

On The Green Bistro

L u n c h m e n u

AVAILABLE 11AM UNTIL 5PM DAILY

APPETIZERS

CORN RIBS 16.00

Crispy, sweet corn on the cob in a light hickory smoked batter and served with spicy chipotle mayo.

DUCK WINGS 20.00

Deep-fried duck wings tossed in classic Korean BBQ sauce.

CALAMARI FRITTI 21.00

Calamari rings dusted in seasoned flour, fried until golden brown and served with house-made Freeport sauce.

SPRING ROLLS 15.95

Three large vegetable rolls deep fried and served with Chef's spicy sweet and sour sauce.

QUESADILLA 17.25

Tomatoes, peppers, red onion and jack cheese, baked in a tortilla, served with salsa and sour cream on the side. Add grilled chicken breast for \$8.05

BUFFALO STYLE WINGS 21.00

1lb of house breaded chicken wings tossed in our medium-hot Buffalo sauce, served with carrot & celery sticks, with blue cheese dip.

Other sauce choices available:

BBQ | Honey Garlic | Frank's RedHot

Dry spices: Cajun | Lemon Pepper

POUTINE 12.00

Fries with gravy and Ivanhoe cheese curds.

ADD ONS: Smoked Bacon 2.75

Diced Peppers 1.60

Diced Tomatoes 1.60

Chicken 8.06

GARLIC BREAD 5.50 | Cheesy 8.00

Sliced garlic toasted panini.

ADD ONS: Smoked Bacon 2.75

Diced Tomatoes 1.60

SWEET POTATO FRITES 12.50

Served with our spicy chipotle mayo.

KETTLE CHIPS 8.75

Deep-fried potato chips tossed with Cajun spice, served with our spicy chipotle mayo.

ONION RINGS 11.25

FRENCH FRIES 9.25

SALADS & SOUP

CHEF'S DAILY KETTLE 10.00

Seasonally inspired soup, made fresh daily.

COBB 🌾 ✕ 23.50

Fresh grilled chicken, sliced avocado, blue cheese crumble, bacon bits, hard boiled egg, cherry tomato and romaine, tossed in our house-made classic vinaigrette.

STEAK & ARUGULA 🌾 35.00

Fresh arugula, sliced strawberries, blueberries, goat's cheese, and a 6oz striploin steak, drizzled with balsamic vinaigrette.

CAESAR 🌾 APP 14.25 | MAIN 18.50

Fresh chopped romaine, garlic herb croutons, crispy bacon bits, creamy Caesar dressing, dusted with parmesan cheese.

SPINACH 🌿 🌾 APP 14.25 | MAIN 18.50

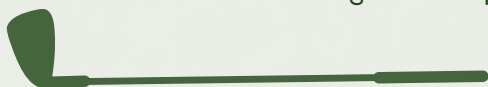
Fresh spinach, watermelon, red onion, feta cheese, topped with toasted almonds and tossed in our flavourful lemon-honey vinaigrette.

GARDEN 🌿 🌾 APP 13.00 | MAIN 16.00

Fresh blend of chopped romaine, spinach, arugula, radicchio, cherry tomato, cucumber, peppers and carrot, tossed in our house-made lemon-honey vinaigrette.

ADD PROTEIN TO YOUR SALAD:

Grilled Chicken	8.05
Grilled Salmon	11.95
Grilled Tiger Shrimp	11.50



PIZZAS

MEDITERRANEAN 🌿 ✕ 24.00

Mediterranean peppers, red onion, black olives, tomatoes, feta cheese and pesto drizzle.

THE BASIC 23.00

Pepperoni and three cheese blend.

MEAT LOVER'S 25.00

Pepperoni, smoked sausage, mushrooms and three cheese blend.

HAWAIIAN 26.00

Ham, house smoked bacon, pineapple and three cheese blend.

BBQ CHICKEN 28.00

Smoked chicken, house smoked bacon, roasted red peppers, three cheese blend and BBQ drizzle.

ALL PIZZAS ARE 12" ROUNDS.



