



ALL DAY MENU

soups & salads

salmon chowder | 12/16

cream chowder loaded with salmon and vegetables.
made fresh to order & served with garlic toast.
half size or full order.

garden salad | 15/18

mixed greens, fresh vegetables, toasted almonds, feta cheese & dried cranberries with our house orange maple balsamic vinaigrette.
half size or full order.

caesar salad | 15/18

crispy romaine lettuce with croutons, parmesan, fried capers, bacon & house dressing.
half size or full order.

beet salad | 15/18

mixed greens with beets, candied pecans & goat cheese drizzled with our house dressing.
half size or full order.

to any salad add:

grilled chicken breast | 8

fillet of wild salmon or 6oz steak | 13

smoked tofu | 6

avocado | 3

garlic toast | 2

fried, dipped & shared

basket of wings | 18

house hot, sweet chili, bbq, honey hot, honey garlic, lemon pepper, soy ginger or s & p. with vegetable sticks & ranch.

cauliflower bites | 16

crispy panko fried fritters with a side of any wing sauce flavour, vegetable sticks & ranch.

cheesy spinach and caramelized onion dip | 18

warm with pita bread.

poutine | 12/16

fries, real cheese curds, house gravy & green onions.
small or large order.

add a fried egg | 1.5

add bacon | 2

add pulled pork | 8

jalapeño poppers | 18

with vegetable sticks & chipotle mayo.

fries, onion rings or sweet potato fries | 12

with your choice of ranch dip, chipotle mayo, or garlic mayo.

side of gravy | 3

sandwiches & more

classic blt | 16

bacon, lettuce, tomato & garlic mayo on toasted white or whole wheat texas toast.

triple J club-house wrap | 20

roasted chicken breast, crispy bacon, cheddar, lettuce, tomato & garlic mayo.

bourbon reuben | 22

smoked meat, apple jack aioli, swiss cheese, pickle & sauerkraut on grilled marble rye.

pulled pork sandwich | 23

house pulled pork shoulder in bbq sauce, coleslaw & a pickle on a brioche bun.

steak sandwich | 26

6oz sirloin steak, charbroiled & topped with caramelized onions, crispy onions & sautéed mushrooms with roasted shallot aioli.

num pang | 22

coconut shrimp, pickled carrots & cabbage, greens & chipotle mayo on a brioche bun.

fish & chips | 20

yukon gold beer battered rockfish with coleslaw & peppercorn tartar sauce.

chicken fingers & fries | 17

buffalo style | 1
add a side of ranch | 1

all sandwiches and more meals are served with fries or garden salad.

onion rings, caesar salad, beet salad, sweet potato fries or poutine available substitutes at additional cost for sandwiches.

fresh vegetable noodle bowl | 18

cold smoked tofu, spiced yam, edamame & mixed vegetables on rice noodles with your choice of soy ginger sauce or spicy thai peanut sauce.

substitute grilled chicken breast | 3

spicy thai green curry | 24

chicken & seasonal vegetables in a green curry made with coconut milk on rice, with lime, cilantro wonton crisps. Substitute tofu at no extra cost.

substitute prawns | 6
add smoked tofu | 6
add prawns | 12

burgers

triple J burger | 20

your choice of marinated grilled chicken breast or house made beef patty with house seasoning & served on a ciabatta bun.

all burgers topped with lettuce, tomato, red onion, pickle & roasted garlic mayo.



build **bigger** burgers

add your choice:

cheddar | swiss | mozza | 1.5
crispy or caramelized onions | 1.5
fried egg | fried mushrooms | jalapeno | 1.5
bacon | avocado | 2
extra beef patty | 6

avocado chicken burger | 24

grilled & topped with goat cheese, tomato, red onion, pickle, avocado & lettuce.
add bacon | 2

crispy chicken burger | 23

marinated chicken breast, breaded & fried. topped with mozzarella, ranch dressing, lettuce, tomato, pickle & red onion.
buffalo style tossed in our house hot sauce | 1

chickpea burger | 20

panko crusted, fried spiced chickpea patty topped with shredded carrots, pickled onion, greens, cucumber & tzatziki on ciabatta.

wild salmon burger | 29

topped with greens, tomato, pickled red onion & caper aioli.

all burgers are served with fries or garden salad.

onion rings, caesar salad, beet salad, sweet potato fries or poutine available substitutes at additional cost for all burgers.

dessert

carrot cake | 12

house-made with rich cream cheese icing.

chocolate fudge cake | 12

house-made gluten-free rich cake served with dulce de leche & berry compote.

chimi changa cheesecake | 14

deep-fried tortilla wrapped cheesecake rolled in cinnamon sugar. with dulce de leche, berry compote & whipped cream.

make any dessert a la mode | 2

beverages

domestic beer | 6

alexander keith's, belgian moon wheat, budweiser, bud light, canadian, coors light, kokanee, labatt's blue, pilsner.

premium tall cans & bottles | 9

czechvar, driftwood fat tug, stranded sun lemon lavender radler, steigl grapefruit radler, winterlong mountain hero, winterlong sinister rouge, winterlong weekend warrior.

imported beer | 8

corona, guinness, heineken, kilkenny, pacifico, peroni, sapporo, stella artois.

ciders & coolers | 7

hey y'all iced tea, lone tree dry apple cider, lone tree ginger apple cider, okanagan pear cider, solstice black currant cider, strongbow apple cider,

draft beer

yukon gold - pale ale **glass | 5 ~ pint | 7 ~ pitcher | 25**
winterlong pingo - IPA **glass | 5 ~ pint | 7 ~ pitcher | 25**

high balls & cocktails from 5.75

white wine

coppermoon chardonnay (canada)
glass | 6.75 ~ 1/2 litre | 19

villa teresa organic pinot grigio (italy)
glass | 9.50 ~ 1/2 litre | 26 ~ bottle | 36

stoneleigh sauvignon blanc (new zealand)
glass | 9.50 ~ 1/2 litre | 26 ~ bottle | 36

oyster bay chardonnay (new zealand-)
bottle | 36

red wine

coppermoon cabernet sauvignon (canada)
glass | 6.75 ~ 1/2 litre | 19

smoking loon syrah (usa)
glass | 9.50 ~ 1/2 litre | 26 ~ bottle | 36

bertaine et fils pinot noir (france)
glass | 9.50 ~ 1/2 litre | 26 ~ bottle | 36

bosquet organic malbec (argentina)
bottle | 36

sparkling

tread softly prosecco
glass | 9.50 ~ bottle | 36

non-alcoholic | 6

clever mojito, corona sunbrew, partake IPA, royal jamaican ginger beer

coffee or tea | 2.50
juices | 3.00
soft drinks | 3.00

