



# ARROW LAKE TAVERN

## SOUPS & SALADS

- Borscht** | 7<sup>00</sup>  
Kootenay style, garlic toast
- Garden Salad** | 10<sup>00</sup>  
Mixed greens, seasonal vegetables, toasted seeds, choice of dressing
- Caesar Salad** | 11<sup>00</sup>  
Greens, house made creamy Caesar
- Taco Salad** | 14<sup>00</sup>  
Greens, tomatoes, green onion, jalapeños, taco beef, cheddar, sour cream, salsa, guacamole served in a taco bowl
- Summer Salad** | 12<sup>00</sup>  
Goat cheese, seasonal berries, mixed greens, candied pecans, lemon vinaigrette
- Kootenay Bowl** | 14<sup>00</sup>  
Marinated beets, baby kale, quinoa, toasted seeds, feta, kimchi & grated carrots served on rice with glory dressing

### PERSONALIZE ANY MEAL

- Grilled Chicken | Add 9<sup>00</sup>
- Grilled Sockeye Salmon | Add 14<sup>00</sup>
- Agedashi Tofu | Add 6<sup>00</sup>
- Falafel | Add 7<sup>00</sup>
- Prawns | Add 9<sup>00</sup>
- Grilled NY Steak | Add 14<sup>00</sup>

## BITS AND BITES

- Roasted Garlic Brie** | 18<sup>00</sup>  
Roasted garlic brie, pita chips, crostini
- Spinach and Artichoke Dip** | 16<sup>00</sup>  
Spinach, artichokes, feta, mozzarella, cream cheese, roast garlic, baked in a bread bowl, with pita chips, crostini
- Straight Up Prawns** | 15<sup>00</sup>  
Served with red garlic butter & bread
- Calamari** | 14<sup>00</sup>  
Breaded Humboldt Squid, crispy onions and jalapenos served with tzatziki
- Wings** | 11<sup>00</sup> 1/2<sup>lb</sup> | 18<sup>00</sup> 1<sup>lb</sup>  
Lightly breaded with choice of honey garlic, honey jalapeno, teriyaki, smoked garlic BBQ, Cajun, salt & pepper
- Dry Garlic Ribs** | 15<sup>00</sup>  
With lemon, cracked pepper & tzatziki
- Hand Cut Fries** | 6<sup>00</sup>  
Fresh cut potatoes, smoked garlic aioli
- Poutine It** | 11<sup>00</sup>
- Yam Fries** | 8<sup>00</sup>  
Crispy yams, chipotle aioli

## BURGERS & MORE

### Chicken option available for all Burgers!!

Served with House Cut Fries or substitute Yam fries or House Salad for 3<sup>00</sup>  
Substitute Gluten Free Bun for 2<sup>00</sup>

- Bacon Cheese Burger** | 16<sup>00</sup>  
Fresh ground beef, lettuce, tomato, onion, house smoked garlic BBQ sauce & smoked garlic mayo
- Grilled Sockeye Salmon Burger** | 18<sup>00</sup>  
Grilled Sockeye salmon, kimchi, lettuce, tzatziki
- Garden Burger** | 15<sup>00</sup>  
House made black bean and rice patty, lettuce, tomato, pickled onion, tzatziki
- Mushroom Melt Burger** | 15<sup>00</sup>  
Fresh ground beef, sautéed button mushrooms, swiss cheese, lettuce, tomato, smoked garlic BBQ sauce, smoked garlic mayo
- Beef Dip Classic** | 16<sup>00</sup>  
Shaved roast beef on house made bun with beef jus
- California Chicken Clubhouse** | 14<sup>00</sup>  
Grilled chicken breast, bacon, tomato, lettuce, guacamole, roasted garlic mayo, toasted multi grain
- Chipotle Chicken Caesar Wrap** | 14<sup>00</sup>  
Crispy fried chicken with bacon, lettuce and cheddar cheese, house made Caesar dressing, in a flour tortilla
- Steak Sandwich** | 20<sup>00</sup>  
Sautéed mushrooms & onions on house-made garlic French bread
- Seasoned Chicken Strips** | 15<sup>00</sup>  
Crispy breaded chicken, fresh cut fries, choice of dipping sauce: honey mustard, plum or honey jalapeno, smoked garlic BBQ
- Add** Cheesesteak it | 3<sup>00</sup>  
(sautéed mushrooms, onions & Swiss)

