

Dzaquaxtala (dinner)

pronounced "dza-kwach-sta-la"



APPETIZERS

Seafood Chowder

Piping hot, fresh and loaded. Served with house made bannock. 10

Sesame Garlic Prawns [GF]

8 Plump and delicious prawns coated in sesame seeds and sautéed slowly in garlic butter. 15.50

Bruschetta [V]

Garlic rubbed artisan bread topped with a mixture of tomatoes, basil, red onions and a house cheese blend baked to perfection and served with balsamic glaze. 15

Seafood Cakes

2 delicious seafood cakes with a mixture of prawns, salmon, halibut, bell peppers and red onions formed in to cakes, panko coated and flash fried until golden brown and served with a cajun and lime aioli. Served over a bed of greens. 16

Honey Garlic Chicken Bites

Crispy and tender chicken bites tossed in a house made honey garlic sauce, sprinkled with sesame seeds and served on a bed of greens. 15

Manila Clams [GF]

½ pound of locally sourced Manilla Clams steamed in white wine, garlic, butter, grape tomatoes and fresh mint. 14.50

Thai Mussels [GF]

½ pound of fresh mussels steamed in a mildly spicy thai cream sauce with flavours of lemongrass, lime, curry and garlic. 15

Calamari

Flash fried and served golden brown on a bed of lettuce topped with red onion, diced tomatoes and served with house made tzatziki. 14.50

[GF] – Gluten Free [V] – Vegetarian

Prices do not include tax

Ga?Axstala (breakfast)

pronounced "gha-ach-sta-la"



French Toast

Three delicious French toast topped with fresh berry compote and whipped cream. 12

Classic Breakfast

Two eggs, any style, with hash browns, toast and your choice of bacon, ham or sausage. 13

TKL Jenny's Bennys

Two poached eggs and traditional hollandaise sauce on a toasted English muffin.

Served with hash browns

Ham or Bacon - 14

Avocado, tomato and spinach – 14

Smoked salmon - 16

Hamatsa Hash

Smoked salmon, green onion, diced red and green bell peppers, served over hash browns. Comes with 2 eggs any style and toast. 16

Full Canadian Breakfast

Fresh fruit, 2 eggs your choice of style with bacon, hash browns and small pancake. 15

Continental

Yogurt, with berry compote and a hearty granola served in a glass. Served with a fresh croissant. 9.50

Breakfast Sandwich

Toasted English muffin accompanied with a fried egg, cheddar cheese with ham or bacon. Served with hash browns. 11.50

Omelette

3 Egg omelette with 3 toppings of your choice: ham, bacon, red & green bell peppers, green onions, cheddar cheese, tomatoes, smoked salmon, cream cheese, spinach; Served with hash browns and toast. 14.50

Crepes

3 light and delicious Crepes with sliced strawberries and whipped cream. 13

Prices do not include tax

Ga?Axstala (breakfast)

pronounced "gha-ach-sta-la"



SIDE ORDERS

Toast, two slices of multigrain or white or sourdough. 3

Gluten-free toast. 3.50

Side of bacon, ham or sausage. 4

Additional egg (each). 2

Side of hash browns. 3

Oatmeal with brown sugar, raisins and milk. 6

Fruit Bowl. 8

BEVERAGES

Fresh brewed coffee, regular or decaf. 3

Orange pekoe tea or herbal tea. 3

Hot chocolate. 3

Milk, small 2, large. 3

Juice, apple, orange, cranberry, grapefruit, pineapple, small, 3, large. 4

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Neqelaxstala (lunch)

pronounced "ne-khay-lach-sta-la"



Seafood Chowder

Piping hot chowder loaded with a medley of seafood and vegetables; served with house made bannock.

Small 5 Large 10

Strawberry Spinach Salad

Sliced strawberries and pineapple, bell peppers, cucumbers, grape tomatoes and carrots on top of a bed of spinach and served with our house made blueberry vinaigrette. 14

Caesar Salad

Crisp romaine lettuce tossed with our house made creamy garlic Caesar dressing, croutons and bacon. Finished with parmesan cheese and a lemon wedge. 10

Shrimp and Bacon Spinach Salad

Hand-peeled shrimp, bacon bits, feta cheese, bell pepper, grape tomatoes, red onion and broccoli on top a bed of spinach. Served with ranch or balsamic vinaigrette dressing. 16

Garden Salad

Mixed artisan greens topped with cucumber, bell peppers, red onion, carrots and grape tomatoes. Served with your choice of dressing. 10

Chicken Pesto Salad

5oz chicken breast roasted, sliced and tossed with artisan greens tossed in house-made pesto cream dressing with carrots, cucumber, red onion and grape tomatoes.

17

Add – 5oz Chicken 5.00 Add – Garlic Toast 3.00

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Neqelaxstala (lunch)

pronounced "ne-khay-lach-sta-la"



***Fish and Chips**

One or two pieces of golden fried Pacific Ling Cod served with French fries, coleslaw and house made tartar.

