

## Breakfast Menu

Breakfast is available between 7:00 am and 11:00 am.

### Hotel Favorites

#### Hot Open Faced Breakfast Sandwich- \$22

- Black Forest Ham, cheese, bacon & eggs
- Smoked Salmon, onion, capers & eggs
- Roast turkey, tomato, cheese & eggs
- Avocado, pomegranate, arugula, poached eggs
- Eggs Benedict with Canadian Back bacon, Hollandaise sauce

### American Breakfast \$22

2 eggs any style w/ country potatoes, toast and choice of bacon or sausage.

### Continental Breakfast \$17

Warm jumbo butter croissant, fresh fruit salad and Cottage Cheese

### Omelet \$22

3 eggs, ham, cheese & onions w/country potatoes & toast

### Waffles \$18

Crispy waffles w/ maple syrup, berry compote & whipped cream

### Pancakes or French Toast \$18

Served with maple syrup, berry compote & whipped cream

### Oatmeal \$15

Oatmeal with seasonal berries, cinnamon, milk & honey

### Sides

#### Yogurt Parfait \$11

Greek yogurt, granola & fresh berries

#### Fruit Salad \$11

Freshly cut seasonal fruit

#### Bacon or Sausage \$5

#### Toast \$5

### Beverages

Coffee - \$4.5

Coffee Latte or espresso - \$5.5

Tea - \$4.5

Fruits Juice - \$5

2% Milk or Chocolate Milk - \$4.5

Assorted Soft Drinks - \$4.5

### Kids Menu

*\*\* Holiday Inn Kids Eat Free - Kids 12 years and under*

Includes choice of juice or milk

#### Scrambled Eggs

Bacon, country potatoes & toast

#### Malted Mini Waffles

Served with maple sugar, berry compote & whipped cream

#### Pancake

Served with maple sugar, berry compote & whipped cream

### Room Service Dial: 0

Applicable sales tax and a 15% gratuity charge will be added to the price of all room service items.

\* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

\*\* When accompanied by at least one (1) adult who is registered as a hotel guest and must order at least one main course from the full-priced menu. Offer is limited to up to four (4) children per dining family, per meal OR up to two (2) children per parent, per meal.

Only in Unwind Restaurant.

PARTIES OF 8 OR MORE ARE SUBJECT TO 18%



# BRUNCH MENU

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## SANDWICHES

Served with a choice of Soup, Salad or French fries

### **Sauteed Shitake Mushrooms -\$19**

Served on a toasted Baguette with Mozzarella & Cheddar cheese, ketchup

### **Grilled Chicken Sandwich -\$22**

Served on a Ciabatta bun with Pesto, Swiss cheese, bacon, roasted tomato, pickled peppers & onion

### **Roast Beef Sandwich - \$22**

Served on a Ciabatta bun with bocconcini cheese, pickled peppers, arugula and a chipotle mayo

### **Grilled Beef Burger - \$23**

Served on a Brioche bun with bacon, portobello mushroom, mozzarella cheese, and onion rings, dressed with lettuce, tomato pickles & a chipotle BBQ sauce

### **Pork Schnitzel Burger - \$22**

Served on a Brioche bun with Swiss Cheese, Sunny Side Egg, Bacon, and Onion pickle, dressed with lettuce & tomato pickles

### **Smoked Pulled Pork Sandwich -\$22**

Served on a Brioche bun with BBQ sauce & coleslaw

## **HOUSE SPECIALTY – Homemade Pierogi**

Blueberry (VG) -\$16    Lamb - \$20    Potato-Cheese & Bacon - \$20

## SOUP & SALADS

### **Chefs Soup Selection - \$12**

### **Mixed Green Salad - \$16**

with Avocado, Tomato, Berries, Nuts, and Manda-Ginger Dressing (GF/VG/DF)

### **Caprese Salad- \$17**

Tomato, Bocconcini, Basil leaves, Arugula, Balsamic glaze (GF/VG)

### **Beet Salad with Arugula - \$17**

Lemon-lime dressing, Goat Cheese, Sunflower seeds, Dried cranberry and Balsamic glaze (GF)

### **Smoked Duck Arcadian Harvest Salad - \$18**

Served with pears, blue cheese, Dried Cranberry and Raspberry Glaze Dressing

*Add Grilled Chicken Breast (GF) +\$4 - Sauteed Prawns (GF) +\$5 - Candied Salmon +\$5*

