

APPETIZERS

Calamari (GF)	14
<i>Jalapeños, red onions, tzatziki.</i>	
Spinach & Artichoke Dip (V)(GF)	13
<i>Celery sticks, corn chips.</i>	
Arancini di Riso (GF)(V)	12
<i>Sun dried tomato and goat cheese risotto balls, served crispy with Romesco & pesto sauces.</i> <i>(Romesco sauce contains nuts)</i>	
Tequila Lime Prawns (GF)	16
<i>Six jumbo prawns, corn chips, salsa.</i>	
Prosciutto Wrapped Scallops (GF)	18
<i>Five scallops, served with Romesco & pesto sauces.</i> <i>(Romesco sauce contains nuts)</i>	
Lettuce Wraps (GF)	16
<i>Ground pork, diced veg, crispy rice stick, lettuce.</i> <i>* Ask for the vegetarian option!</i>	
Baked Brie (Sweet or Savoury) (GF)	13
<i>Sweet: Maple syrup & nuts, corn chips.</i> <i>Savoury: topped with sundried tomato and garlic, corn chips.</i>	
Fish Tacos (GF Available)	15
<i>3 soft tortillas, battered cod, topped with our cabbage slaw mix, guacamole, house salsa, pickled red onion, lime, and sour cream.</i>	
Crispy Brussel Sprouts (GF)	10
<i>Parmesan cheese, bacon and garlic.</i>	
House Cut Ladner Kennebec Fries (GF)	7
Blackened Fries (GF) with chipotle mayo	8
Garlic Parmesan Fries (GF) with truffle aioli	8
Yam Fries (GF) with chipotle mayo	8

Fresh Mussels 1 lb. (GF Available)

choose from:

Blue Cheese & Cream	19
Spicy Thai Curry	19
Saffron Butter, White Wine, Garlic	19
<i>served with house made focaccia bread</i>	

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, candied 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)(V)	12
<i>Romaine leaves, parmesan, gluten-free croutons, vegetarian Caesar dressing.</i>	
Strawberry Spinach Salad (GF)	14
<i>Poppy seed dressing, candied nuts, topped with goat cheese</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) **24** Full Rack (8 chops) **38**

Feature Steak (GF)

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

Market Price

6

Applewood Smoked House Ribs (GF)

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

25

Moroccan Chicken (GF)

Roasted vegetable pilaf, creamy pan jus and seasonal vegetables.

23

Cioppino Seafood Bowl (GF Available)

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

23

Thai Curry Chicken & Prawn Bowl (GF)

Spicy coconut curry, vegetable rice pilaf.

22

Seafood Fettuccine

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

23

Baked Herb and Lemon Salmon (GF)

Vegetable rice pilaf, seasonal vegetables.

23

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
Salmon	One piece 16	Two pieces 20
	Sub Caesar salad	+2
	Sub chowder	+2
	Sub Yam Fries	+2



SANDWICHES and BURGERS

Served with fries, mixed greens or root chips

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)

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

15

Bison Burger

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

18

Blackened Chicken & Brie Burger

Spinach, tomato, chipotle mayo.

18

Pulled Pork Sandwich

House smoked pork, coleslaw, jalapeno bacon bbq sauce.

16

Crispy Cod Burger

House made tartar, Romesco, lettuce and tomato.

16

(Romesco sauce contains nuts)

(V) = Vegetarian (GF) = Gluten free

Please advise your server of any food allergies.