Gluten Free Dinner Menu Appetizers



24.95

Side Orders

Escargots	12.95	House Cut French Fries	5.95
Seasoned and baked in mushroom caps and garlic butter.		Side of Mushrooms	3.50
With mozzarella cheese, add 1.95		Side of Fresh Vegetables	4.50
Garlic Tiger Prawns	13.95	Side Baked Potato	5.95
Pan fried tiger prawns in a white wine cream sauce.		Side Rice	4.95
Goat Cheese, Sundried Tomato		Sweet Potato Fry Upgrade	2.95
& Spinach Dip	17.95	Side Tzatziki	
Goat cheese, mozzarella, chopped leaf spinach, sun dried tomatoes and fresh basil, baked and served hot with assorted vegetables.		Stae Izatziki	2.95
Chili Chicken	14.95		
Crispy breaded chicken tossed in a sweet chili sauce.			
Yam Fries	10.95		
Served with a roasted red pepper aioli.			

Palads

Field Green Salad	7.95
A combination of fresh greens and vegetables served with your choice of dressing.	
Caesar Salad	16.95
Crisp romaine lettuce and freshly chopped bacon tossed with our house dressing.	
With chicken add 6.95; With prawns add 7.95; With calamari add 8.95; Small Caesar Salad, 9.95	
Greek Salad	17.95
Crisp romaine lettuce, iceberg, cucumbers, tomatoes, onions, green peppers, black olives and feta cheese, seasoned with herbs, tossed with our unique olive oil and vinegar base dressing. With chicken add 6.95; With prawns add 7.95; With calamari add 8.95; Small Greek Salad, 11.95	
Gorgonzola & Chicken Field Green Salad	23.95
Gorgonzola cheese, marinated chicken strips, maple candied bacon, granny smith apples, cranberry raisins, red onions, and toasted pecans on a bed of field greens. Drizzled with a honey mustard balsamic vinaigrette.	
Honey Raspberry Field Green Salad	17.95
Mandarin slices, cranberry raisins, red onions, toasted almonds on a bed of field greens and tossed in our special honey raspberry vinaigrette.	
With chicken add 6.95; With prawns add 7.95; Small, 11.95;	
Oriental Noodle Chicken Salad	23.95
A grilled chicken breast, rice noodles, carrots, green onions, snow peas, orange fruit, edamame beans, bean	

Tiger prawns sautéed with red peppers and onions, peach and mandarin slices, crumbled feta, fresh spinach,

sprouts and toasted almonds on a bed of field greens. Served with spicy thai dressing.

Shrimp Citrus Spinach Salad

toasted almonds and our citrus honey dressing.

Entrée Selections

All dinner entrées are served with a gluten free soup or a field green salad to start, choice of potato (baked potato – after 4 p.m., homemade fresh mashed potatoes or french fries) or rice and fresh vegetables.

In lieu of soup or the field green salad:

Side Caesar Salad, add 5.95

Side Greek Salad, add 6.95

Side Mandarin Raspberry Field Green Salad, with Cranberry Raisins & Toasted Almonds, add 6.95

Dinner Suggestions

Chicken & B.B.Q. Back Ribs A B.B.Q. charbroiled chicken breast served with a generous portion of our baby back B.B.Q. ribs. B.B.Q. Back Ribs

Tender baby back ribs roasted in our House B.B.Q. sauce. Add 4 garlic tiger prawns, 7.95

Creamy Lemon Garlic Chicken

27.95

38.95

46.95

A fire-roasted double breast of chicken topped with sautéed mushrooms and our signature citrus butter cream sauce.

Chicken Parmesan 30.95

Our tender double chicken breast baked with a savoury tomato sauce and mozzarella cheese.

Specialties

Chicken Florentine

29.95

A fire-roasted chicken breast stuffed with feta cheese and spinach, topped with sautéed mushrooms and our house made lemon butter sauce.

Greek Style Chicken or Pork Souvlaki 28.95 Two skewers of tender spiced chicken Pork 29.95 breast or pork tenderloin marinated and grilled.

Greek Style Pork &

Chicken Combination

29.95

One skewer each spiced pork and chicken breast marinated and charbroiled.

Souvlaki and Garlic Tiger Prawns Chicken 28.95

One skewer of souvlaki (your choice of Pork 29.95 chicken or pork) coupled with four grilled garlic tiger prawns and cocktail sauce.

Greek Style Lamb Chops 48.95

Tender lamb chops marinated and seasoned, broiled with lemon and served with mint jelly.

Lemon Caper Chicken 31.95

A grilled double chicken breast served with a white wine cream caper citrus butter sauce, sun dried tomatoes, goat cheese and basil.

Charbroiled Steaks

8 oz. New York Steak

All of our steaks are "AAA" Alberta Sterling Beef specially aged 28 days.

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8 oz. New York charbroiled and served with sautéed mushrooms.

New York Strip 44.95

10 oz. New York charbroiled, served with fresh sautéed mushrooms.

Add 4 garlic tiger prawns, 7.95

Filet Mignon

8 oz. beef tenderloin wrapped in bacon and served with fresh sautéed mushrooms.

