



# LUNCH MENU

## SOUP AND SALADS

**FRENCH ONION SOUP** \$9.00

**SOUP OF THE DAY** \$6.25

**ARCTIC SURF CLAM CHOWDER**

A gift from the sea – rich and creamy, loaded with surf clams, Yukon gold potatoes, vegetables and bacon \$9.75

**GALLERY CHAR SALAD**

Baked filet of char, assorted greens, tomatoes, avocado, artichoke hearts with an apple cider dressing \$19.50

**CALIFORNIA SPRING SALAD**

Goat cheese, fresh strawberries, red onions, spicy maple glazed pecans and assorted greens \$15.25

**CAESAR SALAD**

Crisp romaine lettuce with bacon and parmesan cheese tossed with our specialty dressing. Large \$12.50 Small \$8.20

**WARM SEAFOOD CAESAR SALAD**

Sautéed medley of scallops, shrimp and char \$17.50

**VEGETARIAN THAI NOODLE SALAD**

Thai rice noodles, artichokes, shredded carrots, papaya, feta with sesame Thai dressing assorted greens \$15.00

**SALAD ADD-ONS**

Add grilled chicken breast	\$5.00
Add baby shrimp	\$6.00
Add smoked char	\$7.00
Add cajun chicken	\$5.25

## SANDWICHES AND BURGERS

**GRILLED NEW YORKER**

Alberta beef with caramelized onions, tomato and horseradish mayo on toasted ciabatta \$19.50

**GRILLED VEGETARIAN FOCACCIA**

Cheese, roma tomatoes, red bell peppers and cucumbers with basil mayo \$13.95

**REUBEN SANDWICH**

Montreal smoked meat with sauerkraut, swiss cheese and thousand island dressing on rye bread \$14.50

**TRADITIONAL CLUB**

Three slices of toasted bread with turkey, bacon, cheddar cheese and tomato \$16.50

**LA CIABATTA**

Grilled chicken breast covered with melted brie and roasted apples served on ciabatta bread with iceberg lettuce and garlic mayo \$16.50

**THE FROBISHER BURGER**

A half pound of beef with lettuce, tomatoes, bacon and cheddar cheese \$17.00

**MUSKOX BURGER**

With cranberry sauce, bacon, cheddar, onion, lettuce and tomato \$17.00

**ARCTIC CHAR BURGER**

With homemade tartar sauce, lettuce, tomato and onion \$19.50

*All our sandwiches are served with fries, soup or tossed salad. Caesar salad \$2.00 extra. GST not included.*

## MAINS

**ALBERTA ANGUS MEAT LOAF**

Premium Alberta beef, with shiitake mushroom sauce, brew city onion rings, garlic mashed potato and fresh vegetables \$19.00

**CLASSIC QUICHE LORRAINE**

A flaky pastry filled with ham, onion and three cheeses \$17.00

**CHICKEN QUESADILLA**

Chicken, peppers, onions and cheese, with salsa and sour cream \$16.25

**THAI CURRIED CHICKEN**

Traditional dish with coconut milk, thai curry paste and mixed vegetables on a bed of rice \$16.95

**CHICKEN FINGERS**

Breaded chicken breast strips served with dipping sauce \$15.25

**SPICY SEAFOOD PENNE**

Scallops, shrimp, turbot and char in a tomato cream sauce with cracked chilies and parmesan cheese tossed with penne noodles \$17.00

**SPAGHETTI WITH MEAT SAUCE**

Served with Caesar salad and garlic bread \$18.50

**TORTELLINI ALFREDO**

Tortellini simmered in a creamy white wine sauce with garlic and grated parmesan \$15.00

Add chicken \$5.00

Add jumbo shrimp \$5.00

*All served with fries, soup or tossed salad. Caesar salad \$2.00 extra. GST not included.*

## BEVERAGES

Coffee \$3.00

Tea \$3.00

Hot chocolate \$3.50

Fruit juice Small \$3.50 Large \$4.75

Pop \$2.75

Milk Small \$2.50 Large \$3.50