

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

• On Thursdays Enjoy Bottles of Wine at Cost Plus \$5.00 •

Friday & Saturday Nights

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

Quality



WE SERVE ONLY
Certified Angus Beef®
TASTE the DIFFERENCE



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

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

the Sticky Wicket

TAKE OUT

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



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

Soup



Seafood Chowder \$6.95 / \$4.45
Wild BC Salmon, Pacific cod, VI Butter clams,
creamy broth, fresh vegetables, red potatoes,
puff pastry garnish

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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, garnish, 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



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

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¢



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