

# Starters

---

**\$13**

## **Steamed Mussels**

Blue cultured mussels steamed in white wine with spinach, garlic and cream.

**Or**

Marinara, pesto, capers, chorizo sausage.

**\$16**

## **Nachos for 2**

Tortilla chips, 3 cheese blend, tomato, red onion, green peppers, black olives, banana peppers, sour cream & salsa.

**\$12 Nachos for 1**

Add chicken, beef \$4 or Guacamole \$3

**\$11**

## **Crab Cakes**

Local crab, red pepper, green onion, lemon, dill aioli, with side greens.

**\$10**

## **Chicken Wings**

Crispy marinated chicken wings, choice of flavors: smokey BBQ, honey garlic, lemon pepper, Louisiana, spicy Thai.

**\$11**

## **Crab & Spinach Dip**

Local crab, organic baby spinach, cream cheese, garlic, lemon, dill, with pita bread or tortilla chips.

**\$10**

## **KP Samosa**

Authentic East Indian samosa. Your choice of lamb and goat cheese **or** vegetarian. Served with house made pineapple mint chutney.

**\$11**

## **Mushrooms Provençal**

Mushrooms, shallots, garlic, white wine basil sauce, melted Swiss cheese. With Race Rocks baguette.

**\$10**

## **Bean & Tuna Antipasto**

Mixed beans, green & black olives, smoked albacore tuna, tomato.

Served in tortilla cups with sour cream.

**\$12**

## **Apple Pork Tart**

Okanagan apples, pork tenderloin, sautéed onions, sour cherry reduction. In a pastry shell, topped with brie cheese. Served with apple & thyme dressed organic greens.

**\$10**

## **Buttermilk Calamari**

Buttermilk, lemon pepper, marinated calamari, red onion, tzatziki.

# Nibbles & Dips

---

**\$4**

## **Garlic Toast**

3 thick slices of grilled, garlic buttered French bread.

Add cheese \$1.50 Add bacon \$1

**\$7**

## **Pot of Sweet Potato Planks**

Served with house made chipotle mayo.

**\$7**

## **Basket of Frings**

A mixture of golden fries and onion rings.

**\$10**

## **Chicken Strips & Fries**

Lightly breaded and deep fried. Served with your choice of plum, honey mustard or spicy Thai sauce.

**Gravy \$2 – Side**

**Dips & Dressings \$.50 - \$1.50**

Prices do not include GST. 15% gratuity will be added to groups of 8 or more.



## Soups & Salads

---

**\$6**

### Daily Soup Creation

Fresh ingredients from the kettle every day.

**\$8**

### Race Rock Chowder

Local seafood, mussels, pesto, potatoes, double smoked bacon, celery, onions, cream.

**\$7**

### BC Wild Mushroom Soup

Assorted local mushrooms, red pepper, onions, cream, basil.

**\$14**

### Taco Nacho Bowl

Spiced ground beef, seasoned chicken, salsa, nacho vegetables, romaine lettuce and mixed cheese in a tortilla bowl.

**\$13**

### Salmon & Snap Pea Medley

Grilled wild salmon, butter poached snap peas, sundried tomato tapenade garnish, and cucumber salad over mixed greens.

**\$12**

### Bacon & Mushroom Spinach Salad

Organic baby spinach, cherry tomatoes, chopped egg, red onion, crispy portabello mushroom, double smoked bacon, with herb & feta vinaigrette.

**\$8**

### Mixed Greens

Local organic greens, sunflower sprouts, cucumber, tomatoes, dressed with roasted apple & thyme vinaigrette.

**\$10**

### Swiftsure Caesar

Romaine lettuce, house made dressing, herb croutons, lemon parmesan crisp.

**Add Chicken \$5   Add Prawns \$5**

**Add Salmon \$6**

## Flavours & Favourites

---

**\$13**

### Crab & Halibut Pot Pie

Pacific halibut, local rock crab, onions, mushrooms, peas, rice, white wine, cream, topped with golden puff pastry.

**\$16**

### Halibut & Chips

2 pieces of Vancouver Island beer battered Pacific halibut, crisp golden fries, house made tartar sauce.

**One Piece \$13**

**\$13**

### Clubhouse

Herb roasted turkey, bacon, tomato, lettuce, cheddar, cranberry mayo. Served on your choice of bread or in a wrap.