SANDWEDGES & WRAPS

CHICKEN CLUB 🌾 ✂️ 23.75

Fresh grilled-to-order chicken, crisp bacon, cheddar, lettuce and vine-ripe tomato with our chipotle mayo on toasted multigrain bread.

ROAST BEEF DIP 🌾 ✂️ 26.00

Slow roasted roast beef tossed in beef jus then topped with horseradish mayo, onion frites and medium cheddar cheese, on a garlic toasted panini with a side of beef jus.

CHEF'S REUBEN 26.00

Grilled multigrain bread filled with shaved corn beef, Swiss cheese, sauerkraut and Russian dressing.

STEAK SANDWICH 🌾 36.00

6oz striploin steak grilled to your liking, topped with onion rings, lettuce, tomato and horseradish mayo, served on a toasted garlic panini bun.

ROCKY GRILLED CHEESE 22.95

A comfort food with a twist, grilled the traditional way on multigrain bread, with cheddar and Swiss cheeses, bacon, grilled red onions and tomato.



BUFFALO CHICKEN WRAP ✂️ 23.25

Golden-crisp breaded chicken fillets, Buffalo wing sauce, peameal bacon, shredded cheese blend, lettuce and tomato finished with blue cheese dressing in a grilled tortilla wrap.

TURKEY BLT WRAP 🌾 26.00

A freshly rolled wrap with shaved roasted turkey breast, strip bacon, tomatoes, leaf lettuce, shredded cheese blend, red onion, avocado and Dijon mayo.



ROCKY CREST DOUBLE 🌾 25.95

Two fresh ground beef chuck patties grilled and topped with peameal bacon and aged cheddar with traditional garnish.

ROCKY BREAKFAST BURGER 🌾 19.00

One fresh ground beef chuck patty grilled and topped with cheddar cheese, strip bacon, fried egg, lettuce and tomato.

INCLUDED CHOICE OF SIDES:

Garden Salad | Fries | Kettle Chips | Daily Soup

UPGRADE YOUR SIDE:

Caesar Salad	3.50	Poutine	5.50
Sweet Potato Frites			
Onion Rings			

ENHANCE YOUR MEAL AND ADD:

Aged Cheddar Swiss cheese	1.60
Bacon	2.10
Peameal	3.50
Caramelized Onions Sautéed Mushrooms	1.60
Chef's Pickled Peppers	



PASTAS & MORE

PENNE ALLA BOSCAIOLA ❌ 27.00

Smoked sausage, assorted mushrooms and green onion tossed in a silky rosé sauce with garlic bread.

SPINACH & CHEESE RAVIOLI 🌿 27.00

Traditional pasta pockets stuffed with spinach, cream cheese, ricotta and Parmesan cheeses, tossed with baby spinach in our aromatic tomato basil sauce, dusted with shredded parmesan cheese and served with garlic bread.

PAD THAI NOODLE BOWL 🌾 28.95

Grilled chicken, peppers, carrot, mushrooms, peanuts and Lo mein noodles tossed in pad Thai sauce.

VEGETARIAN STIR FRY 🌿🌾❌ 21.00

Lo mein noodles with fresh cut peppers, carrots, celery, wild mushrooms, green onion and baby bok choy tossed in a classic stir fry sauce.

ADD ONS:	Grilled Chicken	8.05
	Grilled Salmon	11.95
	Grilled Tiger Shrimp	11.50



GRILLED SALMON 🌾❌ 36.00

8 oz. salmon fillet grilled and glazed with teriyaki ginger sauce, served over fresh steamed basmati rice and seasonal vegetables.

CHICKEN & WAFFLES 25.00

Deep-fried breaded chicken breast topped with house smoked bacon bits, almonds and served over Belgian waffles with a side of Bourbon maple syrup.

FINGERS & FRIES 20.50

Five chicken breast strips lightly breaded, served with fries and plum sauce.

🌿 Vegetarian | 🌾 Gluten Free | ❌ Club Favourite

*Item can be **altered** to be gluten free*

If you have any requests or dietary concerns, please inform your server and our chef will be happy to accommodate.

Prices are subject to applicable taxes and service charge.
Prices and menu subject to change without notice.

Split plating fee of \$3

ClubLink proudly serves Coca-Cola products