

APPETIZERS

MANHATTAN SALAD

A DISTINCTIVE COMBINATION OF ROMAINE AND ICEBERG LETTUCE, ARTICHOKE HEARTS, PALM HEARTS AND RED ONIONS TOSSED IN OUR FAMOUS ADDICTIVE GLUTEN FREE MANHATTAN DRESSING.

MINI SALAD- 4.99

A smaller portion for one person, great as an appetizer.

SIDE SALAD-7.99

Great for one as a small meal with added protein or for two as an appetizer.

*Add baked chicken breast or shrimp 3.99

HALF SALAD-13.99

Makes a great meal for two or as an appetizer for two to three people.

*Add baked chicken breast or shrimp 5.99

LARGE SALAD-18.99

Makes a great appetizer for six or more

*Add baked chicken breast or shrimp 7.99

ADD ONS

Six garlic prawns

9.99



STARTERS

RIB APPY

Our marinated pork ribs using our Sneaky Pete spice as a rub then baked with our own BBQ sauce 11.99

GARLIC PRAWNS

Eight succulent prawns sauteed in garlic butter and served with more garlic butter for dipping 9.99

BRUSCHETTA

Tomatoes, basil, minced garlic, olive oil on two pieces of toast and then baked with cheese 7.99

SHRIMP AU GRATIN

Baby shrimp baked in a garlic buttery sauce melted with cheddar, mottza and edam cheese and served with a piece of garlic toast 7.99

NATCHOES

Organic corn chips topped with onions, green peppers, black olives and tomatoes with salsa and sour cream 15.99

NATCHOS ADD ONS

Add beef 3.99

Add extra cheese 2.99

Add shrimp 5.99

Add guacamole 2.49

Add chicken 5.99

Extra salsa or sour cream 1.49

HOUSE SPECIALTIES

TAKE HOME A BOTTLE OF OUR MANHATTAN DRESSING

MANHATTAN DRESSING

Our secret blend. Creamy yet no dairy other than parmesan cheese. An oil and vinegar based dressing with herbs and spices. Gluten free. 6.99



ALSO SOLD AT:

Save on Foods- Woodgrove, Country Club, Quality Foods, Terminal Park, Parksville, Nesvog Meats, Springford Farm Market, Red Barn Markets in Victoria, 49th Parallel Grocery Stores-Cedar & Ladysmith, Country Grocer on Bowen Road and Chase River, Nellies Dutch Dell, Baileys in Parksville, New York Style Pizza & Pasta North (Dover Rd)

DID YOU KNOW?

Our dressing can be used for many other recipes other than Manhattan salad. Great with any type of salad. It makes a fantastic dip or marinade. Try our version of a Greek salad - use the Manhattan dressing in place of your olive oil and spices for a great new twist.

BREADS

CHEESE STIX

Made with our own dough, baked with cheddar, edam and mozzarella cheeses and then sprinkled with Sneaky Pete Spice.

Comes with a side of tomato sauce 8.99

CHEESE TOAST

Two pieces of of toasted garlic bread topped with cheddar, mozzarella and edam cheeses 6.99

FOCCACIA

Our freshly baked dough topped with rock salt and rosemary served with balsamic vinegar and olive oil 7.99

GARLIC TOAST

Three pieces of toasted garlic bread 3.99

SOUP

BAKED FRENCH ONION SOUP

Our house made french onion soup baked with our croutons with melted cheese with a piece of garlic toast 7.99



OTHER HOUSE SPECIALTIES FOR PURCHASE

SNEAKY PETE SPICE

Great on anything where you want to spice it up. We use it for our cheese stixs, and our marinade rub for our ribs. great on fish or chicken. 7.99

