



(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
- Calamari DF Starter 9.25 Sharing 16.5
- Signature Coconut Onion Rings DF 9.5
- Crispy Fried Pickle DF 2.5

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
- 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 or baby shrimp 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
- Canal Beach Clubhouse GF DF**
Toasted bread of your choice, guacamole, bacon, baby shrimp, leaf lettuce, tomato and chipotle mayonnaise 14
- Hot Pork Sandwich GF DF**
Toasted bread of choice topped with sliced roast porkloin, aioli and smoked pork gravy 11.5
- Hot Beef Sandwich GF DF**
Toasted bread of choice topped with sliced roast beef, dijon aioli and beef gravy 12
- Grilled Ham and Cheese GF DF**
Garlic grilled bread of your choice, honey ham, cheddar and mozzarella cheeses 9
- Monte Cristo Sandwich GF DF**
Grilled egg dipped bread of your choice, honey ham, turkey and mozzarella cheese 11
- BLT Sandwich GF DF**
Toasted bread of your choice, bacon, lettuce, tomato and mayo 9.5
- Dock Boy Sandwich GF DF**
Toasted English muffin, egg, cheddar cheese and a choice of tomato, ham or bacon 5
- 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
- Soft Taco Wrap DF**
Flour tortilla, guacamole, sour cream, salsa, cheese, seasoned beef, lettuce, corn, black beans, red onion and red pepper 12
- Chicken BCLT Wrap DF**
Flour tortilla, chicken breast, bacon, lettuce, tomato, shredded cheese and mayonnaise 12
- Veggie Wrap GF VG DF**
Flour tortilla, spinach, carrot, red onion, cucumber, beet, tomato, feta cheese, red pepper and kalamata vinaigrette 9

Your Side Options:

- | | |
|---------------------------|-------------------|
| Fries 3 | Starboard Salad 5 |
| Yam Fries 6 | Beet Salad 5 |
| Soup of the Day 5.75 | Caesar Salad 5 |
| Veggie Sticks and Dip 4.5 | Green Salad 4.25 |
| Coconut Onion Rings 9.5 | Cameron Salad 5.5 |
| Candied Salmon Chowder 8 | |

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

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**

The Ringer **DF**

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

Blue Burger **GF**

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

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**

Buffalo Chicken Burger

Panko breaded chicken breast tossed in Frank's red hot sauce, parmesan ranch spread, lettuce, tomato and mozzarella cheese **13**

Cordon Burger **GF**

Chicken breast, honey ham, mozzarella cheese, Dijon aioli, lettuce and tomato **13.50**

Chicken Burger **GF**

Chicken breast, aioli, lettuce, tomato and red onion **11.5**

Your Side Options:

Fries **3**

Yam Fries **6**

Soup of the Day **5.75**

Veggie Sticks and Dip **4.5**

Coconut Onion Rings **9.5**

Candied Salmon Chowder **8**

Starboard Salad **5**

Beet Salad **5**

Caesar Salad **5**

Green Salad **4.25**

Cameron Salad **5.5**

Poutine

Smoked Pork Poutine

French fries topped with pork rib meat, cheese curds, smoked pork gravy **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**

Club Style Poutine

French fries topped with bacon, turkey, green onion, tomato, cheese curds and smoked pork gravy **Small 10.5 Large 19**

Starboard Favorites

Roasted Vegetable Quesadilla

With salsa, sour cream and guacamole **13**
add **chicken 3** add **mexi beef 3**

Chicken Fingers **DF**

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

Hey! What happened to the menu?

For the next several weeks we are going to be offering a special lunch-only menu.

We will be open every day from 11am to 3pm

We hope 2021 brings us better times and we look forward to serving lunch and dinner again soon

We have some great themed take home heat & serve Dinners for you:

Pasta Night – Dec 14 to Dec 20

Russian Week – Dec 21 to Dec 24

Dutch Week – Dec 28 to Jan 3

Ukrainian Feast Week – Jan 4 to Jan 10

Hungarian Week – Jan 11 to Jan 17

South African Week – Jan 18 to Jan 24

Want a Christmas Dinner but don't want to cook?

We are offering a Christmas Dinner heat & serve take home spread \$28 per person