## **Breakfast Sandwiches**

**Eggs Benedict – \$22** Poached eggs with Canadian Back bacon, Hollandaise sauce on an English muffin

**Avocado & Pomegranate – \$22** Poached eggs with arugula on toasted cranberry Sourdough

**Black Forest Ham – \$22** with Swiss cheese, bacon, your choice of eggs on a toasted Bagel

**Smoked Salmon – \$22** - Bermuda onion, capers your choice of eggs on a toasted Bagel

*VG- Vegetarian /GF - Gluten Free / DF- Dairy Free*

*Prices are subject to applicable taxes. Room service orders are subject to a 15% gratuity.*

*PARTIES OF 8 OR MORE ARE SUBJECT TO 18% GRATUITY*



# DINNER MENU

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## STARTERS

### Manchurian Cauliflower - \$14

**Chicken Wings - \$14** with vegetable crudité  
a choice of BBQ, Honey Garlic, or Hot Sauce

### Cheese Quesadilla - \$15

with grilled vegetables served with guacamole (VG)  
Add Grilled Chicken Breast +\$4 or Grilled Prawns +\$5

### Chef's Soup Selection - \$12

**Shrimp Cocktail - \$15** with Cocktail Sauce (GF)

### Flank Steak on Naan - \$14

with a Horseradish Mayo

### Bruschetta on a French Baguette - \$15

Prosciutto, Tomato salsa, goat cheese, balsamic reduction

## SALADS

*Add Grilled Chicken Breast (GF) +\$4 - Sautéed Prawns (GF) +\$5 - Candied Salmon +\$5*

**Mixed Green Salad - \$16** with Avocado, Tomato, Berries, Nuts and Manda-Ginger Dressing (GF/VG/DF)

**Caprese Salad - \$17** Tomato, Bocconcini, Basil leaves, Balsamic glaze (GF/VG)

**Beet Salad with Arugula - \$17** Lemon-lime dressing, Goat Cheese, Sunflower seeds (GF)

**Smoked Duck Arcadian Harvest Salad - \$18** with pears, blue cheese, and Raspberry Glaze Dressing

## THE BURGERS

dressed in lettuce & tomato served with French Fries or mixed Green Salad

### Grilled Beef Burger - \$23

served with bacon, portobello mushroom, mozzarella cheese, onion rings, pickles & a chipotle BBQ sauce

**Crispy Panko Chicken Breast - \$22** served with bacon, mozzarella cheese & a chipotle sauce

**Pork Schnitzel Burger - \$22** with Swiss Cheese, Onion pickle, Bacon, Sunny Side Egg

## PASTA

Add Grilled Chicken Breast (GF) + \$4    Grilled Prawns (GF) + \$5    Sautéed Seasonal Vegetables (VG) - +\$2

**Fettuccine Alfredo - \$20** Parmesan Cheese, Fresh Cream & garlic bread

**Gnocchi Pasta Marinara - \$20** with fresh basil & Parmigiano Reggiano

### Homemade Pierogi

Blueberry (VG) - \$16    Lamb - \$20    Potato- three Cheeses & Bacon - \$20

## ENTREES

### Lamb Shank - \$31

Lamb marinated and slow-cooked, served with Creamy  
Chive Mash potato, Sweet Pickled-Dill Peppers (GF)

### Coffee Marinade Pork Ribs

Choice of ½ order - \$24 or full order - \$29  
slow-roasted for 6 hrs served with a white cabbage salad &  
French Fries (GF/DF)

### Pork Chops- \$26

Served with Creamy Chive Mash Potatoes, Pear Sauce,  
and a Tomato Salad

### Grilled Salmon- \$32

served with white wine prawns cream sauce, Roasted  
Potato, Sauerkraut Salad (GF)

### Duck Confit- \$26

Duck Leg Slow-cooked served with Barley-Vegetable  
Risotto, Carrot and Orange puree, Tomato Salad

### Fish & Chips- \$24

Local BC. Beer Battered, Codfish, French Fries and  
Tartar Sauce

### Grilled CAB Striploin Steak 10oz - \$41

With Poivrade – Mushroom sauce served with Roasted  
Potatoes, Sautéed seasonal vegetables

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