



(GF) [available gluten free](#) (VG) [available vegan](#) (DF) [available dairy free](#)

We are not a gluten free facility, please inform your server of any allergies



Appetizers

Candied Salmon Chowder Cup 8 Bowl 11

Soups of the Day Cup 5.75 Bowl 8.75

Wings GF DF 6 Wings 10.5

Coconut Prawns DF 13.5

Calamari DF Starter 9.25 Sharing 16.5

Signature Coconut Onion Rings DF 9.5

Crispy Fried Pickle DF 2.5

Fresh Bruschetta GF VG DF 10.5

Fresh Salads

Green Salad GF VG DF

Appy 7.5 Meal 11

Starboard Salad GF VG DF

Seasonal greens, beets, feta cheese, pumpkin seeds, cucumber, mandarin orange and kalamata vinaigrette appy 9 meal 14

Caesar Salad DF

Gem lettuce, Caesar dressing, shredded parmesan, croutons and fresh lemon Appy 9 meal 14

Beet Salad GF VG DF

beets, mint, carrots and balsamic vinaigrette on a bed of greens, topped with goat cheese and pumpkin seeds Appy 9 Meal 14

Cameron Salad GF VG

gem lettuce, red grapes, croutons and blue cheese dressing topped with blue cheese and glazed pecans appy 9 meal 14

The BIG Salad GF VG DF

gem lettuce, sun-dried cranberries, carrot, beet, corn, red pepper, cucumber, tomato and honey lime vinaigrette topped with pumpkin seeds, feta cheese and cilantro 16.5

Mexi-Salad GF DF

crisp corn tortillas, lettuce, black beans, corn, red pepper, tomato, cucumber and vinaigrette topped with warm mexi-beef, cheese and cilantro, served with salsa and sour cream 17.5

Warm Tuna Potato Salad GF DF

Rare-grilled tuna, Yukon potato, red onion, grape tomato, red pepper tossed with kalamata dressing served on greens with pickled egg, green olives and grilled flat bread 19

Daily Soup and Salad Combo GF VG DF

Choice of daily soup and any side salad with a garlic Baguette 13

Add to any salad your choice of grilled chicken, baby shrimp, prawn skewer or seared tuna 7.5

Add garlic baguette 1.75

Sandwiches and Wraps

Traditional Clubhouse GF DF

Three pieces of toasted bread of your choice, fresh turkey, bacon, lettuce, tomato and mayonnaise 12

Chicken BCLT Wrap DF

flour tortilla, chicken breast, bacon, lettuce, tomato, shredded cheese and mayonnaise 12

Canal Beach Clubhouse GF DF

Toasted bread of your choice, guacamole, bacon, baby shrimp, leaf lettuce, tomato and chipotle mayonnaise 14

Dock Boy Sandwich GF DF

Toasted English muffin, egg, cheddar cheese and a choice of tomato, back bacon or bacon 5

Veggie Wrap GF VG DF

flour tortilla, spinach, carrot, red onion, cucumber, beet, tomato, feta cheese, red pepper and kalamata vinaigrette 9

Smoked Salmon Bagel GF DF

toasted bagel, herb cream cheese, cold smoked salmon, red onion and capers 10

Soft Taco Wrap DF

Flour tortilla, guacamole, sour cream, salsa, cheese, seasoned beef, lettuce, corn, black beans, red onion and red pepper 12

Ultimate Beef Dip GF DF

hoagie bun, thin sliced beef, mozzarella cheese, sautéed onion, bell peppers and mushrooms with an au jus dip 13.5

Your Side Options:

Fries 3

Green Salad 4.25

Cameron Salad 5.5

Starboard Salad 5

Soup of the Day 5.75

Candied Salmon Chowder 8

Cooked Vegetables 4

Coconut Onion Rings 9.5

Flattened Yukon Potatoes 4

Veggie Sticks and Dip 4.5

Yam Fries 6

Beet Salad 5

Caesar Salad 5

Basmati Rice 3

Fish Fry

Your Choice of Fish GF DF

Dipped in a light tempura batter with our tartar sauce

Ling Cod

1 piece 11

2 piece 21

Salmon

1 piece 9

2 piece 16

Prawns

4 piece 8

8 piece 15

Burgers

All burgers served on a brioche bun

Sproat Lake Classic

In-house fresh ground 7 oz patty, Dijon aioli, lettuce, tomato, pickles, crispy onion strings **14**