One piece - 12

Two pieces - 16

***Chicken Fingers and Fries**

Chicken fingers served with French fries or salad. Accompanied with your choice of plum sauce or honey mustard. 14

***Chicken Finger Caesar Wrap**

Chicken fingers with house made Caesar dressing, sweet Thai chili sauce and romaine lettuce. Served in a warm tortilla wrap with your choice of French fries or salad. 15

***Spring Salmon Burger**

Grilled wild sockeye salmon on a brioche bun topped with lettuce, tomato, red onion, mayonnaise and our house made citrus mango sauce; Comes with your choice of French fries or salad. 17

***Shrimp Clubhouse**

Bacon, shrimp, lettuce, tomato, mayonnaise and cocktail sauce, stacked high and served with French fries or salad. 16

Seafood Cakes

A rich and delicious mixture of prawns, salmon, halibut, bell peppers and onions, panko breaded and flash fried until golden brown and served with a cajun and lime aioli; comes with 2 cakes over a bed of greens. 16

***Coconut Prawns**

5 coconut battered prawns fried to crispy perfection. Served with cocktail sauce and French fries or salad. 13.50

***Falafel Wrap** (contains peanut)

Falafel, lettuce, feta cheese, cucumber, and tzatziki in a warm tortilla wrap; served with French fries or salad. 15

*Substitute Fries or salad for: Onion Rings 1.00; Caesar Salad 1.50; Chowder 2.00

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SALADS

Strawberry Spinach Salad [GF][V]

Sliced strawberries and pineapple, bell peppers, cucumbers, grape tomatoes and carrots on top of a bed of spinach and served with our house made blueberry vinaigrette. 14

Caesar Salad

Crisp romaine lettuce tossed with our house made creamy garlic dressing, croutons and bacon bits. Finished with parmesan cheese and a lemon wedge. 10

Garden Salad [GF][V]

Mixed artisan greens topped with cucumber, bell peppers, red onion, carrots and grape tomatoes. Served with your choice of dressing. 10

Shrimp and Bacon Spinach Salad [GF]

Hand-peeled shrimp, bacon bits, feta cheese, bell pepper, grape tomatoes, red onion and broccoli on top a bed of spinach. Served with ranch or balsamic vinaigrette dressing. 16

Chicken Pesto Salad [GF]

5oz chicken breast roasted, sliced and tossed with artisan greens tossed in house-made pesto cream dressing with carrots, cucumber, red onion and grape tomatoes.

17

Add – 5oz Chicken 5.00 Add - four Prawns 6.00 Add – 3oz Shrimp 4.00
Add – Garlic toast 3.00

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From the Land

Pork tenderloin [GF]

7oz pork tenderloin pan seared and topped with a black cherry and apple sauce and served medium. Accompanied with roasted potatoes and fresh seasonal vegetables.

26

Marinated Chicken [GF]

Two 5oz tender chicken breast marinated in lemon and thyme, pan seared and then roasted to perfection. Served with roasted potatoes and seasonal vegetables.

27

Pineapple Cashew Stir fry [V]

Red onions, bell peppers, celery, carrots, mushrooms, sesame seeds, pineapple and cashews on basmati rice with teriyaki sauce. 25

Add – Smoked Tofu 3.50

Beef Tenderloin [GF]

8oz AAA Beef Tenderloin seasoned and cooked to your choice of doneness. Topped with sautéed mushrooms and served with roasted potatoes and seasonal vegetables. 35

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From The Sea

Maple and Tamari Salmon [GF]

6oz baked wild sockeye salmon glazed with a tamari, maple syrup. Served with a basmati rice pilaf and fresh seasonal vegetables. 28

Grilled Sockeye Salmon [GF]

6oz grilled wild sockeye salmon topped with a fresh pineapple and tomato salsa and served with a basmati rice pilaf and seasonal vegetables. 27.50

Citrus Cream Halibut [GF]

6oz pan seared wild halibut over top a flavorful citrus cream sauce and served with a basmati rice pilaf and seasonal vegetables. 33

Seared Halibut [GF]

6oz pan seared wild halibut topped with a fresh blueberry and strawberry salsa. Served with a basmati rice pilaf and seasonal vegetables. 32

Seafood Linguine

Clams, mussels, prawns and chunks of halibut cooked into a rich cream sauce featuring garlic, onions, grape tomatoes and mushrooms then topped with parmesan cheese. 34

[GF] – Gluten Free [V] – Vegetarian

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Kids Menu



Grilled cheese sandwich

Served with French fries, salad or soup 9

Fish and chips

One piece of cod with French fries 9.50

Chicken Fingers

Two chicken fingers served with French fries, salad or soup 9

Sockeye salmon dinner

3oz piece of pacific wild sockeye salmon with French fries and seasonal
vegetables 14.50

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