shrimp \$9 or Grilled Steak \$10

## Caesar Salad Sm. \$14 Lg. \$18

Fresh Romaine lettuce with croutons and crispy bacon. Tossed in our homemade signature creamy garlic dressing. Topped with grated Parmesan cheese.

## Harvest Blend Greens Sm. \$13 Lg. 16 GF

Farm fresh mixed greens topped with grape tomato, diced cucumber and shredded carrot. Served with your choice of dressing.

## Ponzu Salmon Bowl \$20

Oven baked Ponzu marinated Atlantic salmon, mixed greens, julienne Asian vegetable, edamame, diced cucumber and jasmine rice. Drizzled with wasabi avocado vinaigrette and white sesame seeds.

# Lighter Fare

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*Served with a choice of side: Seasoned hand cut fries, garden salad or soup. Upgrade to sweet potato fries, onion rings or Caesar salad for \$3 or Greek salad \$3.50*

## **Maple Bison Bacon Burger \$24**

*Grilled in-house bison burger mixed with ground bacon, Wooden Sticks maple syrup and topped with spiced rum apple chutney and melted goat cheese.*

## **Tuscan Turkey Club Wrap \$19**

*Roasted marinated turkey breast, crispy bacon, arugula, sliced tomato, basil roasted garlic mayo and buffalo mozzarella. Wrapped in a grilled sun-dried tomato flour tortilla.*

## **Spicy Chicken Gar-Par Wrap \$19**

*A grilled chicken breast tossed in a Frank's Red Hot, chipotle hot sauce and Caesar dressing, romaine lettuce, bacon bits and fresh parmesan. Wrapped in a cheddar jalapeno flour tortilla. **Sub crispy chicken \$3 or grilled steak \$6***

## **Mediterranean Crispy Shrimp Wrap \$18**

*Crispy shrimp, black olive tapenade, mixed greens, grape tomato, cucumber, feta cheese and tzatziki sauce. Wrapped in a white flour tortilla.*

## **Prime Rib Burger \$19**

*Montreal steak spiced 6oz prime rib patty. Served with lettuce, tomato, onion and pickle garnish.  
Add: Cheddar Cheese or Swiss Cheese \$1 Add Sliced Bacon \$2 or Peameal \$3*

# Signature Entrées

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## **Stuffed Chicken Supreme \$34 GF**

*Roasted chicken stuffed with wild mushrooms, sweet onions and goat cheese. Topped with a chicken and bacon pan jus. Served with seasonal vegetables and daily potato.*

## **Asian Vegetable Stir Fry \$25**

*Teriyaki sautéed Asian vegetables served on a bed of rice.  
Add chicken for \$9 or add shrimp for \$9 or tofu for \$8*

## **Pasta of the Day \$30**

*Ask your server for our Chef inspired pasta feature.  
Served with garlic toast.*

## **Catch of the Day \$36 GF**

*Ask your server for our daily fish feature.*

## **Chorizo & Brie Pork Tenderloin \$32 GF**

*Smokey Spanish chorizo and brie stuffed Ontario pork tenderloin, apple cider and Dijon reduction.  
Served with seasonal vegetables and daily potato.*

## **Maple Atlantic Salmon \$36 GF**

*Pan-seared Atlantic salmon glazed with Wooden Sticks own maple syrup reduction. Served with rice pilaf and daily vegetable.*

## **6oz Manhattan Steak \$36 GF**

*6oz smoked bacon wrapped Manhattan steak with a red wine portobello mushroom demi sauce. Served with seasonal vegetables and daily potato.*

## **10oz AAA Striploin Steak Frites \$46 GF**

*A Montreal spiced grilled striploin steak cooked to your liking. Topped with chimichurri sauce. Served along with a side of golden fries.*

## **8oz Beef Tenderloin \$50 GF**

*Grilled Alberta centre cut beef tenderloin with a shallot, garlic and red wine reduction. Served with seasonal vegetables and daily potato.  
Add seasoned grilled shrimp skewer to all above steaks for \$8.00*

## **Rosemary Braised Lamb Shank \$36 GF**

*New Zealand lamb shank with a roasted garlic demi sauce. Served with seasonal vegetables and daily potato.*

## **Chicken Curry \$26**

*Marinated chicken thigh in a blend of traditional curry spices with potato, onion, green pepper and carrots.  
Served with rice and grilled naan bread.*

**\*\* Applicable taxes and gratuities are not included \*\***