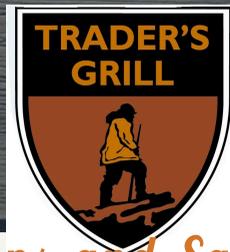


LUNCH



Soups and Salads

Caesar Salad

Crisp romaine lettuce tossed with creamy caesar dressing, croutons, bacon and parmesan cheese \$13 full \$9 half

Seafood Chowder

Thick and creamy with arctic char, scallops, shrimp and crab. Bowl \$16 Cup \$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 \$16/ 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 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 \$15

Trader's Steak Sandwich

7 oz New York striploin on a fresh baguette with rosemary aioli and topped with fried onions \$21

Chef's Turkey Brioche

Roasted turkey breast, cranberry mayo, white cheddar, grilled apple ring, lettuce and tomatoes on house made brioche \$18

Bacon Mushroom Cheeseburger

Topped with crisp bacon, mushrooms and a cheddar mozzarella cheese blend \$17

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

Athens Lamb Burger

House made 8oz lamb burger topped with feta cheese, black olive tapenade and cucumber yogurt on olive artisan bread \$18

Arctic Char Gravlax on Challah

Chef's house cured arctic char, lettuce, tomatoes, red onion and cucumber with horse radish-dill sour cream on challah bread \$20

Explorer Fish & Chips

Arctic char and Whitefish lightly beer battered served with tartar sauce \$21

Trader's Clubhouse

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

Wild Boar Belly BLT

Roasted boar belly with tomatoes, lettuce on a rosemary ciabatta bun \$18

Grilled Montreal Smoked Meat

Thinly shaved smoked meat on European rye with dijon mustard and swiss cheese \$17

Eggplant Cigars

Grilled eggplant, stuffed with goat cheese, kalamata olives, onions and fresh herbs, breaded and pan fried, served on marinara sauce topped with arugula and parmesan cheese \$16

Fish Tacos

Three flour tortillas filled with blackened char fillets, fruit salsa and diakon apple slaw topped with creamy cilantro dressing. \$21

Vegetarian Risotto

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

Portuguese Spaghetti

Clams, mussels and chorizo sausage sauteed in olive oil with onions, peppers and cherry tomatoes finished with fresh basil \$19

Penne Varese

Mixed mushrooms, asparagus, basil pesto tossed with penne pasta, topped with toasted pine nuts, arugula, parmesan cheese and cherry tomatoes \$16

Add on: Chicken \$5 Prawns \$8 Smoked Char \$8

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