

APPETIZERS

NACHOS - \$19

Extra chicken or ground beef-\$6,
extra guacamole- \$4

COCONUT PRAWNS - \$16

served with a Horseradish-Marmalade

SHRIMP COCKTAIL - \$15 (GF)

Served with Cocktail Sauce

BRUSCHETTA - \$16

Fresh Tomato Salsa, Prosciutto,
Goat Cheese, French Baguette and a Balsamic
Reduction

FLANK STEAK FLATBREAD - \$15

Served on Nann Bread
with a Horseradish Mayo

MANCHURIAN CAULIFLOWER - \$14 (V)

Deep fried with Chilli Sauce

CHICKEN WINGS - \$16

choice of:

BBQ, Honey Garlic, or Hot Sauce

Served with vegetable crudité Ranch dressing

SANDWICHES & BURGERS

with French Fries or mixed Green Salad

CLASSIC BEEF BURGER - \$23

Bacon, Grilled Portobello Mushroom, Mozzarella Cheese,
Onion Rings, Pickles, Chipotle BBQ Sauce

CHICKEN BURGER - \$22

Crispy Panko Chicken Breast served with Bacon, Mozzarella
Cheese & a Chipotle Sauce

SIGNATURE PORK SCHNITZEL BURGER - \$22

with Swiss Cheese, Onion Pickle, Bacon, Sunny Side Egg

CHEESE QUESADILLA - \$16 (VG)

with Grilled Peppers & Onions served with Guacamole

HOMEMADE PIEROGI

BLUEBERRY - \$16 (VG)

LAMB - \$20

3 CHEESE, POTATO & BACON - \$20

SOUP & SALAD

CHEF'S SOUP "Zurek" - \$12

Polish sour rye soup, pork, eggs, served with French
Baguette

CAESAR SALAD- \$17

Romain Lettuce, Parmesan Cheese, Croutons with
an Anchovy Caesar Dressing

BEET SALAD - \$17 (GF)

Sliced Beets, Goat Cheese, Arugula, Sunflower Seeds
with a Lemon-Lime Dressing

MIXED GREEN SALAD - \$17 (GF/VG/DF)

Avocado, Tomato, Berries, Mixed Nuts with a
Mandarin-Ginger Dressing

SIDES & ADD ONS

GRILLED CHICKEN BREAST - \$6 (GF)

SAUTÉED PRAWNS - \$7 (GF)

GRILLED SALMON -\$7

GRILLED SIRLOIN BEEF 4oz +\$8 (GF)

GUACAMOLE +\$4

BARLEY-VEGETABLE RISOTTO - \$6

FRENCH FRIES - \$7

SEASONAL VEGETABLE - \$7

ONION RINGS - \$7

PASTA

FETTUCCHINE ALFREDO - \$20 (VG)

Fresh Parmigiano Reggiano Parmesan
Cheese Cream Sauce with Garlic Bread

GNOCCHI MARINARA - \$20 (VG)

Potato Pasta with a Fresh Tomato Basil Sauce
& Parmigiano Reggiano with Garlic Bread

ENTREES

GRILLED SALMON- \$34 (GF)

Sauteed Prawns in a white wine cream sauce, Roasted Potato Sauerkraut Salad

HARMONY OF THE SEA - \$30

Broiled Sea Bass with a tarragon white wine cream sauce, Potato Dumplings, crusty green bean

FISH & CHIPS- \$25 /2PCS OR \$21 /1 PC

B.C. Beer Battered Cod, French Fries & Tartar Sauce

STRIP LOIN STEAK (CAB)- \$43

Grilled 10oz Steak, a Poivrade-Mushroom sauce, Roasted Potatoes, Sautéed Seasonal Vegetables

BEEF WELLINGTON - \$39

Broiled Puffy pastry wrapped Beef tenderloin with Prosciutto & mushrooms served with mash potatoes, seasonal vegetable

LAMB SHANK - \$32 (GF)

Marinated and slow-cooked, served with Creamy Chive Mash potato, Sweet Pickled-Dill Peppers

PORK RIBS (GF/DF)

Half order - \$24 full order - \$29

Coffee Marinaded, 6hr Slow-Roasted
served with a White Cabbage Salad & French Fries

PORK CHOP- \$26

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

DUCK CONFIT- \$26

Duck Leg Slow-Cooked served with Barley-Vegetable Risotto,
Carrot and Orange Puree, Tomato Salad