The Standard **GF DF**

4 oz beef patty aioli, ketchup, mustard, lettuce, tomato, pickles, red onion **9.5**

Veggie Burger **GF VG DF**

Our patty of roasted vegetables, sweet potato, smoked tofu, rice, black bean, Dijon aioli, lettuce, tomato, red onion or have it spicy cajun **9**

The Ringer **DF**

4 oz beef patty and mozzarella cheese,, coconut onion rings, red curry aioli, lettuce, tomato **12**

Salmon Burger **GF DF**

Baked salmon with local west coast rub, balsamic aioli, lettuce, tomato, red onion **12.5**

Blue Burger **GF**

4 oz beef patty, sautéed mushrooms, blue cheese, blue cheese aioli, lettuce, tomato, red onion **12**

Mexicali Chicken Burger **GF DF**

Mexican chilli chicken breast, mozzarella, chipotle mayo, lettuce, guacamole, papaya salsa **13**

Tuna Burger **GF DF**

sesame crusted tuna seared rare, red curry aioli, lettuce, papaya salsa **13.5**

Your Side Options:

Fries **3**

Green Salad **4.25**

Cameron Salad **5.5**

Starboard Salad **5**

Soup of the Day **5.75**

Candied Salmon Chowder **8**

Cooked Vegetables **4**

Coconut Onion Rings **9.5**

Flattened Yukon Potatoes **4**

Veggie Sticks and Dip **4.5**

Yam Fries **6**

Beet Salad **5**

Caesar Salad **5**

Basmati Rice **3**

Poutine

Smoked Pork Poutine

French fries topped with pork rib meat, cheese curds, smoked pork gravy **Small 9 Large 16**

Butter Curry Poutine

French fries topped with cheese curds, butter curry sauce **Small 9 Large 16**

Red Hot Poutine

French fries tossed in red hot sauce topped with cheese curds and smoked pork or beef gravy **Small 7.5 Large 13**

Classic Poutine

French fries topped with cheese curds with smoked pork or beef gravy **Small 7 Large 12.5**

Starboard Favorites

Roasted Vegetable Quesadilla

with sour cream, guacamole **13**
add **chicken 3** add **mexi beef 3**

Smoked BBQ Pork Ribs **GF DF**

succulent smoked Hertel's pork back ribs baked with our award winning bbq sauce **5**

Chicken Fingers **DF**

crispy breaded chicken tenders with your choice of honey mustard, parmesan ranch, apple bbq or sweet chilli teriyaki dipping sauce **9**

Bowls

The Hot Pot **GF**

Butter Curry Sauce, vegetables, coconut basmati rice and grilled flatbread

Classic Seafood Hot Pot 23.5

Chicken Hot Pot 20.5

Tofu Hot Pot 19

Vegetable Mixed Grill Bowl **GF VG DF**

Grilled assorted vegetables basmati rice and grilled flatbread, your choice of pesto olive oil or balsamic reduction **17**

Pecan Pesto Chicken and Prawn Bowl **GF**

chicken breast, tiger prawns, spinach, roasted vegetables, pecan pesto cream sauce, basmati rice and grilled flatbread **21**

Crispy Chicken Bowl **DF**

crispy coated chicken breast pieces, sweet chilli teriyaki sauce, Asian style vegetables, basmati rice and grilled flatbread **20**

Crispy Tofu and Peanut Bowl **GF VG DF**

crispy coated tofu pieces, dry roasted peanuts, sweet chilli teriyaki sauce, Asian style vegetables, basmati rice and grilled flatbread **17**

Lamb Bowl **GF DF**

Pulled, braised lamb shoulder, roasted turnip, roasted butternut squash, leeks, lamb jus, flattened Yukon potatoes & grilled flatbread **22**

Chicken and Prawn Ramen Bowl **DF**

lemongrass and cholulu lime chicken broth, ramen noodles, chicken, tiger prawns, suey choy, red peppers, snap peas, green onion and soft boiled egg **18**

BBQ Pork and Chicken Ramen Bowl **DF**

Apple BBQ chicken broth, ramen noodles, pulled smoked pork rib meat, chicken, corn, carrot, red pepper, red onion, cilantro & soft boiled egg **18**