

..... GATE KEEPER ALL DAY MENU

STARTERS

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SOUP OF THE DAY / 6
the gate keeper kitchen team's daily creation

VEGETABLE QUINOA SALAD (V) (GF) / 9
seasonal vegetables/ organic quinoa/ cider vinaigrette/ feta cheese

CAESAR SALAD / 9
romaine/ asiago cheese/ bacon bits/ house croutons

HOUSE SALAD (V) (GF) / 8
mixed greens/ carrots/ cucumbers/ toasted sunflower seeds
balsamic vinaigrette

BREADED WINGS / 14
1lb. wings/ ranch dressing/ choice of hot, medium, honey garlic,
teriyaki, bbq, or salt & pepper

FRIED CALAMARI / 12
mediterranean salsa/ sundried tomato aioli

CALABRESE FLAT BREAD (V) / 10
tomatoes/ fresh basil/ mozzarella cheese/ balsamic reduction

GATE KEEPER POUTINE / 8
herb gravy/ mozzarella cheese

SHRIMP COCKTAIL / 12
lemon/ cocktail sauce

SANDWICHES

served with your choice of fries or house salad

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CLASSIC BURGER / 13
free range chicken breast or beef patty/ tomatoes/ lettuce/ red relish

ROASTED FREE RANGE CHICKEN PANINI / 15
pesto aioli/ romaine lettuce/ bacon/ caramelized onions/ mozzarella cheese

TRADITIONAL TURKEY CLUB / 15
turkey breast/ bacon/ sliced cheddar/ lettuce/ tomatoes/ onions/ mayonnaise

MARINATED STEAK SANDWICH / 17
flank steak/ toasted baguette/ caramelized onions/ bbq sauce/ mozzarella cheese

MAINS

2 PIECE FISH AND CHIPS / 15
tartar sauce/ lemon/ coleslaw

MAPLE CURRY FREE RANGE CHICKEN PENNE / 16
seasonal vegetables/ curry cream/ parmesan cheese

ROASTED VEGETABLE QUINOA (V) (GF) / 15
seasonal vegetables/ organic quinoa/ cider vinaigrette/ feta cheese

ROASTED MUSHROOM AND MEATBALL FARFALLE / 19
thyme roasted mushrooms/ marinara sauce/ parmesan cheese

FREE RANGE BUTTER CHICKEN / 17
rice pilaf/ grilled naan/ cilantro yogurt

FREE RANGE CHICKEN MARSALA / 16
herbed chicken/ rice pilaf/ marsala cream sauce

PAN SEARED SALMON LOIN / 18
rice pilaf/ seasonal vegetables/ lemon dill cream sauce

NEW YORK STRIPLOIN / 26
angus steak/ peppercorn jus/ seasonal vegetables/ mashed potatoes

ADD ONS

FREE RANGE CHICKEN BREAST / 6 ■ SALMON / 7 ■ PRAWNS / 6 ■ MUSHROOMS / 3 ■ ONIONS / 3

DESSERTS

SEASONAL CHEESE CAKE / 7
your choice of chocolate sauce, caramel sauce, or seasonal coulis topping

SEASONAL CREME BRÛLÉE (GF) / 6

CHOCOLATE GANACHE CAKE / 7

VANILLA ICE CREAM / 5
your choice of chocolate sauce, caramel sauce, or seasonal coulis topping



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- please inform your server of any allergies or dietary restrictions
- a 15% service charge will apply to parties of 10 and more
- (V) vegetarian ■ (VG) vegan ■ (GF) gluten free