



# ARROW LAKE TAVERN

## SOUPS & SALADS

**Borscht** | 8<sup>00</sup>  
Kootenay style served with garlic toast

**Garden Salad** | 12<sup>00</sup>  
Mixed greens, seasonal vegetables, toasted seeds, choice of dressing

**Caesar Salad** | 12<sup>00</sup>  
Greens & croutons with house made creamy Caesar

**Market Salad** | 14<sup>00</sup>  
Roasted carrots, grilled artichoke hearts, peppers, onions & beets tossed with artisan greens, goats cheese with herb vinaigrette and candied pecans

**Beef Carpaccio** | 16<sup>00</sup>  
Pepper seared beef tenderloin, baby arugula, shaved parmesan, charred lemon with a lemon caper truffle vinaigrette

**Kootenay Bowl** | 16<sup>00</sup>  
Roasted beets, baby kale, cucumber, cherry tomatoes, quinoa, toasted seeds, feta, kimchi & grated carrots served on rice with glory dressing

### PERSONALIZE ANY MEAL

Grilled Chicken	Add 9 <sup>00</sup>
Agedashi Tofu	Add 6 <sup>00</sup>
Falafel	Add 7 <sup>00</sup>
Prawns	Add 9 <sup>00</sup>

## BITS AND BITES

**Roasted Garlic Brie** | 18<sup>00</sup>  
Roasted garlic brie served with warm naan

**Spinach and Artichoke Dip** | 18<sup>00</sup>  
Spinach, artichokes, feta, mozzarella, cream cheese, roasted garlic, baked in a bread bowl served with warm naan & crudité

**Firecracker Prawns** | 18<sup>00</sup>  
Pan seared prawns with spicy lime & coconut cream, served with garlic toast

**Calamari** | 14<sup>00</sup>  
Breaded Humboldt Squid, crispy onions & jalapenos served with tzatziki

**Wings** | 12<sup>00</sup> ½<sup>lb</sup> | 18<sup>00</sup> 1<sup>lb</sup>  
Choice of honey garlic, honey jalapeno, teriyaki, smoked garlic BBQ, cajun, salt & pepper, Korean BBQ

**Dry Garlic Ribs** | 16<sup>00</sup>  
With lemon, cracked pepper & tzatziki

**Hand Cut Fries** | 9<sup>00</sup>  
Fresh cut potatoes, smoked garlic aioli

**Poutine It** | 13<sup>00</sup>

**Yam Fries** | 12<sup>00</sup>  
Crispy yams, chipotle aioli

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



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## BURGERS & MORE

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 | 19<sup>00</sup>

Fresh ground beef, lettuce, tomato, onion, smoked garlic BBQ sauce & roasted garlic mayo

### Grilled Sockeye Salmon Burger | 21<sup>00</sup>

Grilled Sockeye salmon, kimchi, lettuce, tzatziki

### Garden Burger | 16<sup>00</sup>

House made black bean and rice patty, lettuce, tomato, pickled onion, tzatziki

### Mushroom Melt Burger | 16<sup>00</sup>

Fresh ground beef, sautéed button mushrooms, swiss cheese, lettuce, tomato, smoked garlic BBQ sauce, roasted garlic mayo

### Chicken Burger | 16<sup>00</sup>

Grilled chicken breast, roasted garlic mayo, smoked garlic BBQ sauce, lettuce, tomato & pickled onion on a potato scallion bun.

### Chicken & Brie | 18<sup>00</sup>

Chicken, brie cheese, roasted garlic mayo & red pepper jam, grilled on multigrain bread

### Chipotle Chicken Caesar Wrap | 16<sup>00</sup>

Crispy fried chicken with bacon, lettuce, cheddar cheese, chipotle mayo & house made Caesar dressing in a flour tortilla

### Steak Sandwich | 22<sup>00</sup>

Grilled flatiron steak with sautéed mushrooms & onions on garlic french bread

### Seasoned Chicken Strips | 15<sup>00</sup>

Crispy breaded chicken, fresh cut fries, choice of dipping sauce: honey mustard, plum, honey jalapeno, smoked garlic BBQ, Korean BBQ

### Beef Dip Classic | 16<sup>00</sup>

Shaved roast beef on a house made bun with beef jus

**Add** Cheesesteak it | 4<sup>00</sup>

(sautéed mushrooms, onions & Swiss)

## ENTREES (Starting @ 4:00pm)

[Ask about our Daily Specials!](#)

### Lamb Shank | 28<sup>00</sup>

Slow braised Lamb shank with pan roasted fingerling potatoes, seasonal vegetables, with a lamb jus

### Beef Tenderloin | 34<sup>00</sup>

5oz tenderloin grilled to perfection, served with pan roasted fingerling potatoes, seasonal vegetables, hotel peppercorn butter & demi-glace

### Mediterranean Pasta | 22<sup>00</sup>

Roasted garlic, artichokes, Kalamata olives, sundried tomatoes, fried capers, spinach, feta, pappardelle pasta & garlic toast

### Tall Timber Beer & Onion Schnitzel | 24<sup>00</sup>

Crispy breaded pork loin served with spaetzle & seasonal vegetables, topped with Mt. Begbie Tall Timber Beer and onion gravy

### Chicken Supreme | 26<sup>00</sup>

Pan roasted chicken supreme served with blue cheese bacon bread pudding & seasonal vegetables with demi-glace

### Salmon Filet | 30<sup>00</sup>

Grilled wild sockeye salmon served with roasted seasonal vegetables and a leek beurre blanc

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