

LUNCH



Soups and Salads

Seafood Chowder

Thick and creamy with arctic char, scallops, shrimp and crab.
Bowl \$16 Cup \$11

Caesar Salad

Crisp romaine lettuce tossed with creamy caesar dressing, croutons, bacon and parmesan cheese \$12

Soup of the Day

From the chef's kettle \$8

Mixed Northern Salad

Mixed northern greens with strawberries, raspberries, goat cheese, maple candied pecans & blueberry vinaigrette
Full \$18/ Half \$10

Trader's Greek Salad

Peppers, onion, cucumber, kalamata olives and tomatoes tossed in a fresh herb vinaigrette topped with feta cheese \$16

For the Explorer

All sandwiches and wraps are served with fries, garden salad or chef's soup of the day.
Substitute seafood chowder for \$6, caesar salad for \$3, or greek salad for \$4

Daily Soup and Sandwich \$14

Trader's Steak Sandwich

7 oz New York striploin on a fresh baguette with rosemary aioli and topped with fried onions \$17

Explorer Fish & Chips

Two pieces of arctic char lightly beer battered served with tartar sauce \$20

Bacon Mushroom Cheeseburger

Topped with crisp bacon, mushrooms and a cheddar mozzarella cheese blend \$16

Authentic Bison TV Dinner

Bison meatloaf with mashed potato, gravy, seasonal vegetables and a dessert square \$18

Quesadilla

Onions, peppers, cheese and guacamole served with salsa and sour cream \$14
Add Chicken \$5

Breakfast for Lunch

Shaved black forest ham, Swiss gruyere cheese, sliced tomatoes and two fried eggs on twelve grain artisan bread \$15

Smoked Salmon Croissant

Smoked salmon, lettuce, tomatoes, red onion and cucumber with horse radish dill sour cream on a multi-grain butter croissant \$17

Trader's Clubhouse

Grilled chicken breast with bacon, lettuce, tomato, and mayo on multi-grain toast \$17

Turkey Wrap

Shaved turkey, lingonberries, caramelized onions, tomatoes and white cheddar in a flour tortilla \$16

Vegetarian Risotto

Arborio rice, exotic mushrooms, spinach, asparagus, freshly grated parmesan and gruyere cheese
\$15 Add Chicken \$5 Add Prawns \$8

Caprese Sandwich

Sliced tomatoes, bocconcini cheese, fresh basil, red onion and arugula on soft semolina bread, drizzled with a balsamic reduction \$15

Penne Stroganoff

Sliced beef sauteed with onions, peppers and mushrooms in a paprika-cream sauce, topped with pickles, sour cream and garlic bread \$17

Schnitzel on a Bun

European style pork schnitzel fried golden on a twelve grain artisan bun, lemon aioli, tomatoes and gruyere cheese \$17

Grilled Montreal Smoked Meat

Thinly shaved smoked meat on European rye with dijon mustard and swiss cheese \$16

Adobo BBQ Braised Pulled Pork

House pulled pork on a sesame-semolina bun, hard boiled egg and pickled onions. Sweet and Spicy! \$17

If you crave a little extra with any item, add smoked char, grilled chicken or sauteed shrimp for \$5

All prices are subject to 5% GST. An 18% Service Charge will be added to groups of 8 or more.