

# Light Menu



## BISTRO 19

at Glacier Greens

### ESPRESSO

Americano	\$3.80/4.30
Latte	\$4.95/5.50
Cappuccino	\$4.95/5.50
Mocha w/ Whip & Drizzle	\$5.45/5.95
Caramel Macchiato	\$5.45/5.95
Flat White	\$4.95/5.50
Americano Misto	\$4.50/5.00

\* Oat or Almond Milk Available .60 / .80  
\* Add a flavour shot .60 / .80

### HOT DRINKS

Creekmore's Drip Coffee	\$2.86/3.10
Hot Chocolate & Whip	\$4.25/4.75
Assorted Teas	\$2.86/3.10
Chai Latte	\$4.95/5.50
London Fog	\$4.95/5.50

### COLD DRINKS

Water, Pop, Juice	\$3.25 - \$4
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### WINE/BEER/SPIRITS

See drink menu

### 12oz / 16oz

### MEAL OPTIONS

#### Breakfast Wraps or Bagels \$10

Wraps with Scrambled Eggs, Black Forest Ham, Bell Peppers and Cheddar Cheese, grilled w/Salsa.

Bagels, grilled, with Cheddar Cheese, Black Forest Ham and Fried Egg, with or without Chipotle.

#### Samosas \$7

Your choice of Chicken or Veggie w/Veggies, dip and a side of Sweet Chili Sauce.

#### Mac and Cheese \$8.5

Creamy Macaroni Pasta and Cheese sauce w/Veggies and dip.

\* Add Bacon \$1.00

#### Coconut Curry Chicken Wrap \$11.5

Flaked Coconut, Curry, Chicken Breast and Bell Peppers, with a mild kick. Enjoy grilled or cold.

#### Gluten Free Spanakopita \$8.6

Spinach and Feta pie served with Tzatziki

#### Sandwiches on Portofino \$8

Turkey Swiss w/Cranberry Mayo, Local Farm Fresh Egg Salad, Chicken Salad or Veggie Delight w/Hummus and Cream Cheese.

#### Daily Soup - Cup or Bowl \$6/\$9

Add a sandwich and make it a Combo!

1/2 Sandwich +\$4.5 / Full Sandwich +\$7

### GRILLED ITEMS

#### The "Jackhammer"

Cheesy Monterey Jack (or Cheddar) and Black Forrest Ham grilled to perfection. \$10

#### Smoked Tuna Melt

Locally caught and smoked Tuna with Cheddar on Sourdough \$10

#### Grilled Pizza Calzones

Choice of: Sausage & Pepperoni \$12  
or Veggie with Spinach \$10  
served with a side of Ranch or Tzatziki

All grilled items come with a complimentary sauce for dipping.

### SALADS

#### Caesar Salad \$14.5

Crisp Romain, Seasoned Croutons, Grilled Bacon Bits, w/Aged Parmesan.  
Add Grilled chicken +4

#### Glacier's Greens \$13.5

Arugula, Baby Lettuce, Cucumbers, Cherry Tomatoes, Shredded Carrots and choice of Balsamic or Honey Dijon

#### The Fairway Medley \$15.5

Mixed greens, Cranberries, Crisp Apples, Walnuts, Pumpkin seeds w/House-made dressing.

### BAKED GOODS

#### Famous Scones \$4.75

Handmade with mixed berries

#### Assorted Muffins \$4.25

Mixed Berry Bran and a Daily Muffin

#### Dessert Bars and Loaves \$4.25

Sweet or Tangy

#### Homemade Buttertarts \$4

Made from Scratch / tray of six \$20

#### Apple Strudels \$4

Baked fresh in-house

10% off food and non-alcoholic drinks for active military

# Main Menu



## Handhelds

- Glacier Classic Burger** **\$15**  
~ Juicy AAA Sirloin Beef Patty, Fried Onions, Tomato, Lettuce, Pickles, Ketchup and Mayo.  
~ add American Cheese \$1.5, Bacon \$3
- "Jack's" BBQ Crunch** **\$18**  
~ Juicy AAA Sirloin Beef Patty, Monterey Jack cheese, Jack Daniels BBQ sauce, Crispy Onions, Tomato, Lettuce and Mayo.  
~ add Bacon \$3
- Hawaiian Chicken Burger** **\$17**  
~ Grilled Chicken Breast, Monterey Jack, Teriyaki, Grilled Pineapple, Red Onion, Lettuce, Tomato, and Mayo.

\*\* All Handhelds come with Fries \*\*  
Substitute Caesar Salad 2 | Yam Fries 3 | Beyond Burger \$2

## Wings and Wraps

- Chicken Bacon Caesar Wrap & Fries** **\$17**  
~ Grilled Chicken Breast, Crisp Romaine, Bacon Bits and Aged Parmesan. Chilled or grilled!
- Sweet Chili Chicken Wrap & Fries** **\$17**  
~ Grilled Chicken marinated in Sweet Chili Sauce, Shredded Carrots, Julienned Cucumber, Lettuce, Cheddar Cheese and Crispy Noodles.
- Wing Basket (9 Wings)** **\$15**  
~ Salt & Pepper, Buffalo or BBQ, served with Ranch and Veggies
- The 19 Wing Special** **\$28**  
~ Share with your Squad! All the flavours above with veggies and dip of your choice (Ranch/Chipolte/Sweet Chili Sauce)

## Sides and Smaller Bites

Breaded Zucchini Sticks \$8 | Onion Rings \$9 | Fries \$4 & \$7 | Yam Fries \$6

- Grilled Hot Dog** **\$6**  
~ with all the fixings and fried onions on a toasted bun  
~ add Saurerkraut or Banana Peppers + .75 each

\* Taxes not included

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