

Starters

Forester's is proud to serve the Island's freshest ingredients from our local farms

basket of hand cut kennebec fries	chipotle mayonnaise	\$7	poutine style	\$9
basket of yam fries	basil mayonnaise			\$8
warm pita bread with tzatziki & hummus				\$6
flash fried calamari	tender calamari, lemon wedge & tzatziki sauce			\$11

nachos	el niño	\$12	el grande	\$16
cheddar, jack & mozzarella cheeses, jalapeño, bell peppers, onion & olives				
served with salsa & sour cream, add guacamole for \$2				
Top fries or nachos with pulled pork or Cajun spiced beef for \$5				

chicken wings	one dozen - original buffalo, BBQ, honey garlic, teriyaki, dry pepper, sweet chili	\$12
chicken strips	breaded tender chicken fillets, honey mustard, BBQ, or plum sauce with fries	\$12
dry pork ribs	1lb dry pork ribs with lemon & sea salt	\$13
appetizer platter	flash fried calamari, chicken wings, dry pork ribs, pita bread, hummus & tzatziki sauce	\$18

Soups and Salads

today's soup	made from scratch in house, your server will inform you of today's feature	cup \$4 bowl \$6
seafood chowder	fresh seafood, cream, bacon & aromatic vegetables	cup \$5 bowl \$7
spinach salad	double smoked bacon, egg, mushroom, red onion, candied walnut vinaigrette	\$12
heart healthy caesar salad	crisp romaine lettuce, yogurt dressing, herb croutons	\$8
	add grilled chicken breast, baby shrimp or grilled salmon	\$5
seared wild sockeye salmon & goat's cheese salad	organic greens, lemon olive oil vinaigrette	\$14
sesame chicken salad	chicken breast, organic greens, fried noodles, sesame vinaigrette	\$13

Clubhouse Classics

fish and chips	beer battered cod fillets, hand cut fries, coleslaw and tartar sauce	1pc \$12 extra pc \$5
'AAA' New York steak	garlic bread, sautéed mushrooms, onion rings, and hand cut fries	\$16
lamb curry	lamb shoulder, fragrant curry sauce, naan bread, mango chutney & jasmine rice	\$15

pesto prawn & scallop penne	fresh basil, extra virgin olive oil, spinach, parmesan, garlic bread	\$15
spaghetti & meatballs	tomato sauce, beef meatballs, parmesan and garlic bread	\$15
spinach & ricotta cannelloni	tomato and alfredo sauces, parmesan, garlic bread	\$14

all day breakfast	two eggs with bacon, 7-grain or sourdough toast, hand cut fries	\$12
teriyaki stir fry	your choice of chicken, beef, or prawns with Asian vegetables and jasmine rice	\$15
pork schnitzel	breaded pork cutlets, mushroom gravy, potatoes and braised sauerkraut	\$16

Sandwiches served with your choice of today's soup, salad or fries, add \$1.50 for chowder or caesar

the reuben	house made corned beef piled high on marble rye, sauerkraut, swiss cheese, dijon mayo	\$12
grilled chicken & brie	basil mayo, lettuce, tomato & red onion, local brie cheese, grilled flatbread	\$13
roast turkey clubhouse BLT	avocado & basil mayonnaise, 7Grain or sourdough	\$13
southwest chicken wrap	flour tortilla, lettuce, tomato, chipotle mayo, jack and cheddar cheese	\$12
roast beef dip	fresh baked sub roll, jalapeno jack cheese, au jus	\$13
grilled salmon burger	local wild sockeye salmon, tartar sauce, sesame kaiser bun	\$15

The Olympic Burger	\$12
our handmade 6oz AAA Canadian beef burger on a sesame kaiser bun	
mayo, lettuce, tomato, pickle, red onion with soup, salad or fries	
add any combo of the following for \$1 each; cheddar, swiss, goat's or stilton	
bacon, mushroom, avocado, jalapenos, fried egg, caramelized onion or onion rings	
-make it a double burger, add \$5	

Try our delectable desserts, made in house by our pastry chef

