

the Sticky Wicket

DINNER MENU

Appetizers & Share Plates



Crab & Artichoke Dip \$11.95

Belle River rock crab, artichoke hearts, spinach, cream cheese, tomato relish, house fried tortilla chips

Lemon Calamari \$10.95

Fried crisp, lemon and garlic marinade, tzatziki sauce



Sautéed Prawns Provençal \$10.95

Prawns, garlic butter, Pinot Gris, tomatoes, scallions, fresh lemon, flat bread

Stuffed Portabello Mushrooms \$8.95

Okanagan goat cheese, balsamic reduction, fresh arugula

Crisp Dry Ribs \$9.25

House cured pork ribs, coarse sea salt or honey hoi sin glaze

Chicken Wings \$9.95

1 pound, choice of sauce: hot, Guinness BBQ or dry pepper spices, dry Cajun spices or garlic chili

Add blue cheese dip 95¢

Chicken Strips \$10.25

House made, panko breading, choice of sauce: plum, honey mustard, garlic chili, hot or Guinness BBQ

French Fries

Fries, chipotle aioli \$4.95

Sweet potato, sea salt, chipotle aioli \$6.95

Edamame Beans \$5.95

Infused chili & lime salt

Perogies \$6.95

Cheddar & potato filling, garlic butter, bacon, scallions, sour cream

Wicket Nachos 14.95

Cheddar and Monterey jack cheeses, tomatoes, scallions, fresh jalapeño peppers, black olives, sour cream, tomato salsa

Add Ons:

Fresh avocado salsa \$2.95

Spicy beef chili \$3.95

Cajun chicken \$4.95



Fish Tacos \$9.95

4 Pacific cod tacos, Cajun spices, shredded lettuce, tomato salsa, fresh lime, flour tortilla, chipotle aioli

Fresh Veggie Plate \$8.95

House made cool ranch dip

Appetizer Platter \$36.95

Lemon calamari, ancho chili chicken quesadilla, fresh veggies, dry ribs, chicken strips, tzatziki, tomato salsa, cool ranch

Soups

Seafood Chowder \$6.95 / \$4.45

Wild BC Salmon, Pacific cod, VI Butter clams, creamy broth, fresh vegetables, red potatoes, puff pastry garnish

Baked French Onion Soup \$6.95

Caramelized onions, red wine, garlic crostini, swiss cheese, asiago cheese

Burgers & Sandwiches

Our burgers are served on a specialty bun with mayonnaise, lettuce, tomato, red onion and pickle spear. Choice of: soup, fries or artisan green salad

The Sticky Wicket Burger \$13.50

Double smoked bacon, aged cheddar cheese

Bison Burger \$14.95

Organic bison, caramelized onions, pecan crusted goat cheese



Salmon Burger \$13.95

Wild BC Salmon filet, wasabi honey aioli, fresh arugula

Bacon & Brie Chicken Burger \$13.95

Grilled chicken, Comox Valley brie cheese, double smoked bacon

Veggie Quinoa Wrap \$10.95

Portabello mushroom curry quinoa patty, fresh vegetables, pecan crusted goat cheese, spinach tortilla wrap

Ciabatta Sandwich \$12.95

Grilled chicken breast, pesto, apple, Comox Valley brie cheese, lettuce, tomato, ciabatta bun

Pulled Pork Sandwich \$11.95

House pulled pork, chipotle BBQ sauce, apple cider coleslaw, artisan bun

Steak Sandwich \$18.95

8oz New York steak, button mushrooms, garlic buttered ciabatta bun, fries, Caesar salad

Steak & Caesar Wrap \$13.95

Blackened New York steak morsels, crisp Caesar salad, asiago cheese, roma tomato tortilla wrap

Prime Rib Baron of Beef \$13.95

Slow roasted, garlic buttered baguette, shoe string onions, au jus

Substitute a Caesar salad or spinach salad for \$1.95

Substitute sweet potato fries with chipotle aioli \$2.95

Add: House made pan gravy 95¢

Add: Chipotle aioli 95¢

Add: Double smoked bacon 95¢

Salads

Dressings: blue cheese, thousand island, ranch
Vinaigrettes: balsamic, champagne, sesame ginger soy

Artisan Green Salad \$9.95

Artisan lettuces, apple, jicama, Salt Spring Island sprouts, crunchy beans, slivered almonds, dried cranberries, sea salt & rosemary baguette



Caesar Salad \$10.95

House made anchovy dressing, croutons, asiago cheese, sea salt & rosemary baguette

Spinach Salad \$11.95

Spinach leaves, sliced apples, dried figs, candied pecans, red onions, mushrooms, tomatoes, balsamic vinaigrette, asiago cheese, sea salt & rosemary baguette

Sanuki Chicken Noodle Salad \$12.95

Grilled chicken breast, artisan lettuces, fresh vegetables, marinated udon noodles, sesame ginger soy vinaigrette

Steak & Goat Cheese Salad \$15.95

6oz Sliced New York steak, pecan crusted goat cheese, artisan greens, sea salt & rosemary baguette

add on:

Organic tofu \$3.95

Wild BC Salmon \$6.95

Grilled chicken breast \$4.95

Pecan crusted goat cheese \$2.95

½ Dozen sautéed prawns \$6.95



6 oz Certified Angus beef @ New York Steak \$8.95

Mains



Pacific Cod & Chips \$10.45

4 oz Pacific cod, traditional ale batter, apple cider coleslaw, house made tartar sauce

Extra piece of Pacific cod for \$3.95

Ancho Chili Chicken Quesadilla \$14.95

Ancho chili pulled chicken, whole wheat tortilla shells, scallions, jalapeño peppers, tomatoes, cheddar and Monterey jack cheeses, sour cream, tomato salsa, artisan green salad

Bison Meatloaf \$14.95

House made bison meatloaf, mushroom gravy, shoe string onions, Yukon gold buttermilk mashed potatoes, market vegetables



Potted Salmon \$13.95

Wild BC salmon filet, leeks, potato, cream sauce, puff pastry, artisan green salad

Baked Mac & Cheese \$10.95

Macaroni pasta, cream sauce, aged cheddar, swiss & asiago cheeses, panko crumb topping, garlic toast

Lobster Mac & Cheese \$14.95

Nova Scotia lobster meat, macaroni pasta, cream sauce, aged cheddar, swiss & asiago cheeses, panko crumb topping, garlic toast



Thai Seafood Bowl \$15.95

Prawns, Pacific cod, garlic, ginger, soy, green coconut curry broth, udon noodles, flat bread

8oz New York Steak & Sauce Trio \$21.95

Chimichurri, mango BBQ & Madagascar green peppercorn demi glaze, Yukon gold buttermilk mashed potatoes, market vegetables

16 oz Rib Steak \$25.95

Yukon gold buttermilk mashed potatoes, crisp shoe string onions, market vegetables

Ancho Chili ½ Chicken \$14.95

Vancouver Island raised chicken, ancho chili rub, apple cider coleslaw, shoe string French fries

St. Louis Pork Ribs \$18.95

full rack house smoked pork ribs, fire grilled, guinness bbq sauce, coleslaw, baked mac & cheese, corn bread loaf

Pizzas

Our own thin rustic herb crust dough recipe is made in-house daily

Italian Sausage \$13.95

Crumbled Italian sausage, portabello mushroom, red onion, Bocconcini & asiago cheeses, fresh basil

Rustic Tuscan \$12.95

Oven dried tomatoes, basil infused marinara sauce, Bocconcini & asiago cheeses, fresh basil

Pesto Lobster & Prawn \$14.95

Nova Scotia lobster meat, prawns, red onion, house made pesto sauce, Bocconcini & asiago cheeses, fresh basil

Desserts

Chocolate Brownie \$5.95

German Lindt chocolate, vanilla gelato, chocolate sauce, candied pecans

Apple Crumble \$5.95

Granny Smith apples, raisins, spices, streusel topping, caramel sauce, whipped cream

Vanilla Gelato \$4.95

Premium Italian vanilla bean gelato, artisan biscotti

Quality



WE SERVE ONLY
Certified Angus Beef[®]
TASTE the DIFFERENCE



DESCRIPTIONS FOR THE DEGREES OF DONENESS:

RARE- cool, red center
MEDIUM RARE - warm, red center
MEDIUM - pink throughout
MEDIUM WELL - thin line of pink
WELL - no pink, dry

Ocean Wise



Recommended by the Vancouver Aquarium as an ocean-friendly seafood choice.

Weekday Special Evening Features



Sunday - Toonie Taco Night

Just \$2 each! Choice of ancho chili chicken, pulled pork or spicy fish



Monday - Fish & Chips - \$8.95

Premium Pacific cod, traditional ale batter, coleslaw, house made tartar sauce, fries

Tuesday - New York Steak Sandwich - \$11.95

Certified Angus beef ® New York Steak, button mushrooms, garlic buttered ciabatta bun

Wednesday - Primo Pasta - \$9.95

Scratch sauces, fresh vegetables, Ocean Wise™ seafood & Certified Angus beef®, premium asiago cheese & garlic toast

Thursday, Friday & Saturday - Prime Rib Dinner

While quantities last! Premium Certified Angus Beef® prime rib

Cured with dijon, rosemary, garlic & coarse salt. Served with Yorkshire pudding, pan gravy, buttermilk Yukon gold mashed potatoes, BC market vegetables

Thursday Night Special

Regular cut - \$16.95 Chef's cut - \$20.95

Friday & Saturday Nights

Regular cut - \$18.95 Chef's cut - \$22.95

QUALITY & SUSTAINABILITY

- Comprehensive hotel wide composting and recycling programs •
 - 100% trans fat free non hydrogenated canola •
- We proudly support local farms, breweries and businesses •
 - Salt Spring Island Mussels - BC Chicken Breasts

- Wild BC Salmon - Greene Prairie prawns - Pacific Cod
- Salt Spring Island Sprouts - Okanagan Goat Cheese
- BC Grown Produce
- Vancouver Island Eggs - Comox Valley Cheese