DESSERT

MOUSSE CAKE - \$12

Chocolate Cherry or Salted Carmel

DEEP DISH BAVARIAN APPLE TART - \$12

served warm with vanilla ice cream

CLASSIC CHOCOLATE & VANILLA ICE CREAM PARFAIT - \$12

with a warm fresh seasonal berry sauce sauteed & brandy fruit

NAPOLEON - \$12

Puff pastry, pastry cream with dark chocolate

WHISKEY

SCOTCH WHISKEY

	1oz.	2oz
<u>Single Malt</u>		
BALVENIE, Double Wood -12 year, UK	21	39
DALMORE -12 year, UK	20	36
GLENLIVET - 12 year, UK	15	27
GLENFIDDICH - 12 year - UK	15	27
CARDHU - 12 year, UK	14	25
GLENMORANGIE -10 year, UK	10	18
<u>Blended</u>		
JOHNNIE WALKER BLACK/GOLD, UK	15	27
BALLENTINE'S, UK	8	14

RYE WHISKEY

	1oz.	2oz
SEAGRAMS VO, CAN	9	16
CROWN ROYAL, CAN	9	16

IRISH WHISKEY

	1oz.	2oz
JAMESON, UK	9	16

BOURBON/TENNESSEE WHISKEY

	1oz.	2oz
WOODFORD RESERVE, USA	10	18
BUFFALO TRACE, USA	10	18
JIM BEAM, USA	8	14
JACK DANIELS- HONEY, USA	8	14
BULLEIT BOURBON - USA	8	14
JAPANESE NIKKA WHISKEY	17	32
FIREBALL WHISKY	8	14

GIN

	1oz.	2oz.
HENDRICK'S, UK	10	18
EMPRESS, CAN	10	18
TANQUERAY 10, UK	10	18
TEMPO, CAN	8.5	15.5
GORDONS, UK	8	13.5

VODKA

	1oz.	2oz.
BELVEDERE / CHOPIN , PL	10	18
KETEL ONE, RU	9	16
TITOS, USA	9	16
ZOBROWKA, PL	7	12
FINLANDIA, FINN	7	12
SMIRNOFF, RU	7	12
ABSOLUT, SE	7	12

TEQUILA

	1oz.	2oz.
DON JULIO SILVER, MEX	16	28
CASAMIGOS- REPOSADO, MEX	17	31
OLMECA ALTOS 100% AGAVE	10	18
OLMECA GOLD,/ BLANCO, MEX	8	14
CAZADORES REPOSADO	8	14

RUM

	1oz.	2oz.
EL DORADO 15 YEARS	13	24
HAVANA CLUB 7 year (Dark), CU	8	14
CAPT MORGAN SILVER / SPICED	8	14
BACARDI BLACK Spiced	8	14

NON ALCOHOLIC

CAFE	single
Espresso	6
Café Latte & Cappuccino	6
Iced Coffee with milk	6
Brewed Coffee or DeCafe	4.75

TEA

RISHI tea choice of black, green & herb	4.75
RED ROSE orange pekoe	4.75

OTHER

SODA - Pepsi, Diet Pepsi, Ginger Ale, Sprite	4.75
ICE TEA	4.75
JUICE - Orange, apple, grapefruit, Cranberry	6

SAN PELLEGRINO -1 litre	6
SAN PELLEGRINO - 330ml	3.5

SPECIALTY COFFEES

SPANISH COFFEE - Brandy, coffee, cream	12
MONTE CRISTO - Kahlua, Grand Marnier, coffee, cream	12
IRISH COFFEE - Irish whiskey, coffee, cream	12
BLUEBERRY TEA - Grand Marnier, Amaretto, orange pekoe tea	12

PORT

TAYLOR FLADGATE - 10 Year Tawny, PT	15
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SHERRY

GONZALES BYASS, Tio Pepe (Extra dry), ESP	12
GONZALES BYASS, Nutty Solera (Med), ESP	12
WILLIAM HUBERT, DRY SACK (Med), ESP	12

BRANDY / COGNAC

	1oz	2oz
HENNESSY V.S. , FR	16	28
D'EAUBONNE - V.S.O.P., CAN	8	14
METAXA - 7 Stars, GR	8	14

LIQUEURS

	1oz	2oz
GRAND MARNIER, FR	10	18
SOUTHERN COMFORT, US	9	16
FRANGELICO, ITA	8.5	15
KAHLUA, MEX	8.5	15
SAMBUCA DISARONNO, ITA	8.5	15
BAILEYS IRISH CREAM, UK	7	12
DRAMBUIE, UK	8	15
AMARETTO LUXARDO, ITA	8	14
TRIPLE SEC, FR	8	14
COINTREAU, FR	8	14
JAGERMEISTER Herbal	8	14
MALIBU, CAN	8	14
LIMONCELLO, ITA	8	14



HAPPY HOUR

Daily 3-6 pm

APPETIZERS

- Shrimp Cocktail (GF) - \$10
- Flank Steak on Naan Bread - \$10
- Bruschetta Prosciutto, Goat Cheese, on a French baguette - \$10
- Chicken Wings BBQ, Honey Garlic, or Hot Sauce - \$10
- Manchurian Cauliflower - \$10

