

# THE SHADY REST – EST. 1924

## SNACK & SHARE

**wings** \$19 | choose between: salt & pepper, sriracha hot, parmesan garlic, pineapple curry, honey garlic, sweet thai, caribbean jerk, or teriyaki

**calamari** \$17 | tossed with crispy banana peppers and red & green onion, served with tzatziki

**ahi tuna tataki** \$16 | seared rare, served with seaweed salad & creamy sriracha drizzle

**pickle spears** \$12 | six breaded spears, served with ranch dip

**poutine** \$15 | kennebec fries, shady-made gravy & cheese curds


**buttermilk turkey bites** \$15 | fried and served with cranberry ranch dip

**edamame**   \$10 | japanese soybeans in the pod, tossed in sea salt & served warm

**dry ribs** \$16 | one pound of tender, bone-in pork riblets, served with chipotle dip

**flatbreads** \$16 | choose from the following:

⇒ shady-made pancetta, roasted beets, spinach, goat's cheese & mozzarella

 ⇒ caramelized onion, grape tomatoes, roasted goat's cheese, mozzarella and fresh arugula, finished with a drizzle of balsamic reduction & pesto

## ARTISAN PIZZAS



fresh ingredients on shady-made thin crust

**the new guy\*** \$19 | with shady-made bacon jam, chicken, banana peppers & fresh arugula (\*been with us a while now, but the name stuck!)

**meat'za** \$19 | seasoned ground beef, honey cured bacon & pepperoni

**margherita**  \$18 | with tomato & fresh basil

## SALADS

**humble greens**   half \$9 / full \$12  
fresh greens, red onion, cucumber & grape tomatoes tossed in shady-made dressing

**spinach salad**  half \$14 / full \$17  
tossed in shady-made dressing with grape tomatoes, red onion, roasted goat cheese, walnuts & focaccia crouton, finished with balsamic reduction

**classic caesar** half \$13 / full \$16 | with our signature caesar dressing, shaved parmesan, shady-made pancetta & focaccia crouton

**prawn cobb salad**  \$20 | mixed greens tossed with grape tomatoes, red onions, bacon, smoked gorgonzola cheese, and honey mustard vinaigrette, topped with sautéed prawns

### UPGRADE YOUR SALAD?


add grilled chicken \$7

add sautéed prawns \$7

add shady-smoked salmon? \$7


## SIGNATURE SOUPS

**clam chowder**  \$17 | with fresh clams in the shell, confit potato & honey cured bacon

**smoked salmon chowder**  \$17 | with shady-smoked salmon, confit potato & honey cured bacon

**soup of the day** half \$7 / full \$10  
always made from scratch with love

add focaccia toast \$2.5    add cheese toast \$5

 vegetarian selection

 can be made gluten free

(all prices plus gst)

## BREAD & BURGERS

served with kennebec fries or humble greens

### UPGRADE YOUR SIDE?

- half fries & half greens \$3
- caesar or spinach salad \$4
- yam fries or onion rings \$4
- gluten free bun \$3

**beef dip** \$19 | thinly shaved roast beef and shady-made horseradish aioli on a toasted ciabatta bun with some jus for dippin'

**fish tacos** \$21 | three warm flour tortillas filled with coleslaw, shady-made mango pineapple salsa & blackened haddock

**true north bison burger** \$22 | 6oz bison patty, honey cured bacon jam, jalapeno jack cheese, crispy onion rings, fresh arugula, and grainy mustard aioli on a toasted brioche bun

**steak sandwich** \$25 | 6oz flat iron steak cooked the way you like it, topped with onion rings, served on shady-made focaccia with shady sauce  
**add sautéed prawns?** \$7

the burgers below are built with lettuce, tomato, pickle & onion on a toasted brioche bun

**shady burger** \$19 | charbroiled, hand-made, beef patty with shady sauce

**black bean burger**  \$18 | 5 oz black bean patty, crispy banana peppers, jack cheese & honey cilantro crème fraiche

**big island chicken burger** \$19 | seasoned chicken breast, shady-made creamy sriracha and mango pineapple salsa

**oceanwise burger** \$21 | shady-made panko crusted scallop, shrimp & dungeness crab patty with fresh guacamole and white cheddar

### OPTIONAL ADD ONS

- mushrooms or sautéed onions \$2.5 ea
- white cheddar, honey cured bacon or shady-made bacon jam \$3 ea

## MAINS

**fish & chips** | craft beer battered fish, signature slaw, kennebec fries & shady-made tartar sauce

**haddock** 1pc \$20 / 2pc \$23 / 3pc \$26

**halibut** 1pc \$25 / 2pc \$33

**fisherman's pie** \$25 | rich lobster bisque, shrimp, scallops and lobster topped with mashed local potatoes then baked with parmesan on top, served with humble greens

**salmon wellington** \$26 | sockeye salmon, parmesan cheese and spinach wrapped in golden puff pastry, served with seasonal vegetables and blend of white & wild rice

**sous vide octopus** \$25 | tender, marinated octopus finished on the grill and topped with wasabi soy butter sauce, served with braised bok choy, red peppers, and short grain sticky rice

**baked lobster mac & cheese** \$25 | lobster meat tossed with macaroni noodles in a rich three cheese sauce topped with panko bread crumbs and baked, served with focaccia toast

**prawn scampi ravioli** \$25 | juicy, garlic butter sautéed prawns and cherry tomatoes atop five cheese ravioli, finished with fresh basil and shaved parmesan, served with focaccia toast

**seafood stuffed portabella cap** \$25 | topped with a panko parmesan crust, served with seasonal vegetables and blend of white & wild rice

**jägerschnitzel** 1pc \$20 / 2pc \$27 | breaded pork cutlet and garlic mashed local potatoes topped with shady-made creamy mushroom gravy, served with market vegetables


**mango curry linguini**  \$20 | sautéed red peppers, spinach and onions tossed with linguini noodles in coconut mango curry sauce

**add some protein to your pasta?**

with grilled chicken \$25

with sautéed prawns \$26

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 vegetarian selection

 can be made gluten free

(all prices plus gst)