New York Strip and Lobster Market Price

8 oz. New York with fresh sautéed mushrooms served with a 7 oz. lobster tail and garlic butter.

Add a skewer of tiger prawns, 7.95 Add a blue cheese crust with roasted garlic cloves, 8.95



Manitoba Pickerel Herb & Cornmeal encrusted pickerel fillets seasoned and pan fried. Salmon Puttanesca Fresh Atlantic salmon with a traditional tomato puttanesca sauce of kalamata olives, capers, tomatoes, shallots,

garlic & artichoke hearts.

Garlic Tiger Prawns 29.95

2 skewers of grilled garlic tiger prawns. Served with cocktail sauce.

Lobster Plate Market Price

Two juicy 6 oz. lobster tails, baked and served with hot garlic butter.

Orange Amandine Pickerel

Pan fried, seasoned pickerel with an orange beurre blanc & toasted almonds.



Rosé Pesto Spaghetti 23.95

Corn Spaghetti in a tomato and basil pine nut pesto cream sauce & parmesan. With chicken add 6.95; With tiger prawns add 6.95; With sautéed mushrooms, add 2.95;

Spaghetti with Meat Sauce 24.95

Pasta served with our savoury meat sauce.

Baked Spaghetti 27.95

Pasta baked in our savoury meat sauce and topped with mozzarella & cheddar cheese.

"À la Primavera": any one of our pasta dishes topped with an assortment of fresh julienned vegetables, add 2.95

With a field green salad or gluten free soup, add 4.95

With side caesar salad, add 7.95 With side greek salad, add 8.95

With mandarin raspberry field green salad, with cranberry raisins & toasted almonds, add 8.95

Special Feature Friday, Saturday, Sunday, 4 p.m. to Close

Prime Rib of Roast Beef 10 oz. 43.95

14 oz. 52.95

Our Prime Rib is specially aged for extra flavour and tenderness, rubbed with our unique blend of spices and slow roasted. Hand-carved and served with a red wine herb au jus and horseradish.

Add a skewer of tiger prawns, 7.95

Add one 7 oz. lobster tail and garlic butter, Market price

Includes: Tomato vegetable rice soup or field green salad

Choice of potato (baked, fresh mashed or french fries) or rice

Fresh vegetables

In lieu of soup or the field green salad:

Side Caesar Salad, add 5.95

Side Greek Salad, add 6.95

Side Mandarin Raspberry Field Green Salad, with Cranberry Raisins & Toasted Almonds, add 6.95

Gluten Free Lunch Menu Available from 11:00 a.m. to 3:30 p.m.



Side Orders

Eggs and Omelettes

Two Eggs (any style)	11.95	Bacon	4.95
Two Eggs With sausage, bacon, or ham	14.95	Ham	4.95
Steak and Eggs (8 oz. NY strip loin)	32.95	Sausage	4.95
Plain Omelette	11.95	Pan Fries	4.75
Cheddar Cheese Omelette With ham, add 1.95	14.95		
Denver Omelette With ham and green onions	15.95		
Spanish Omelette	14.95	Child's Menu	
With a homemade tomato sauce & mozzarella cheese		Cisicis Circum	
Florentine Omelette With spinach & feta cheese	15.95	Served anytime for guests	
Garden Omelette	15.95	aged 10 and under.	
With mushrooms, green peppers, onions, tomatoes & spinach		Chicken Fingers	
Seafood Omelette	17.95	with French Fries	44.05
With baby shrimp, crab pollock meat & mozzarella cheese		With a field green salad,	11.95
*Add any of the following fresh toppings for 1.00		add 3.95	
mushrooms, tomatoes, green onions, green peppers, spinach			
Served with homemade pan fries.			

Popular Selections

Served with a gluten free soup to start and one choice of salad (greek, caesar, or garden) or vegetables with potato (french fries, fresh mashed potatoes or rice).

Manitoba Pickerel Herb crusted pan fried pickerel fillet.	23.95
Chicken Souvlaki	19.95
Tender spiced marinated chicken breast	
charbroiled on a skewer.	
Pork Souvlaki	19.95

skewer.

Tender spiced marinated pork charbroiled on a

Seafood Melt
Baby shrimp and crab pollock meat, and our special
dill wine cream sauce baked with mozzarella cheese.

Creamy Lemon Garlic Chicken

19.95

A fire roasted breast of chicken topped with sautéed
mushrooms and our signature citrus butter cream
sauce.

Salads

Served with a gluten free soup to start.

Garlic Tiger Prawn Caesar Salad	21.95
Crisp romaine lettuce and freshly chopped bacon	
tossed with our homemade dressing and topped	
with tiger prawns.	
Hot Chicken Caesar Salad	19.95

Strips of marinated chicken breast on our caesar salad.

Stir Frys

Served on a bed of rice or rice noodles with a sweet chili thai sauce and a gluten free soup to start.

Chicken Stir Fry	22.95
Strips of chicken breast and mixed green vegetable	les.
Vegetarian Stir Fry	19.95
Mixed green vegetables.	
Shrimp Stir Fry	23.95
Garlic tiger prawns & mixed green vegetables.	