



 GREENS

# STARTERS

## Shrimp Cocktail 12

Half a dozen tiger prawns. Served chilled with a zesty cocktail sauce

## Vegetable Crudit  6

An arrangement of fresh garden vegetables with a cucumber wasabi dip

## Bruschetta 6

House made, roasted red pepper bruschetta served on crostinis

## Rancher's Dry Ribs 8

Pork ribs marinated with garlic, tabasco and black pepper

## Chicken Satay 12

Marinated tenderloins skewered and served with our own roasted peanut sauce

## Pork Dumplings 9

Seared pork dumplings accompanied by red wine vinegar and spicy chili oil

## Salt & Pepper Calamari 9

Lightly breaded with onions and bell peppers

# SOUPS & SALADS

## House Made French Onion 7

Caramelized onions, garlic, sherry and beef bouillon au gratin

## Roasted Butternut Squash 6

Flavoured with nutmeg and decorated with cr me fra che

## Soup Kettle 5

Chef's daily creation

## Caesar 9

### Side Caesar 7

Romaine, creamy dressing, croutons finished with parmesan cheese  
Add shrimp, chicken breast or grilled sirloin 5

## Mediterranean Salad 14

Field greens tossed with roasted pine nuts, red onion and goat feta cheese in a lime dressing

## Greek Salad 10

Garden tomatoes, cucumbers, peppers, red onions, kalamata olives and goat feta cheese

## California Cobb 11

Julienne turkey breast, back bacon, egg, peppers and our own grainy mustard, honey balsamic dressing

## Taco Beef 12

Mixed Greens, spicy beef, shredded marble cheese, sour cream and salsa in a tortilla shell

## Wasabi Salmon & Spinach 14

Grilled fillet of fresh salmon on baby spinach with cucumber and wasabi dressing

# PASTAS

*All pastas accompanied by toasted garlic french bread.*

## Linguini Pappalina 18

Fresh linguini tossed with pancetta, chicken and mushrooms in a white wine cream sauce

## Manicotti 13

Pasta tubes stuffed with ricotta cheese, spinach and basil, served under a rich tomato sauce

## Baked Rigatoni 16

Italian sausage, bell peppers, mushrooms and chilis mixed with rigatoni and baked with mozzarella cheese

## Lasagne Al Forno 14

Sauce bolognese, ricotta & mozzarella, layered between tender pasta

# SANDWICH BOARD

All sandwiches are served with your choice of field greens, Chef's daily soup or french fries.  
Substitute with fresh fruit or caesar salad add 2.00

## Marble Rye Reuben 12

Hickory smoked beef, sauerkraut, Swiss cheese with dijon mustard

## Monte Cristo 10

Roast turkey, black forest ham and Swiss cheese pan-fried and dusted with sugar

## Clubhouse 11

Triple decker classic featuring turkey breast, bacon, cheddar cheese, tomatoes and leaf lettuce

## BFI Burger 11

House made Alberta beef patty grilled and topped with aged cheddar  
Bacon add 1.50 Portobello mushrooms add 1.00

## Hot Turkey 11

Open faced sandwich with turkey breast covered with house made gravy

## Steak Sandwich 18

7oz. striploin, grilled portobellos and fried onions on toasted garlic french bread

## Toasted BLT 8

Strips of bacon with leaf lettuce, tomatoes and mayonnaise in your choice of toast

## Grilled Cheese 7

Choice of bread grilled with aged Canadian cheddar

## Southwestern Chicken Wrap 15

Grilled chicken breast, avocado, bell peppers, cilantro, field greens, cranberry salsa and aged cheddar in a sundried tomato tortilla

## Denver 8

A three egg fritatta with ham, peppers and onions sandwiched between your choice of toast

## Choice of Sandwich 8

Egg salad, tuna salad, turkey breast, black forest ham, vegetarian, or roast beef on your choice of white, brown, multigrain or rye bread

# ENTRÉES

## BFI Halibut & Chips 14

Two pieces of halibut in tempura batter with tartar sauce and lemon. Accompanied by french fries

## Chicken Cordon Bleu 18

Breaded breast of chicken stuffed with black forest ham and gruyere cheese

## Liver & Onions 11

Breaded beef liver with sautéed onions and bacon

## Veal Schnitzel 17

House breaded medallions of veal served with braised red cabbage

## Pork Tenderloin 17

Pan fried with apples, shallots, cream and chambord

## Chicken Fingers 10

Breaded seasoned strips of chicken breast with a citrus plum sauce and french fries

## Blackened Cajun Salmon 18

Fillet of Atlantic salmon blackened with cajun seasoning under a white wine sauce served with a concassé of tomato

## New York Peppercorn Steak 19

7oz. striploin accompanied by a three peppercorn demi glaze

## Chicken Marsala 19

Fresh chicken breast pan seared with mushrooms in a rich marsala wine sauce