



We proudly pour the best beers  
The VALLEY and The ISLAND  
has to offer.

[www.flyingcanoe.ca](http://www.flyingcanoe.ca)

## SHARE PLATES

### TACOS

Three Soft Taco Shells filled with Battered Fish or Grilled Chicken, Salad, Onions, Salsa and Cilantro..... **17**

### VALLEY POUTINE

French Fries, Cheese Curds and House Made Gravy..... **14**

**Add Chicken 4**

### ALBACORE TUNA POKE

Yellow Fin Tuna, Wakame, Pickled Ginger and Wonton Crisps..... **16**

### DILL CHIPS

Fresh Potato Chips, Casa Fresco Topped with Jalapeños..... **9**

### SHAREPLATTER

Wings, Dry Ribs, Onion Rings and Spinach Dip..... **28**

### ONION RINGS

Beer battered and fried golden..... **9**

### DRY RIBS

Served with Ranch..... **15**

### FOUR CHEESE SPINACH DIP

House Made Creamy Blend of Four Cheeses, Spinach, Red Pepper and Onion. Served warm with Pita Chips..... **16**

### MOUNTAIN RANGE NACHOS

House Made Chips, Baked with Red Onions, Tomatoes, Bell Peppers, Cheddar and Mozzarella. Topped with Jalapenos, Green Onions, Salsa and Sour Cream..... **20**

**Extra Cheese • 4½ | Add Guacamole • 2½ | Add Beef • 5½**

### CALAMARI

Lightly Breaded Calamari with Sliced Red Peppers, Onions and Fresh Tzatziki.... **15**

### CHICKEN WINGS

Crispy Wings with your choice of: Salt & Pepper, Sweet Chili Lime, Whiskey BBQ, Honey Garlic, Lemon Pepper, Sriracha Ranch, Hot Sauce or Extra Hot!..... **15**

## SALADS & SOUPS

### FRESH MADE DAILY SOUP

Daily creation, made with only the freshest ingredients..... **6 or 9**

### SEAFOOD CHOWDER

Our award winning Chowder, made from Fresh Fish, Clams and Cream..... **9 or 12**

### GREEN SALAD

Artisan Greens, Roasted Pumpkin Seeds, Goat Cheese and Honey Pear Vinaigrette... **14**

### CALIFORNIA CHICKEN SALAD

California Greens topped with Red Peppers, Fresh Tomatoes, Crumbled Feta Cheese, Raisins, Croutons, Mixed Seeds and Nuts and finished with our Spicy Honey Citrus Dressing topped with a Freshly Grilled Chicken Breast..... **17**

### CHICKEN CAESAR SALAD

Crisp Romaine Lettuce, Parmesan Cheese, Bacon and Garlic Croutons in our House-made Dressing and topped with Juicy Blackened Chicken Breast..... **18**

### TRADITIONAL CAESAR SALAD

Same as above, but no Chicken!..... **14**

### COBB SALAD

Grilled Chicken Breast, Blue Cheese, Crisp Bacon, Grape Tomatoes, Hardboiled Egg and Lemon Vinaigrette..... **17**

### WHY NOT ADD?

**PRAWNS • 7 | CHICKEN • 7**

## WEST COAST PIZZA CHEF

**BUILD YOUR OWN PIZZA. THREE TOPPINGS..... 20**

**ADD SINGLE TOPPINGS..... 1**

### BASE

Tomato Sauce • Ranch Sauce

### MEAT

Bacon • Cabrese • Capicola • Chicken Breast  
Salami • Ground Beef • Roasted Ham

### CHEESE

Asiago • Cheddar & Monterey Jack • Mozzarella

### OTHER

Green Peppers • Pineapple • Red Peppers • Red Pepper Flakes  
Basil • Hot Bird Eye Chili Flakes • Mushrooms • Sliced Vine Tomatoes

# WEST COAST PIZZAS

## RICK'S SPECIAL

Black Tiger prawns sautéed in garlic butter, red pepper flakes and a ranch base with mozzarella cheese and green onion garnish..... **22**

## CLASSIC MARGHERITA

Sliced vine tomatoes, baby bocconcini, basil and mozzarella.  
A classic Italian pizza! ..... **17**

## NYMPH FALLS

Mushrooms, black truffle oil, garlic butter and mozzarella..... **20**

## THE SICILIAN

Traditional pepperoni and mozzarella cheese..... **21**

## FOUR CHEESE

Mozzarella, cheddar, Asiago and Monterey Jack grated and baked with a rich tomato sauce..... **20**

