



## **LUNCH**

MONDAY TO SATURDAY 11:30AM - 2:00PM

### SOUPS

#### **SEAFOOD CHOWDER**

Assorted Seafood, Fresh Herbs & Potatoes  
7.45

#### **DAILY CREATION SOUP OF DAY**

Ask your server for details  
6.45

### SALADS

#### **BEACHES SALAD**

Toasted Pinenuts, Dried Cherries, Shallots Toss with  
a Pomegranate Dressing  
8.45

#### **CAESAR SALAD**

Garlic Croutons, Parmesan Cheese, Creamy Dressing  
9.45

#### **WARM SPINACH SALAD**

With Oven Roasted Mushrooms, Bacon,  
Scallops & Thistle Honey Lemon Dressing  
11.95

#### **HOUSE SMOKED SALMON SALAD**

Mixed Greens, Maple Almonds Drizzled with Thai Vinaigrette  
11.95

#### **COBB SALAD**

Italian Greens, Roasted Chicken, Bacon, Egg, Tomato,  
Avocado, Blue Cheese with Sun-Dried Tomato Vinaigrette  
11.95

### **ASK YOUR SERVER ABOUT OUR DAILY LUNCH SPECIALS**

#### **ADD TO YOUR SALAD OR PASTA DISHES**

Add - 4oz Baby Shrimp - 5.45  
4oz Grilled Salmon - 5.95  
4oz Grilled Chicken Breast - 5.45

### SANDWICHES

**Sandwiches Served With Choice of  
Fresh Hand Cut Fries, Daily Soup or Salad**

#### **WILD SALMON TEMPURA WRAP**

With Baby Shrimp, Egg Noodles, Carrots & Green Onion,  
Wrapped in a Warm Tortilla  
10.95

#### **SMOKED SALMON SANDWICH**

Guacamole, Radish Sprouts, Tomato & Cucumber on Croissant  
11.95

#### **GRILLED MARINATED VEGETABLE SANDWICH**

On Multi-grain Bread, Jack Cheese & Brushed with  
Pesto Mayonnaise  
9.45

#### **BEEF DIP**

Served on Baguette, Caramelized Onions & Beef Jus  
10.95

#### **REUBEN SANDWICH**

Montreal Smoked Beef, Sauerkraut, Dijon Mustard &  
Swiss Cheese on Rye Bread  
10.95

#### **CHICKEN AND CHORIZO QUESADILLA**

Roasted Peppers, Mushroom, Red Onions & Cheese  
Served with Salsa & Sour Cream  
11.45

#### **TURKEY CLUBHOUSE**

With Bacon, Lettuce & Tomato on Whole Wheat Bread  
10.95

### BURGERS

With Mayo, Lettuce, Tomato, Dill Pickle & Onion

**BEEF BURGER - 8.95**

**CHICKEN BURGER - 9.45**

**GRILLED SALMON BURGER - 10.95**

**GRILLED VEGGIE BURGER - 8.45**

**Add Bacon, Mushroom**

**Jack Cheese or Cheddar Cheese - 1.00**

### **ALL DAY FULL CANADIAN BREAKFAST**

Two Eggs Any Style, Served With Your Choice of Bacon, Sausage, or Black Forest Ham,  
Roasted Yukon Gold Potatoes, Toast, Juice & Choice of Coffee or Tea  
12.95

### MAINS

#### **CHEESE TORTELLINI**

Pesto Cream Sauce  
10.95

#### **RIGATONI PASTA**

Assorted Wild Mushroom in a Rose Basil Sauce  
10.95

#### **6 OZ FILET OF BEEF SIRLOIN STEAK CERTIFIED ANGUS BEEF**

Red Wine Sauce, Roasted Potatoes & Seasonal  
Vegetables  
11.95

#### **CLASSIC BUTTER CHICKEN**

##### **A BEACHES SPECIALTY**

With Vegetables in a Mild Red Curry Sauce  
on a Bed of Rice with Naan Bread  
12.95

#### **GRILLED WILD SALMON**

Topped with Papaya & Mango Salsa  
Saffron Rice & Seasonal Vegetables  
12.95