



### Gluten Friendly Menu

<b>Edamame</b>	7.75
Steamed, toasted black sesame honey glaze	
<b>Baked Spinach and Artichoke Dip</b>	11.95
With tri colour tortilla chips	
<b>Baked Chicken Wings</b>	13.25
Firecracker, lemon pepper, orange Sriracha marmalade, tequila lime, salt & pepper, roasted garlic Serrano suicide	
<b>Prawn Cocktail</b>	13.50
Seven chilled prawns, mixed greens. Classic cocktail sauce	
<b>Sticks &amp; Dip</b>	2.50
Carrot & celery, house made peppercorn ranch	
<b>Nachos</b>	20.95
Three cheeses, tri colour corn chips, onions, tomatoes, bell peppers, sour cream & salsa	
<b>Extra cheese or Guacamole 3.00</b>	
<b>Caesar Salad</b>	10.25
Crisp romaine, Asiago, Caesar dressing	
<b>Summer Greens</b>	12.95
Field greens, local apples, red onions, sundried cranberries, pumpkin seeds, sunflower seeds, pearl Bocconcini, white balsamic honey vinaigrette	
<b>Southwest Chicken Salad</b>	14.25
Cajun spiced chicken, field greens, sweet corn, chickpeas, tomatoes, red onions, buttermilk- avocado dressing and corn chips	
<b>Spinach Salad</b>	12.95
Baby spinach, red onion, sliced strawberry, maple roasted walnuts, feta cheese, creamy poppy seed dressing	
<b>Salad Adds</b>	
Spiced Chicken breast	4.75
Pan seared Steelhead Fillet	8.25
Seven Chilled Prawns	7.75
<b>Rose's Extreme Pizza- Gluten free crust please allow for extra preparation time</b>	20.95
Ham, pepperoni, onions, mushrooms, peppers, black olives, sliced fresh tomatoes & double cheese	
<b>Mediterranean Veggie Pizza- Gluten free crust please allow for extra preparation time</b>	19.95
Spinach, artichokes, banana peppers, feta cheese, roasted red peppers and fresh tomatoes	
<b>BC Steelhead</b>	18.95
Chia seed crusted, pan seared, roasted red pepper & caper remoulade, rice pilaf, seasonal vegetables	
<b>Mussels</b>	17.95
East coast mussels, classic marinara sauce, white wine, rosemary	
<b>Baby Back Ribs</b>	<b>½ Rack 14.25      Full 19.95</b>
Slow cooked; house made smokey Tennessee bourbon bbq sauce, roast potato, seasonal vegetables	
<b>Sirloin Steak</b>	18.95
Grilled 7 oz AAA Canadian Sirloin, 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