

# Wines

by the Glass

## White

**Giorgio & Gianni Pinot Grigio**  
*Italy* \$16

**Manos Negras Chardonnay**  
*Argentina* \$16

**Lume Trebbiano**  
*Italy* \$16

**J.Bouchon Sauvignon Blanc**  
*Chile* \$17

## Rosé

**"F" de Fournier**  
*France* \$17

## Red

**"F" de Fournier Pinot Noir**  
*France* \$18

**Giorgio & Gianni Negro Amaro**  
*Italy* \$16

**Boutinot Côtes du Rhône**  
*France* \$17

**Lapostolle Cabernet Sauvignon**  
*Chile* \$17


## Sparkling Wine

**Canella Prosecco Superiore**  
*Italy* \$16

These are just a few of our outstanding selection of wines. We invite you to view our wine menus or speak to our sommelier Bobby for help choosing the perfect pairing for your dinner.




# Soups & Salads

**The Inn's Chicken Noodle Soup** \$8  256 Calories  
fresh herbs, vegetables, black beans


**Soup of the Day** \$8  
ask your server about today's creation



**Caesar Salad** \$16  520 Calories  
romaine, roasted garlic and Greek yogurt dressing, bacon, parmesan, croutons

**Mediterranean** \$17  366 Calories  
romaine, chickpeas, bell peppers, cucumber, tomatoes, red onion, kalamata olives, red wine & oregano vinaigrette


## Add to any Salad or Entrée


grilled beef petit tender \$14  257 Calories

seared arctic char \$12  353 Calories

prawn skewer \$13  44 Calories


parmesan crusted chicken breast \$8 366 Calories

grilled chicken breast \$7  238 Calories


blackened chicken breast \$8  238 Calories




# For the Table

**Trio of Dips** \$9  520 Calories  
tomato bruschetta, roasted red pepper hummus, basil oil and balsamic, sliced baguette

**Roasted Brussels Sprouts** \$17  1087 Calories  
korean BBQ sauce, toasted sunflower seeds, pickled bell peppers

**Officers' Provisions** \$36  1788 Calories  
assortment of cured meats, artisanal cheeses, pickled vegetables, variety of olives, mustard, marmalade, honey, crostini

**Crispy Calamari** \$19  909 Calories  
pickled onion, sundried tomato and olive tapenade, spicy aioli

**Crispy Cajun Cauliflower** \$16  792 Calories  
spicy remoulade, chopped pickle, pickled bell pepper, scallion

**Savory Tart Duo** \$19 595 Calories  
in-house made bacon and pearl onion, sweet smokey red wine sauce, creamy dill and smoked salmon, remoulade

The Inn is proud to present... **Heart Healthy Choices** from Flanders Fine Foods

## Spiralized Salads

### Beet Noodles & Edamame, Spinach & Feta Salad \$16



311 Calories

red and golden beets, sumac onion, edamame, fresh herbs, baby spinach, white balsamic vinaigrette, feta cheese

### Zesty Zucchini Chickpea Salad \$15



411 Calories

zucchini, chickpeas, pitted black olives, avocado, scallion, chipotle thyme vinaigrette, romano cheese

### Raspberry Mango Salad \$17



212 Calories

fresh kale & baby spinach, diced mango, fresh raspberries, blue cheese, raspberry vinaigrette, toasted walnuts, cracked pepper

### Summer Salad \$16



143 Calories

romaine, mandarin oranges, strawberries, toasted almonds, poppyseed vinaigrette

### Satay Noodle Salad \$17



823 Calories

pad thai rice noodles, sui choy, romaine, bell peppers, cucumber, sesame, lime, basil, pickled carrots, chopped peanuts, satay peanut dressing

### Chickpea Pasta Salad \$16



579 Calories

baby spinach, fusilli pasta, chickpeas, carrot, celery, bell pepper, onion greens, grain mustard, pickled green beans, chopped walnuts, creamy balsamic vinaigrette