DRAFT BEER 16OZ - \$6

GRANVILLE ISLAND BREWING
ENGLISH BAY ALE OR ISLAND LAGER

HOUSE COCKTAIL'S - \$10

- LAVENDER MARGARITA
- LIMONCELLO SPRITZ
- TIPSY MERMAID
- GIN GARDEN

CHEF BC. WINE SELECTION

- White or Red Wine (5oz) - \$6
- Sparkling Wine (5oz) - \$6
- WINE ROSE (5oz) - \$6



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- WINE ROSE (5oz) - \$6

FROM THE VINEYARD

BRITISH COLUMBIA

<u>WHITE WINE</u>	6oz	9oz	Bottle
TINHORN CREEK - PINOT GRIS	16	23	64
PELLER ESTATES - Chardonnay,	10	14	39
INNISKILLIN - PINOT GRIGO,	10	14	39
OPEN - CHARDONNAY/SMOOTH W, (HOUSE)	10	14	39
LAUGHING STOCK - PINOT GRIS	15	22	59
SAINTLY- SAUVIGNON BLANC	13	18	52
BURROWING OWL- CHARDONNAY			81

<u>SPARKLING WINE</u>	5oz	Bottle
SAINTLY ROSE / WHITE	14	65

<u>BLUSH WINE</u>	6oz	9oz	Bottle
SAINTLY - ROSE	13	18	52
OPEN WINE- ROSE	10	14	39

<u>RED WINE</u>	6oz	9oz	Bottle
CLOS DU SOLEIL - CELESTIALE 2021	-	-	75
OPEN - Merlot (HOUSE), CAN	10	14	39
PELLER ESTATES - Cabernet Merlot, CAN	10	14	39
SANDHILL - Cabernet Merlot, CAN	15	22	59
SANDHILL - SYRAH CAN	15	22	59
CULMINA ESTATE 2016 HYPOTHESIS	-	-	98
INNISKILLIN, CABERNET SAUVIGNON	9	14	38
LAUGHING STOCK - PORTFOLIO	-	-	98
SEE YA LATER- PINOT NOIR	13	18	52
VINTAGE INK - WHISKY BARREL AGED RED	11	15	43
BURROWING OWL- CAB.SAUVIGNON	-	-	93

<u>WHITE WINE</u>	6oz	9oz	Bottle
BAREFOOT - Pinot Grigio, USA	10	14	39
ROBERT MONDAVI - CHARDONNAY, USA	12	17	50
SAWMILL CREEK- PINOT GRI./ SAUV-BL., CAN	8	11	32
MEIOMI-CHARDONNAY, USA	-	-	72
RUFFINO-LUMINA PINOT GRIGIO, ITA	11	15	43
RUFFINO - MOSCATO, ITA	11	15	43
KIM CRAWFORD- SAUVINGNON BLANC, NZ	15	22	59

<u>SPARKLING WINE</u>	5oz	Bottle
SAINT- LOUIS CUVÉE, FRA	13	38
VILLA TERESA, Prosecco, ITA	16	47
HENKELL DRY - SEC, DEU	13	38
BODACIOUS, CAN	9	35

<u>RED WINE</u>	6oz	9oz	Bottle
HAUT-CARLES 2011 - FRANCE	-	-	98
MEIOMI- PINOT NOIR/ CAB.-SAUV., U	-	-	75
ALAMOS -MALBEC, ARG	13	18	52
SAWMILL CREEK MERLOT/ CABER.-SAU. CAN	8	11	32
ROBERT MONDAVI - CAB.SAUVIGNON, USA	12	17	50
RUFFINO - CHIANTI, ITA	11	15	43
KIM CRAWFORD- PINOT NOIR, NZ	16	23	66
FAMILY PERRIN RESERVE - COTES DU RHONE	13	18	52
UNSHACKLED - CABERNET SAUVI., USA CALIF.	-	-	78

HOPS & CIDERS

<u>DRAUGHT - Granville Island Brewing</u>	16oz	20oz
ISLAND LAGER	8.5	10
ENGLISH BAY ALE	8.5	10

<u>IMPORTED</u>	Bottle
STELLA ARTOIS, Pilsner, BEL	8.5
HEINEKEN, Pale Lager, NLD	8.5
CORONA, Pale Lager, MEX	8.5
GUINNESS, DRY Stout, UK	10
DOS EQUIS XX, Mex	9

<u>DOMESTIC/CRAFT</u>	
STEAMWORKS, IPA, BC	7.5
STEAMWORKS, Pilsner, BC	7.5
BUDWEISER, Pale Lager, US	7.5
COORS LIGHT, Pale Lager, US	7
MOLSON CANADIAN, Pale Lager, CAN	7
GRANVILLE ISLAND IPA	7

