

THE SHADY REST – EST. 1924

SNACK & SHARE

wings \$18 | one pound of bbq, sriracha hot, parmesan garlic, pineapple curry, honey garlic, salt & pepper, sweet thai, caribbean jerk, or teriyaki

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

pickle spears \$10 | six breaded spears, served with ranch dip

poutine \$13 | kennebec fries, shady-made gravy & cheese curds

yam fries \$10 | served with chipotle dip

onion rings \$10 | served with chipotle dip

edamame   \$9 | japanese soybeans in the pod, tossed in local sea salt & served warm

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

flatbreads \$15 | 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 | until we pick a real name...with shady-made bacon jam, chicken, banana peppers & fresh arugula

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 \$18 | thinly shaved roast beef and shady-made horseradish aioli on a toasted ciabatta bun with some jus for dippin'

fish tacos \$19 | three warm flour tortillas filled with coleslaw, shady-made mango pineapple salsa & blackened haddock

true north bison burger \$21 | 6oz bison patty, honey cured bacon jam, jalapeno jack cheese, crispy onion rings, fresh arugula, and grainy mustard aioli on a portofino brioche bun

steak sandwich \$22 | 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 portofino brioche bun

shady burger \$18 | charbroiled, hand-made, beef patty with shady sauce

black bean burger  \$17 | 5 oz black bean patty, crispy banana peppers, jack cheese & honey cilantro crème fraiche

big island chicken burger \$18 | seasoned chicken breast, shady-made creamy sriracha and mango pineapple salsa

oceanwise burger \$19 | 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 \$24 | rich lobster bisque, shrimp, scallops and lobster topped with mashed local potatoes then baked with parmesan on top, served with humble greens

bbq back ribs  half rack \$20 / full rack \$27
shady-made bbq sauce, market vegetables & garlic mashed local potatoes

sous vide octopus \$24 | 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 \$24 | lobster meat tossed with macaroni noodles in a rich three cheese sauce topped with panko bread crumbs and baked, served with focaccia toast

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

prawn scampi ravioli \$24 | juicy, garlic butter sautéed prawns and cherry tomatoes atop five cheese ravioli, finished with fresh basil and shaved parmesan, served with focaccia toast

cioppino \$26 | fresh, local manilla clams and salt spring island mussels, prawns and fish in a light tomato & herb broth, served with focaccia toast

buddah bowl  \$19 | kimchi, quinoa tabbouleh, black bean, corn and soya bean salad with our humble greens

dress up your bowl?

- crispy soy ginger tofu \$23
- grilled chicken \$25
- sautéed prawns \$25

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(all prices plus gst)