



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

SHARE PLATES

TACOS

Two Soft Taco Shells filled with Battered Fish or Grilled Chicken, Salad, Onions, Salsa and Cilantro..... 20

VALLEY POUTINE

French Fries, Cheese Curds and House Made Gravy..... 16

Add Chicken 7

SHAREPLATTER

Wings, Dry Ribs, Onion Rings and Spinach Dip..... 30

ONION RINGS

Beer battered and fried golden..... 10

DRY RIBS

Served with Ranch..... 17

FOUR CHEESE SPINACH DIP

House Made Creamy Blend of Four Cheeses, Spinach, Red Pepper and Onion. Served warm with Pita Chips..... 22

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..... 24

Extra Cheese • 5 | Add Guacamole • 3 | Add Beef • 5½

CALAMARI

Lightly Breaded Calamari with Peppers, Onions and Fresh Tzatziki... 20

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!..... 19

SALADS & SOUPS

FRESH MADE DAILY SOUP

Daily creation, made with only the freshest ingredients..... 9 or 13

SEAFOOD CHOWDER

Our award winning Chowder, made from Fresh Fish, Clams and Cream..... 12 or 16

GREEN SALAD

Artisan Greens, Roasted Pumpkin Seeds, Goat Cheese and Honey Pear Vinaigrette... 18

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..... 25

CHICKEN CAESAR SALAD

Crisp Romaine Lettuce, Parmesan Cheese, Bacon and Garlic Croutons in our House-made Dressing and topped with Juicy Blackened Chicken Breast..... 28

TRADITIONAL CAESAR SALAD

Same as above, but no Chicken!..... 19

COBB SALAD

Grilled Chicken Breast, Blue Cheese, Crisp Bacon, Grape Tomatoes, Hardboiled Egg and Lemon Vinaigrette..... 27

WHY NOT ADD?

PRAWNS • 9 | CHICKEN • 8

WEST COAST PIZZA CHEF

BUILD YOUR OWN PIZZA. THREE TOPPINGS..... 22

ADD SINGLE TOPPINGS..... 2

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..... 24

CLASSIC MARGHERITA

Sliced vine tomatoes, baby bocconcini, basil and mozzarella.
A classic Italian pizza! 20

NYMPH FALLS

Mushrooms, black truffle oil, garlic butter and mozzarella..... 22

THE SICILIAN

Traditional pepperoni and mozzarella cheese..... 23

FOUR CHEESE

Mozzarella, cheddar, Asiago and Monterey Jack grated and baked with a rich tomato sauce..... 22

HAWAIIAN LUAU

Classic Hawaiian pizza with roasted ham, bacon and pineapple..... 24

THE SOPHIA LOREN

Three hot Italian meats—cabrese, capicola, salami—hot bird's eye chili flakes and green peppers..... 23

BBQ CHICKEN & MUSHROOM

Tender chicken breast, mushrooms, red peppers and mozzarella cheese on a ranch base..... 24

THE BIG MEAT FEAST

A carnivore's delight. Ground beef, bacon, salami, pepperoni and capicola on a ranch base..... 24

BLAZING CHICKEN

Roasted Chicken, Banana Peppers, Mozzarella Cheese on a Sriracha Ranch Base..... 24

BURGERS & SANDWICHES

SERVED WITH FRIES | YAM FRIES • 2 | CAESAR OR TOSSED • 1½
POUTINE • 3 | ONION RINGS • 2½ | ADD GRAVY • 3

CHICKEN SANDWICH

Grilled Chicken, Spicy Aioli, Smoked Gouda, Focaccia Bread and Banana Peppers..... 20

BEEF DIP

Alberta Beef, Braised Onions, Swiss Cheese, fresh Bread and Rosemary Jus..... 24

BUFFALO CHICKEN

Freshly breaded Chicken Breast tossed in our medium Wing Sauce and topped with shredded lettuce, Tomato and Ranch on a Brioche Bun..... 20

BACON ONION BURGER

6oz Beef Patty, Bacon Onion Jam, Brioche Bun, Swiss Cheese and Dijon Mayo..... 22

CLASSIC CHEESE BURGER

6oz Beef Patty, Lettuce, Tomato, Red Onion, Brioche Bun, Cheddar Cheese and Dijon Mayo..... 20

THE WHISKEY BURGER

6oz Beef Patty, Whiskey BBQ Sauce, Swiss Cheese and Smoky Bacon on a Brioche Bun.... 22

BIGGER BITES

RIBS

Slow cooked, fall-off-the-bone Pork Back Ribs seasoned with BBQ Spices, Brushed with BBQ. Served with Fries and Coleslaw..... 30

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..... 25

BUTTER CHICKEN

Fresh tandoori roasted chicken in our own butter curry sauce with grilled Naan bread and cilantro basmati rice..... 26

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 19 • 2 piece 23

BALSAMIC CHICKEN

Freshly Grilled Double Chicken Breast topped with our House-Made Balsamic Cream Sauce. Served with Mashed Potatoes and Freshly Steamed Veggies..... 28

PASTAS

CHICKEN BACON MUSHROOM LINGUINI

Grilled and Sliced Fresh Chicken Breast with Sautéed Bacon and Mushrooms. Tossed in a Parmesan Alfredo Sauce..... 26

WEST COAST SEAFOOD PASTA

Selection of Fresh West Coast Seafood and Shellfish in a Rich Herb Alfredo Sauce..... 29

BAKED CAULIFLOWER MAC & CHEESE

Roasted Cauliflower, Gouda Cheese, Panko Herb Crust and Grilled Onion Baguette!..... 25

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" TORTE

It may be gluten free, but it is definitely not flavour free. Our Super Rich Chocolate Torte is sure to please!..... 9