**\$16**

### Sirloin Steak Sandwich

6oz. AA char-broiled sirloin, sautéed mushrooms, brie cheese served on garlic toast.



# Burgers & Sandwiches

**\$14**

## **Blackened Halibut Melt**

6oz. Pacific Halibut filet, sautéed onion & mixed peppers, topped with lobster cream sauce, sunflower sprouts, on foccacia.

**\$13**

## **Sesame Salmon Burger**

Charbroiled Wild Coho Salmon, sunflower sprouts, tomato, sesame dill mayonnaise.

**\$10**

## **Stuffed Ciabatta**

Rosemary baked chicken, ham, Swiss cheese, Dijon mustard.

**Or**

Roast beef, caramelized onion, cheddar cheese, dill pickle.

**Both served warm in a whole wheat Ciabatta bun.**

**\$13**

## **Philly Beef & Cheese**

Thinly shaved garlic roasted beef, sautéed onions, mixed peppers, Philadelphia cream cheese. Served in a pretzel bun with au jus.

**\$10**

## **Mediterranean Wrap**

Organic spinach, tomatoes, red onion, artichokes, black olives, pesto, tzatziki, feta cheese.

**\$14**

## **Guinness Lamb Burger**

House made 6oz. lamb patty, sautéed sweet onion, lettuce, tomato, Swiss cheese in a Dutch style tiger bun.

**\$14**

## **Smoked Chicken & Cheddar**

Smoked chicken breast, cheddar cheese, chipotle mayo, lettuce, tomato, red onion on toasted foccacia.

**\$12**

## **Swiftsure Burger**

Char-broiled 6oz. beef patty, house mayo, lettuce, tomato, dill pickle red onion.

**\$15**

## **BC Burger**

6oz. beef patty, cheddar cheese, bacon, lettuce, tomato, red onion, dill pickle house mayo.

**\$11**

## **Vegetarian Mushroom Burger**

Char-broiled vegetarian patty, sautéed mushrooms, house mayo, red onion sunflower sprouts, grilled tomato.

**\$14**

## **Hot Turkey Sandwich**

Herb roasted turkey, homemade gravy, cranberry sauce.  
Served open faced with peas & corn.

**All served with your choice of either: soup, salad or fries. Sub sweet potato fries, cup of chowder, or Caesar salad for \$3**



# Dinner Entrees

---

The following Entrees & Pastas are available after 5:00 p.m.

**\$17**

## **Pork Loin Chop**

Frenched pork loin chop, squash and barley risotto, baby bok choy, roasted heirloom carrot, apple onion relish, sour cherry reduction.

**\$18**

## **Blue Cheese Flank Steak**

8oz. AA marinated flank steak, garlic mashed potatoes, roasted squash, mushrooms, snap peas, with a blue cheese demi-glace.

**\$23**

## **¼ Chicken & Ribs**

Herb roasted chicken, burbon braised pork ribs, yam mashed potatoes, seasonal roasted vegetables. Served with a corn biscuit and homemade gravy.

**\$18 Just Chicken** – same fix'ins

**\$18 Just Ribs** – same fix'ins

**\$17**

## **Stuffed Red Snapper**

Bay scallops, Pacific shrimp, cheese, lemon, and garlic wrapped with local red snapper. Served with roasted beets, wild rice, baby bok choy, lemon caper butter sauce.

**\$18**

## **Wild Salmon**

Grilled wild sockeye salmon, roasted mushrooms scented with truffle oil, wild rice, seasonal vegetables.

# Pastas

---

**\$18**

## **Seafood Fettuccini**

Salmon, halibut, prawns, mussels, fennel, cherry tomato, saffron broth, fettuccini and garlic toast.

**\$17**

## **Beef & Black Bean**

Black beans, marinated beef, onion, green peppers, roasted garlic, and hoisin sauce on buckwheat noodles with crispy onions.

**\$16**

## **Ham & Green Onion Carbonara**

Smoked ham, tri color rotini pasta, mixed peppers, green onion, cream sauce and whipped egg.

**\$16**

## **Vegetarian Pasta**

BC wild mushroom ravioli, roasted heirloom carrots, sundried tomato and spinach with a basil white wine sauce.

Prices do not include GST.

15% gratuity will be added to groups of 8 or more.

