

# -Lunch at The

*Served daily from 11:00am-5:00pm*



## -Soups & Salads-



### Chef's Daily Soup Creation

Served with a home-made roll

Bowl 6    Cup 4

Baked French Onion Soup    8

Cobb Salad    14

Organic artisan greens topped with fresh avocado, grape tomatoes, crisp pancetta  
Quail egg, grilled free range chicken, crumbled goat cheese & blue cheese  
vinaigrette

### Pines Caesar Salad

Fresh romaine lettuce, herb croutons with Kalamata olives tossed in our home-made  
caesar dressing with shaved asiago, crispy pancetta & garlic bread

Full - 10 or Half - 6

Add chicken or prawns - 3

New World Niçoise Salad    14

Organic artisan greens, steamed heirloom baby potatoes, grape  
tomatoes & Kalamata olives tossed in a Caesar vinaigrette. Topped with  
boiled quail egg & pan-seared B.C. Albacore tuna

Garden Salad    8

Crisp iceberg lettuce, carrot, radish and red cabbage - garnished with  
cucumber & grape tomatoes. Choice of home-made dressings

Add chicken or prawns - 3

Wedge Salad    10

Wedges of crisp iceberg lettuce topped with sundried tomatoes, crumbled goat  
cheese Kalamata olives & crispy pancetta - with a creamy ranch vinaigrette

# Pyramid Classics

## Pines Beef Sliders 11

Home-made beef sliders topped with smoked cheddar  
Add bacon or sautéed mushrooms - 1 each

## Pines Slider Trio 13

Taster of Home-made elk, bison & beef sliders  
Add cheese, bacon or sautéed mushrooms - 1 each

## Pines Vegetarian Slider 10

Panko encrusted eggplant served with fresh coleslaw

## True Steak Sandwich 17

Sliced AAA Alberta striploin grilled to your liking. Served on a garlic ciabatta  
With sautéed onions, mushrooms & a horseradish aioli

## BC Fish & Chips

Wild Pacific cod loin in a fresh beer batter with our home-made tartar sauce  
1 piece 10 or 2 pieces 13

## Panko Chicken Strips 10

Lightly breaded free-range chicken strips served with a hot & sour dipping sauce

## Grilled Chicken Club 12

Grilled free-range chicken, double smoked bacon, fresh tomato  
Organic artisan greens served on a grilled ciabatta

## Reuben 12

Montreal smoked beef, sauerkraut and Swiss cheese on ciabatta with grainy Dijon

## Thai-Fry 13

Choice of prawns, chicken, beef or tofu sautéed with vegetables in a mild coconut  
curry over citrus infused sticky rice