

# the Sticky Wicket

## LUNCH MENU

### Weekday Special Lunch Features

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 - Sticky Wicket Burger - \$9.95

The best burger & the best deal in town! Certified Angus beef @, double smoked bacon, aged cheddar cheese

Friday - Prime Rib Steak Sandwich - \$11.95

Slow roasted Certified Angus beef @ prime rib, fire grilled, button mushrooms, garlic buttered ciabatta bun

### 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

Soup, Salad, ½ Sandwich \$9.95

Soup or chowder, artisan green salad, ½ BALT sandwich

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



### 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*

## Burgers & Sandwiches

Our burgers are served on a specialty bun with mayonnaise, lettuce, tomato, red onion and pickle spear.

Choice of: soup, fries or 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

### Roasted Turkey Clubhouse \$12.45

Triple layer, thinly shaved turkey, double smoked bacon, tomato, lettuce, mayonnaise, toasted sourdough or multi-grain bread

### 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 \$15.95

6oz New York steak, button mushrooms, garlic buttered ciabatta bun, fries

### 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¢*

## 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

Ocean Wise



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

## The Lighter Side

Available 11:30am - 2:00pm

### Ham, Apple & Brie Sandwich \$9.95

Honey roasted ham, comox valley brie cheese, caramelized onions, apples, baguette, artisan green salad

### BALT Sandwich \$8.95

Double smoked bacon, avocado, lettuce, tomato, multi grain bread, artisan green salad

### California on a Bun \$8.95

Panko crusted chicken strips, double smoked bacon, Swiss cheese, avocado salsa, baguette, artisan green salad

### Caesar & Strips \$10.95

Caesar salad, panko crusted chicken strips, choice of sauce: plum, garlic chili, honey mustard, hot or Guinness bbq

## 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, garlic toast, shoe string onions, artisan green salad



### 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 curry coconut broth, udon noodles, flat bread

## 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

## Desserts

### Chocolate Brownie \$5.95

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

### Vanilla Gelato \$4.95

Premium Italian vanilla bean gelato, artisan biscotti

### Apple Crumble \$5.95

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

## 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