## ENTREES (Starting @ 4:00pm)

### Ask about our Daily Specials!

- Jaeger Schnitzel** | 24<sup>00</sup>  
Tender pork loin with spaetzle featuring local wild mushroom sauce & seasonal vegetables
- NY Steak** | 27<sup>00</sup>  
NY steak served with a hotel peppercorn butter, seasonal vegetables & wedge cut potatoes topped with loaded sour cream
- Salmon Filet** | 28<sup>00</sup>  
Wild Sockeye salmon, grilled vegetables, beets, kale, & ginger soy glaze
- Mediterranean Mafalda Pasta** | 21<sup>00</sup>  
Roasted garlic, artichokes, Kalamata olives, sundried tomatoes, fried capers, spinach, feta, garlic toast

Please inform your server about any food allergies or dietary requirements prior to ordering.

## COCKTAILS

**Brown Derby** 1.5oz | 13<sup>00</sup>  
Bulleit Bourbon, grapefruit juice, honey simple syrup

**Margarita** 2oz | 14<sup>00</sup>  
Cazadores Blanco, triple sec, fresh lime, simple syrup

**Gin Fizz** 1oz | 10<sup>00</sup>  
Empress 1908 Gin, soda, fresh lemon, simple syrup

**Espresso Martini** 2oz | 13<sup>00</sup>  
Tito's Vodka, Kahlua, cold brew, simple syrup

**Navada** 1oz | 10<sup>00</sup>  
Flor de Cana Rum, grapefruit juice, fresh lime, bitters, simple syrup

**Gin Mule** 1oz | 13<sup>00</sup>  
Noteworthy Gin, mint, fresh lime, ginger beer, simple syrup

**Mimosa** 4oz | 8<sup>00</sup>  
Patchwork Brut, fresh orange juice

## CELLAR SELECTIONS

By the glass 6oz | ½lt

### REDS

**Cabernet Merlot** | 6<sup>50</sup> | 14<sup>00</sup>  
Hester Creek

**Pinot Noir** | 14<sup>50</sup>  
Blue Mountain

### WHITES

**Pinot Blanc** | 6<sup>50</sup> | 14<sup>00</sup>  
Hester Creek

**Gewürztraminer** | 7<sup>00</sup>  
Valley of the Springs, Nakusp, B.C

**Chardonnay** | 11<sup>50</sup>  
Blue Mountain

**Patchwork Brut** | 8<sup>00</sup>  
Lakeside Cellars

## DRAFTS

20oz Pint | 60oz Jug

**Kokanee** | 6<sup>75</sup> | 19<sup>00</sup>

**High Country Kolsch** | 6<sup>75</sup> | 19<sup>00</sup>

**Nasty Habit IPA** | 6<sup>75</sup> | 19<sup>00</sup>

**Easy Amber** | 6<sup>75</sup> | 19<sup>00</sup>

**NBC & Mt.Begbie Seasonal Taps** | 6<sup>75</sup> | 19<sup>00</sup>

**Flight of 5 Micro Brew** | 10<sup>50</sup>

## BOTTLED BEER

**Budweiser** | 5<sup>45</sup>

**Canadian** | 5<sup>45</sup>

**Coors Light** | 5<sup>45</sup>

**Kokanee** | 5<sup>45</sup>

**MGD** | 5<sup>45</sup>

**Corona** | 5<sup>45</sup>

**Whistler Forager GF** | 6<sup>25</sup>

**Stella** | 5<sup>95</sup>

**Guinness (TALLBOY)** | 7<sup>25</sup>

**Erdinger** | 7<sup>25</sup>

## CIDERS

**Strongbow** | 7<sup>45</sup>

**Straight and Narrow Grapefruit** | 5<sup>00</sup>

**Red Roof Apple Cider** | 7<sup>25</sup>

**Burton City Cider Seasonal** | 12<sup>00</sup>

**Nakusp, B.C**

## REFRESHMENTS FOR ALL AGES

### non-alcoholic options

**San Pellegrino** | 5<sup>95</sup>

**Juice or Milk** | 3<sup>25</sup>

**Shirley Temple** | 3<sup>95</sup>

**Dads Rootbeer** | 4<sup>25</sup>

**Ginger Beer** | 5<sup>25</sup>

**Red Bull** | 5<sup>25</sup>

**Erdinger n/a beer** | 5<sup>25</sup>

**O'Douls n/a beer** | 4<sup>25</sup>

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