



Gluten Friendly Menu

Edamame	8.25
Steamed, toasted black sesame honey glaze	
Baked Spinach and Artichoke Dip	12.25
With tri colour tortilla chips	
Baked Chicken Wings	13.75
Firecracker, lemon pepper, orange Sriracha marmalade, tequila lime, salt & pepper, roasted garlic Serrano suicide	
Prawn Cocktail	13.50
Seven chilled prawns, mixed greens. Classic cocktail sauce	
Sticks & Dip	2.50
Carrot & celery, house made peppercorn ranch	
Nachos	20.95
Three cheeses, tri colour corn chips, onions, tomatoes, bell peppers, sour cream & salsa	
Extra cheese or Guacamole 3.00	
Caesar Salad	10.25
Crisp romaine, Asiago, Caesar dressing	
Summer Greens	12.95
Field greens, local apples, red onions, sundried cranberries, pumpkin seeds, sunflower seeds, pearl Bocconcini, white balsamic honey vinaigrette	
Southwest Chicken Salad	14.25
Cajun spiced chicken, field greens, sweet corn, chickpeas, tomatoes, red onions, buttermilk- avocado dressing and corn chips	
Spinach Salad	12.95
Baby spinach, red onion, sliced strawberry, maple roasted walnuts, feta cheese, creamy poppy seed dressing	
Salad Adds	
Spiced Chicken breast	4.75
Pan seared wild BC Salmon	8.25
Seven Chilled Prawns	7.75
Beyond Burger	15.95
Grilled vegetable protein patty, lettuce, tomato, red onion, dill pickle, mustard, ketchup, toasted gluten free bun	
BBQ Pulled Pork Sandwich	14.75
Coleslaw, smokey Tennessee bourbon bbq sauce, toasted gluten free bun	
Club House	15.25
Roast Turkey breast, bacon, lettuce, tomato, cheddar, cranberry mayo, gluten free bun	
Rose's Extreme Pizza- Gluten free crust please allow for extra preparation time	20.95
Ham, pepperoni, onions, mushrooms, peppers, black olives, sliced fresh tomatoes & double cheese	
Mediterranean Veggie Pizza- Gluten free crust please allow for extra preparation time	19.95
Spinach, artichokes, banana peppers, feta cheese, roasted red peppers and fresh tomatoes	
BC Salmon	18.95
Pan seared wild salmon, Okanagan peach jalapeno chutney, rice pilaf, seasonal vegetables	
Mussels	17.95
East coast mussels, classic marinara sauce, white wine, rosemary	
Baby Back Ribs	½ Rack 14.25 Full 19.95
Slow cooked; house made smokey Tennessee bourbon bbq sauce, roast potato, seasonal vegetables	
Sirloin Steak	18.95
Grilled 7 oz center cut sirloin, Montréal steak spice, roasted rosemary potatoes, seasonal vegetables	

**All items on this menu do not contain gluten,
We do have gluten present in our kitchen and cannot certify gluten free
Gluten Free Beer & Cider Available**