## HAWAIIAN LUAU

Classic Hawaiian pizza with roasted ham, bacon and pineapple..... **21**

## THE SOPHIA LOREN

Three hot Italian meats—cabrese, capicola, salami—hot bird's eye chili flakes and green peppers..... **21**

## BBQ CHICKEN & MUSHROOM

Tender chicken breast, mushrooms, red peppers and mozzarella cheese on a ranch base..... **21**

## THE BIG MEAT FEAST

A carnivore's delight. Ground beef, bacon, salami, pepperoni and capicola on a ranch base..... **22**

## BLAZING CHICKEN

Roasted Chicken, Banana Peppers, Mozzarella Cheese on a Sriracha Ranch Base..... **21**

# BURGERS & SANDWICHES

SERVED WITH FRIES | YAM FRIES • 2 | CAESAR OR TOSSED • 1½

POUTINE • 2½ | ONION RINGS • 1½ | ADD GRAVY • 1½

## CHICKEN SANDWICH

Grilled Chicken, Spicy Aioli, Smoked Gouda, Tomato Chutney, Focaccia Bread and Banana Peppers..... **16**

## BEEF DIP

Alberta Beef, Braised Onions, Swiss Cheese, fresh Bread and Rosemary Jus..... **18**

## BUFFALO CHICKEN

Freshly breaded Chicken Breast tossed in our medium Wing Sauce and topped with shredded Lettuce, Tomato and Ranch on a Brioche Bun..... **17**

## BACON ONION BURGER

6oz Beef Patty, Bacon Onion Jam, Brioche Bun, Swiss Cheese and Dijon Mayo..... **18**

## CLASSIC CHEESE BURGER

6oz Beef Patty, Lettuce, Tomato, Red Onion, Brioche Bun, Cheddar Cheese and Dijon Mayo..... **17**

## THE WHISKEY BURGER

6oz Beef Patty, Whiskey BBQ Sauce, Swiss Cheese and Smoky Bacon on a Brioche Bun.... **18**

# BIGGER BITES

## RIBS

Slow cooked, fall-off-the-bone Pork Back Ribs seasoned with BBQ Spices, Brushed with BBQ. Served with Fries and Coleslaw..... **26**

## RIB AND WING COMBO

Talk about the best of both worlds! A third Rack of our Slow-Cooked, fall-off-the-bone Pork Back Ribs paired with four of our famous Chicken Wings, with your choice of Wing Sauces. Served with Fries and Coleslaw..... **24**

## BUTTER CHICKEN

Fresh tandoori roasted chicken in our own butter curry sauce with grilled Naan bread and cilantro basmati rice..... **21**

## PAN SEARED SOCKEYE

Pan seared sockeye fillet, finished with honey and lime and served with seasonal potatoes and vegetables..... **24**

## FISH & CHIPS

Using Chef's choice of seasonal white fish that is hand battered and fried golden brown with coleslaw and tartar sauce.  
Product may change according to season..... **1 piece 14 • 2 piece 19**

## BALSAMIC CHICKEN

Freshly Grilled Double Chicken Breast topped with our House-Made Balsamic Cream Sauce. Served with Mashed Potatoes and Freshly Steamed Veggies..... **23**

# PASTAS

## CHICKEN BACON MUSHROOM LINGUINI

Grilled and Sliced Fresh Chicken Breast with Sautéed Bacon and Mushrooms. Tossed in a Parmesan Alfredo Sauce..... **21**

## WEST COAST SEAFOOD PASTA

Selection of Fresh West Coast Seafood and Shellfish in a Rich Herb Alfredo Sauce..... **24**

## BAKED CAULIFLOWER MAC & CHEESE

Roasted Cauliflower, Gouda Cheese, Panko Herb Crust and Grilled Onion Baguette!..... **18**

# HOUSE MADE DESSERTS

## CHOCOLATE MOUSSE CHUNK CHEESECAKE

Chocolate mousse with chunks of cheesecake on a chewy sponge base, topped with caramel drizzle, almonds and walnuts..... **9 ½**

## TURTLE MOLTEN LAVA CAKE

Moist and fudgy chocolate lava cake with oozing caramel center..... **9 ½**

## "FLOURLESS" BROWNIE

It may be gluten free, but it is definitely not flavour free. Our Super Rich Brownie is sure to please!..... **8**