Personalize your salad by adding a "little something" from the additions on the left page

## Nourishing Lunches or Dinners

### Tarragon Marinated Chicken with Wild Rice and Pearl Onions \$27



829 Calories

tarragon and onion marinated chicken breast, wild rice, brown rice, celery, and pearl onion pilaf, tarragon vinaigrette, wilted garlic kale, braised cabbage

### Walnut & Almond Crusted Char with Pumpkin Seed Gremolata \$29



1237 Calories

cauliflower rice, roasted mushroom, garlic wilted kale, parmesan reggiano

### Seared Orange Roughie with Wild Rice and Barley Pilaf \$27



570 Calories

oven finished orange roughie, wild rice & toasted barley pilaf, lemon dill carrots, honey roasted beets

### Fiesta Chicken with Tex-Mex Rice \$25

1402 Calories

blackened chicken, brown rice, black beans, red onion, bell pepper, tomato, corn, cabbage, chili spiced yogurt, shredded cheddar cheese, crispy tortilla strips

### Thai Basil and Sweet Soy Marinated Chicken with Mango Salsa \$27



1026 Calories

pad thai noodles, sautéed cabbage, peanut sauce, crushed peanuts, mango and pickled bell pepper salsa

### Roast Turkey Breast with Avocado Cream \$26



1131 Calories

sautéed quinoa, cherry tomatoes, shallot, garlic, zucchini, carrot, leek, avocado cream, sun-dried tomato and olive tapenade



FLANDERS  
FINE FOODS



www.flandersfinefoods.com

# Mains

## **Parmesan Crusted Chicken Breast** \$27 801 Calories

Heirloom tomato bruschetta, lemon pan jus, smashed new potato, chef's vegetables

## **Seafood Pasta** \$29 1040 Calories

prawns, scallops, clams, mussels, white wine, roasted tomato-fennel sauce, parmesan, grilled baguette

## **Seared Beef and Spiced Rosé Pasta** \$27 1222 Calories

Tomato and Garlic chili cream sauce, roasted mushrooms, parmesan, tomato

## **Officers' Burger** \$19 1233 Calories

two all beef patties, butter leaf lettuce, tomato, house sauce, toasted roll, fries

*add ons \$2 each*

Cheddar cheese, bacon, fried egg, sauteed mushroom, crispy onion, cambozola cheese

## **7 oz Alberta AAA Petit Beef Tender Steak Frites** \$34 1648 Calories

bacon-thyme jam, onion crisps, grilled focaccia, boursin, parmesan-truffle fries

## **6 oz Alberta AAA Filet Mignon** \$49 884 Calories

sauce bordelaise, mashed potatoes, seasonal vegetables

## Flatbread and Salad Towers

In house "00" dough — perfectly baked in our pizza oven

*Your choice of any menu salad*

### **Margherita** \$25 674 Calories

fiore de latte, tomato sauce, basil pistou

### **Pear, Prosciutto and Cambozola** \$27 758 Calories

prosciutto di parma, pears, cambozola, citrus arugula

### **Pepperoni** \$26 1070 Calories

mild pepperoni, herb and garlic cream cheese, pickled bell peppers

### **Oh Canadian** \$28 1051 Calories

ham, pineapple, apple, cheese curds, parmesan, maple syrup brushed crust

### **Olive, Spinach, Artichoke** \$27 943 Calories

tomato sauce, kalamata olive, spinach, marinated artichokes

### **Formaggio** \$25 1111 Calories

tomato sauce, mozzarella, herb and garlic cream cheese, pecorino



While we offer gluten-friendly menu options, we are not a gluten-free kitchen. Cross-contamination could occur and our restaurant is unable to guarantee that any item can be completely free of allergens



Contains no meat



Contains no dairy or lactose products including milk from any animal, as well as any product made from this milk, such as cheese, yogurt, butter, and cream



Contains no ingredients or other products derived from animals