<u>CIDERS</u>	
STRONGBOW DRY CIDER, UK	10

<u>NON-ALCOHOLIC:</u>	
CORONA 0%	8.5
BUDWEISER 0%	7
GINGER BEER 0%	8.5

HOUSE COCKTAILS

MOSCOW MULE - Vodka, Ginger Beer and fresh lime over ice	\$15
OLD FASHIONED - Bourbon, Angostura bitters & orange	\$15
MANHATTAN - Rye whiskey, Sweet vermouth & orange bitters	\$15
NEGRONI - Campari, gin & sweet vermouth	\$15
COSMOPOLITAN - Vodka, Cointreau with lemon juice & syrup	\$15
ZOMBIE - Rum Spiced, White and Dark, Apricot brandy, tropical juice	\$15
CLOVER CLUB - Gin, raspberry syrup with sour mix	\$15
HUGO - Gin, elderflower syrup, mint topped with Sparkling wine	\$15
SPRING SUNSET - Vodka, Aperol, Apricot Brandy & pineapple juice	\$15
JUNGLE BIRD - Dark Rum, Campari, lime and pineapple juice.	\$15
GIN RUBY - Gin, elderflower syrup, Aperol, grapefruit juice with sour mix	\$15

SMALL PLATES

Soup \$9

Manchurian Cauliflower- \$11

Shrimp Cocktail with Cocktail Sauce (GF) - \$13

Flank Steak on Naan bread with a Horseradish Mayo - \$12

Bruschetta served with prosciutto, Tomato salsa, goat cheese, balsamic reduction & a French baguette - \$12

Chicken Wings a choice of BBQ, Honey Garlic, or Hot Sauce with vegetable crudité - \$13

Cheese Quesadilla with grilled vegetables served with guacamole (VG) - \$13

Add Grilled Chicken Breast - \$15, Grilled Prawns - \$17

SALADS

Beets Salad with arugula, lemon-lime dressing, Goat cheese, sunflower seeds (GF) - \$13

Traditional Greek Salad with tomatoes, bell peppers, olives, cucumbers & onions (GF/VG/DF) - \$14

Deconstructed Caesar Salad with heart romaine, shaved parmesan & croutons - \$13

Mixed Green salad with berries, nuts & a raspberry glaze dressing (GF/VG/DF) - \$14

Add Grilled Chicken Breast (GF) +\$3 or Sautéed Prawns (GF) +\$4

THE BURGERS

dressed with lettuce & tomato served with French fries or mixed Green salad

Grilled Beef served with bacon, portobello mushroom, mozzarella cheese, onion rings, pickles & a chipotle BBQ sauce - \$20

Crispy Panko Chicken Breast with bacon, mozzarella cheese & a chipotle sauce - \$20

PASTA

Fettuccine Alfredo

with shredded Parmesan cheese, fresh cream & garlic bread - \$17

Add Grilled Chicken Breast - \$20, Grilled Prawns - \$21, sautéed seasonal vegetable (VG) - \$19

ENTREES

Coffee Marinade Pork Ribs

slow-roasted for 6 hrs served with a white cabbage salad & French Fries (GF/DF)

Choice of 1/2 order - \$22 or full order - \$27

Wiener Pork Schnitzel

Served with Mash potato, Tomato's salad - \$25

Fish & Chips

Local BC, Beer Battered Cod with French Fries, Tatar Sauce - \$23

Grilled Salmon

served with white wine prawns cream sauce, Roasted Potato, Sauerkraut Salad (GF) - \$25

Chicken Confit

Chicken Leg Slow cooked in Duck Fat, served French Fries, Tomato Salad - \$24

Grilled Rib Eye steak 8.5oz

With Polvrade - mushroom sauce, served with Mash Potato, sautéed seasonal vegetable - \$33

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

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

Breakfast Menu

Weekdays between 7:00 am and 11:00 am, and Weekends until 12:00 pm

Hotel Favorites

Hot Open Faced Breakfast Sandwich- \$22

- Black Forest Ham, cheese, bacon & eggs
- Smoked Salmon, Cream Cheese, onion, capers & eggs
- Roast turkey, tomato, cheese & eggs
- Avocado, pomegranate, Cherry Tomato's, 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 \$23

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

Greek Omelet \$23

3 eggs, mushroom, spinach, onion, feta cheese, 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 \$14

Greek yogurt, granola & fresh berries

Fruit Salad \$14

Freshly cut seasonal fruit

Bacon or Sausage \$5

Toast \$5

Beverages

Coffee - \$4.75

Coffee Latte, Cappuccino or espresso -\$6

Tea - \$4.75

Fruits Juice - \$6

2% Milk or Chocolate Milk - \$4.75

Assorted Soft Drinks - \$4.75

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

Fruit Salad

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% GRATUIT