



GLUTEN-FREE MENU

SALADS & STARTERS

VEGGIE DIP with Ranch dressing

POUND OF CHICKEN WINGS

Cajun, BBQ, Thai Sweet Chili or Honey Garlic

CRAB & ARTICHOKE DIP

Ask for it with corn tortilla chips instead of the pita bread
Crab, cream cheese and artichokes oven-baked

STUFFED MUSHROOM CAPS

Ask for chips instead of garlic toast
Baked with real crab, cream cheese, garlic & parmesan

FRENCH ONION SOUP

Ask for it without the crouton

HOMEMADE BORSCHT

Ask for it without the bread

NACHOS

Tomatoes, onions, olives, jalapenos, refried beans, sour cream, salsa and cheese on home-cooked corn chips

CAESAR SALAD Ask for it with no croutons

THAI CHICKEN SALAD

Ask for it with no oriental noodles
Marinated chicken breast, greens & peanuts served with a ginger-sesame dressing

GREEK SALAD

Tomato, cucumber, peppers, red onion, olives & feta

BOCCONCINI SALAD

Mixed greens, tomatoes, bocconcini cheese and fresh basil under a light balsamic reduction

SPINACH SALAD

Mushrooms, bacon, tomato, red onion & egg accompanied with a raspberry vinaigrette

TACO SALAD

Ask for it with no flour tortilla bowl. Chili, cheese, lettuce, olives, jalapenos, onions & sour cream - or try it vegetarian

BURGERS

A Charbroiled Chicken Burger or a Wild BC Salmon Burger
Ask for a local, organic spelt bun (\$0.99 extra)

PASTAS

ROTINI CATENACCI

Ask for it with rice noodles (\$1.99 extra) and no garlic toast.
Artichokes, spinach, peppers, tomatoes, mushrooms and garlic tossed in a light white wine sauce

FETTUCINE ALFREDO

Ask for it with rice noodles (\$1.99 extra) and no garlic toast.
A white wine garlic cream sauce with parmesan

SPECIALTIES

*BEGIN WITH YOUR CHOICE OF CAESAR SALAD OR SALAD BAR
AND ARE SERVED WITH BAKED POTATO, MASHED POTATO OR
RICE AND SERVED WITH FRESH VEGETABLES*

CAJUN YELLOWFIN TUNA

Seared Yellowfin topped with a spicy tomato
Cajun cream sauce

LEMON PEPPER HALIBUT

A pan-seared filet served with baby shrimp and citrus butter

CITRUS BASIL SALMON

Grilled wild B.C. Salmon topped with a lemon, blueberry and orange basil compound butter

PRAWN SAUTÉ

One dozen tiger prawns sautéed in either our coconut lime
curry or provençale (tomato, onion, garlic & basil)

NEW YORK STRIP

The King of Steaks. Certified Angus Beef® New York
striploin, your choice of 8, 10 or 12 oz cut

FILET MIGNON

The finest of Certified Angus Beef® tenderloin charbroiled to
your liking – your choice of a 6 or 8 oz cut

STEAK & PRAWNS

Certified Angus striploin with a skewer of jumbo prawns

STEAK & SNOW CRAB

Certified Angus Striploin with a half pound of Snow Crab

SNOW CRAB LEGS

Oven-baked in white wine & butter

**Although we do not have a gluten-free kitchen, we will make every attempt to meet your needs for a gluten-free restricted diet. The items listed on the menu are appropriate for a gluten-restricted diet, as is, or can be ordered with minor changes as mentioned in the description. We take measures to prevent cross contamination but because we still serve wheat products as well, there is a chance of some cross contamination.*

HUME PIZZA

TAFFY JACK ULTIMATE

MUSHROOM, HAM, ONION, SHRIMP
GREEN PEPPER, CAPICOLLI & PINEAPPLE

THE VOODOO CHICKEN

CAJUN CHICKEN BREAST, GREEN PEPPER
ONION & MUSHROOM

VEGGIE SUPREME

MUSHROOM, ONION, BLACK OLIVES,
GREEN PEPPER & TOMATO

MEDITERRANEAN SPECIAL

CHORIZO SAUSAGE, GREEN PEPPER, OLIVES
TOMATO, ONION & FETA

BBQ CHICKEN FIESTA

BBQ CHICKEN BREAST, PINEAPPLE
GREEN PEPPER & ONION

POPEYE THE GREEK

SPINACH & FETA

BACON & TOMATO

THE NAME SAYS IT ALL!

HERITAGE CLASSIC

MUSHROOM & GREEN PEPPER: ASK TO HOLD THE PEPPERONI

'55 VETTE w B.C. PLATES

A SERIOUS MEAT LOVER'S PIZZA: ASK TO HOLD THE PEPPERONI

PLAIN CHEESE

MOZZARELLA & EDAM

THE BIG KAHUNA

HAM & PINEAPPLE

THE HOUSE SPECIAL

GROUND BEEF, ONION & FETA: ASK TO HOLD THE PEPPERONI

ASK FOR GLUTEN-FREE CRUSTS! AVAILABLE ONLY IN 10" SMALLS - \$2.50 EACH

VEGGIE TOPPINGS \$1.00 EACH PER PIZZA - MEAT TOPPINGS \$1.75 EACH PER PIZZA