

APPETIZERS

Asian Ribs	16
<i>Crispy pork ribs tossed in a spicy sweet sauce, on an Udon noodle salad. Extra Rib 4</i>	
Calamari (GF)	15
<i>Jalapeños, red onions, tzatziki.</i>	
Prosciutto Wrapped Scallops (GF)	18
<i>Five scallops, served with Romesco & pesto sauces. (Romesco sauce contains nuts)</i>	
Baked Brie (Sweet or Savoury) (GF)	13
<i>Sweet: Maple syrup & spicy nuts, corn chips. Savoury: topped with sun-dried tomato and garlic, corn chips.</i>	
Fish, Chicken or Pork Tacos (GF Available)	15
<i>Crispy Cod, Blackened Chicken or Pulled Pork: 3 soft tortillas, topped with our cabbage slaw mix, guacamole, house salsa, pickled red onion, lime, and sour cream. Extra Taco 4</i>	
Crispy Brussel Sprouts (GF)	11
<i>Parmesan cheese, bacon and garlic.</i>	
Crab Dip	16
<i>Artichoke & Sun-dried Tomato Crab Dip, served with corn chips.</i>	
Chili Garlic Prawns	14
<i>Chili garlic oil fried prawns, with confit garlic on a bed of greens.</i>	
Chicken or Shrimp Lettuce Wrap	16
<i>Tossed with diced vegetables, in our house made hoisin sauce served with iceberg lettuce.</i>	
Poutine	12
<i>House cut Kennebec potatoes, fried crispy, topped with cheese curds and house gravy.</i>	
House Cut Ladner Kennebec Fries (GF)	8
<i>Choose from Regular, Blackened or Garlic Parmesan Fries Ketchup, chipotle mayo, or truffle aioli dip.</i>	
Yam Fries (GF) with chipotle mayo	8

Fresh Mussels & Clams

1 lb mussels or 1 lb clams or 1 lb mussels & clams choose from
Spicy Thai Curry 19
Saffron Butter, White Wine, Garlic 19
served with house made focaccia (GF optional)

SOUPS and SALADS

New England Clam Chowder (GF)

Cup 6 Bowl 8

Soup of the Day

Cup 5 Bowl 7

Roasted Beet Salad (GF)(V)	16
<i>Beets, apple, arugula, spinach, blue cheese, spiced nuts, honey balsamic.</i>	
House Salad (GF)(V)	14
<i>House greens, pumpkin seeds, house apple cider dressing, cranberries, onion and apple.</i>	
Caesar Salad (GF)	13
<i>Romaine leaves, parmesan, gluten-free croutons, vegetarian Caesar dressing.</i>	
Tuna Poke Salad (GF)	18
<i>Ahi tuna cubed and tossed with our own Poke sauce, served on mixed greens with corn chips and guacamole.</i>	
Add grilled chicken or shrimp	+6
Add grilled salmon or jumbo prawns	+8

CHARCUTERIE (GF Available)

grainy mustard, crostini, pickled vegetables
Cheese Board 16
Meat Board 16
Mixed Board 18
Smoked Salmon Plate 17

Jan's

On the Beach

"Where everything is made from scratch!"

MAINS

Mongolian Lamb Chops (GF)

Marinated in savoury Mongolian sauce, served with mushroom risotto, and seasonal vegetables.

Half Rack (4 chops) **25** Full Rack (8 chops) **38**

Feature Steak (GF)

Market Price

*Served with a fully loaded baked potato and seasonal vegetables. Add one jumbo prawn and scallop skewer: **6***

Applewood Smoked House Ribs (GF) 25

Brushed with jalapeño bacon BBQ sauce, served with a fully loaded baked potato and seasonal vegetables.

Cioppino Seafood Bowl (GF Available) 24

Mussels, prawns, scallops, fresh fish, served in a tomato fennel broth, with a side of focaccia bread.

Thai Curry Chicken & Prawn Bowl (GF) 23

Spicy coconut curry, vegetable rice pilaf.

Seafood Fettuccine 24

Prawns, mussels, fresh fish, capers, spinach, in a roasted garlic cream sauce. With a choice of salad or garlic bread.

Chili Garlic Roasted Chicken (GF) 25

Half chicken, marinated in our chili garlic sauce, and slow roasted. Served with pumpkin seed spaetzel and seasonal vegetables.

Arctic Char (GF) 23

Pan seared, served over a warm spinach and nugget potato salad.

FISH + CHIPS (GF)

Lightly deep fried with our tasty gluten free batter. Served with french fries, coleslaw, tartar sauce

Pacific Cod	One piece 13	Two pieces 16
Halibut	One piece 18	Two pieces 24
	Sub Caesar salad	+2
	Sub chowder	+2
	Sub Yam Fries	+2



SANDWICHES and BURGERS

Served with fries or mixed greens.

Sub Caesar salad	+2	Add cheddar	+1
Sub chowder	+2	Add bacon	+2
Sub yam fries	+2	GF Bun	+2
Blackened or Garlic fries +2			

Veggie Portobello Sandwich (V) 15

A grilled portobello mushroom stuffed with caramelized onions, zucchini, Swiss cheese, pesto mayo.

Bison Burger 18

Whiskey apple bbq sauce, lettuce, tomato, onion, chipotle mayo.

Blackened Chicken & Brie Burger 18

Spinach, tomato, chipotle mayo.

Pulled Pork Sandwich 16

House smoked pork, coleslaw, jalapeno bacon bbq sauce.

Crispy Cod Burger 16

House made tartar, Romesco, lettuce and tomato.

(Romesco sauce contains nuts)

(V) = Vegetarian (GF) = Gluten free

Please advise your server of any food allergies.

Split Plate Charge 1.50