

Soups, Salads and Starters

MARKET SOUP

Prepared fresh daily. Ask your server for today's featured soup.

Cup: 3.50 Bowl: 4.00

FRENCH ONION SOUP

Caramelized onions in a beef and chicken broth with white wine, topped with a toasted rusk and Emmental cheese. 5.75

ST. JOHN'S SEAFOOD CHOWDER

Creamy east coast chowder chock full of fresh seafood, smoked bacon, potatoes and leeks. 7.50

MARKET SALAD

Seasonal greens and garnish with your choice of dressing. 5.75

CLASSIC CAESAR SALAD

Crisp romaine tossed with Parmesan cheese, smoked bacon, house made croûtons and a creamy pepper garlic dressing. 6.75

GREEK SALAD

Chopped romaine heaped with grape tomatoes, cucumber, red onion, sweet peppers, kalamata olives and Feta cheese. Dressed with a sundried tomato vinaigrette. 7.25

More Than A Salad

THE COBB

Market greens topped with our own smoked chicken, ripe avocado, crisp bacon, egg, tomato, cheddar and crumbled blue cheese. 11.25

GRILLED CHICKEN OR SALMON

Your choice of a classic Caesar or Greek salad topped with a pesto grilled chicken breast or Pacific salmon loin. 11.75

BLACKENED GROUPER

Cajun spiced grouper served over baby spinach and arugula with fresh pear, mango and papaya. 14.25

WEeping TIGER SALAD

Thai marinated grilled flatiron steak served over sweet gem leaves with a spicy citrus soy vinaigrette. 12.75

Specialty Sandwiches

All our specialty sandwiches are served with your choice of french fries, tossed or Caesar salad.

PRIME RIB HOAGIE

Slow roasted prime rib shaved onto a butter toasted torpedo bun with sautéed mushrooms and onions, topped with melted Swiss cheese and served with au jus for dipping 12.25

GRILLED MUFFULETTA

Assorted Italian cold cuts, provolone and Asiago cheeses, olive salad and organic arugula in a soft Francese roll and crisped on a panini press. 10.50

AHI BURGER

Fresh Ahi tuna loin grilled medium rare with wasabi cucumber dressing and Asian slaw all on a seeded whole wheat bun. 12.75

CALIFORNIA CLUBHOUSE WRAP

House smoked chicken, crispy bacon, tomato, avocado, green leaf lettuce and cheddar cheese dressed with an herb vinaigrette and wrapped in a sundried tomato flour tortilla. 10.75

JERK CHICKEN

Caribbean spices compliment a grain fed chargrilled chicken breast served on a toasted poppy seed and onion roll with lettuce, tomato and a side of pickled pineapple. 11.25

Casual Fare

THE VALLEY BURGER

Our own half pound AAA beef burger seasoned with summer spices and grilled to perfection. Served on a toasted onion and poppy seed roll with hot fries and all the trimmings. 9.50

Add cheese or bacon: .75 cents each

PULLED CHICKEN QUESADILLA

Mexican spiced chicken, grilled peppers and onions, cheddar and Jack cheeses in a sundried tortilla and fried crispy. Served with your choice of Market or Caesar salad. 10.75

CHICKEN POT PIE

Tender chicken in a white wine sauce with young vegetables and potatoes baked under a golden pastry dome. 9.75

PDG MAC AND CHEESE

Bistro style oven baked macaroni with fresh cream, Parmesan, Dubliner and Gruyere cheeses with a crispy panko crust. 8.50

ENGLISH STYLE FISH AND CHIPS

Beer battered Alaskan halibut fried golden and served with tartar sauce, coleslaw, hot fries and lemon. One Piece: 9.75 Extra Piece: 4.25

GUINNESS MEATLOAF

Served with whipped Yukon Golds, roasted carrots and Guinness sauce. 10.25

CHARCUTERIE

Selected locally produced charcuterie, roasted peppers, marinated tomato, pickle, olive and bocconcini cheese. Served with grilled peasant bread. 12.00

Mains

BRAISED LAMB SHANK

Served on whipped Yukon Gold whipped potato with fresh vegetables and a Madeira fig sauce. 18.50

PORK T-BONE

Berkshire Black pork grilled with fresh rosemary and served with a roasted apple and pear chutney, whipped potato and fresh vegetable. 18.25

ARCTIC CHAR

Pan seared fillet served on a bed of melted fennel and leeks with a chunky charred tomato and saffron sauce and steamed creamer potatoes. 18.75

LIVER AND BACON

Tender calves liver served with grilled Granny Smith apple, broiled bacon, fried onions, whipped potatoes and fresh vegetables. 16.50

NEW YORK STEAK

Centre cut AAA Canadian beef grilled to your liking and topped with herb butter. Served with fresh vegetables and your choice of potato.
8 oz. 22.50 12 oz. 26.50

CHICKEN MARSALA

Crisp skinned supreme of grain fed chicken served with a Marsala wine sauce, oyster and shiitake mushrooms, fresh vegetables and whipped potatoes. 16.75

PENNE ARRABIATA

Spicy organic Italian sausage tossed with penne noodles, oven roasted tomato sauce, globe basil and garlic. 11.75

SMOKED CHICKEN RAVIOLI

Whole wheat durum semolina ravioli stuffed with leeks and roasted peppers tossed in a light tomato cream with smoked chicken and spring asparagus. 13.25