

# LUNCH



## Soups and Salads

### Caesar Salad

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

### Seafood Chowder

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

### 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 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 \$20

#### Chef's Turkey Burger

House made 8 oz patty on potato-scallion bun, lingonberry mayo, onion rings, lettuce and tomatoes \$17

#### 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

#### 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 \$18

#### 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

### Pork Char Siu

Thinly sliced Chinese style BBQ pork served on artisan sesame-semolina bun, caramelized onions, pickled cabbage, tomato and fried egg \$17

### Grilled Montreal Smoked Meat

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

### Eggplant Parmesan Sandwich

Layers of arugula, breaded and fried eggplant, sliced tomato, buffalo mozzarella, on house made focaccia bread with a pesto and balsamic reduction \$16

### Roast Beef Artisan Sandwich

Shaved roast beef on sesame-semolina artisan bread with horseradish mayo, onion marmalade, arugula and jalapeno havarti cheese \$18

### Vegetarian Risotto

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

### Seafood Spaghetti

Clams, mussels and shrimp sauteed in olive oil, finished with a splash of lobster stock, cherry tomatoes and 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

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.