



**Kelowna Springs Golf Club**

480 Penno Road

250-765-4653

**MENU**

# Appetizers

**New! Garlic Prawns** \$ 8 ¾

Five jumbo tiger prawns sautéed with house made herb garlic butter served with jasmine rice.

■ **Chicken Wings** \$ 9 ¾

House spiced marinated fresh chicken wings cooked to order with roasted red pepper aioli.

■ **Ginger Beef** \$ 8 ¾

Tender beef strips tossed in a citrus teriyaki ginger sauce served on crunchy noodles with prawn chips.

**New! Crab, Spinach and Artichoke dip** \$ 9 ¼

Crab, fresh spinach and artichokes mixed with cheese and herbs served with corn and flour tortilla chips.

**New! Jalapeño Poppers** \$ 9 ¾

Five jalapenos stuffed with cheese and herbs served with sour cream.

■ **Vegetable Wraps** \$ 8 ¼

Julienne carrot, cucumber, red pepper, organic baby lettuce and marinated rice noodles all rolled in rice paper and served with Thai peanut dipping sauce.

**New! Mini Burgers** \$ 9 ½

Three mini Angus burgers topped with Armstrong cheddar cheese and kosher dill pickle.

**New! Potato Skins** \$ 8 ¾

Potato shells stuffed with bacon mixed Armstrong cheese and fresh green onions served with sour cream.

■ **Dry Garlic Riblets** \$ 8 ¾

Tender full bone back ribs marinated and fried.

■ **Nachos** \$ 13 ¾ full \$ 8 ¾ half

Nacho chips topped with onions, peppers, tomatoes and cheese. Served with salsa and sour cream. Enough for two or more. **Options:** Jalapenos \$ ¾, chicken breast \$ ¾, extra cheese \$ 2 ½

# Salads

Add to any salad: Chicken Breast \$ 3 ¼ (Cajun, BBQ or Teriyaki), Sautéed Tiger Prawns (5) \$ 4 ¼, 5 oz. Salmon Fillet \$ 5 ¼. Garlic toast is included with all salads.

■ **Spring Salad** \$ 7 ¾ full \$ 6 ¾ half

Mixed organic baby lettuce topped with julienne vegetables. Choice of house made peach vinaigrette, ranch, 1000 island, blue cheese, raspberry vinaigrette or curry cream.

■ **Caesar Salad** \$ 8 ¾ full \$ 6 ½ half

Fresh cut romaine lettuce tossed with croutons, Asiago parmesan and house made Caesar dressing.

## Salads with fish or meat (a full meal, even for a big appetite)

**New! Mexican Chicken Roasted Corn and Black Bean Salad** \$ 11 ½

Fresh grilled chicken breast with fire roasted corn and black beans served on mixed organic spring mix with tortilla chips and chipotle ranch dressing.

■ **Teriyaki Spring Salmon Salad** \$ 13 ¼

Full 7 oz. fillet of fresh BC spring salmon glazed with Asian teriyaki sauce served on organic baby greens with wasabi peas, crunchy noodles and oriental dressing.

■ **Cajun Chicken Salad** \$ 11 ¼

Cast iron blackened fresh Fraser Valley chicken breast with baby corn, candied almonds, prawn chips and creamy mango dressing.

**New! Spinach and Bacon Salad** \$ 10 ¾

Fresh spinach leaves tossed with crunchy bacon, slivered candied almonds, hardboiled egg, sundried cranberries and sweet mango dressing.

■ **Grilled Chicken Salad** \$ 11 ¼

Fresh grilled Fraser Valley chicken breast with peaches, candied pecans, organic mixed greens, grilled vegetables and peach vinaigrette.

# Sandwiches, Paninis & Wraps

Served with fries, tossed salad, caesar salad, or ½ and ½. Substitute Yam Fries \$2¼.  
Bread choice of marble rye, nine grain, French or sourdough.

## **New!** Hot Hamburger \$9

6 oz pure sirloin beef burger topped with rich brown gravy served on garlic toast.

### ■ Clubhouse \$10¼

Canadian smoked bacon, fresh turkey breast with tomato, leaf lettuce and Armstrong cheddar cheese.

### ■ Beef Dip \$9¾

Tender, slow roasted AAA Canadian beef in a hoagie bun with au jus.

### ■ Grilled Reuben \$9½

Grilled Montreal smoked brisket with pickled sauerkraut and emmental swiss cheese served on Winnipeg rye bread with Dijon mustard.

### ■ Roasted Vegetable Panini \$9¼

Fire grilled zucchini, red pepper, fresh tomato and herb Danish havarti with pesto mayonnaise.

### ■ Southwestern Chicken Breast Panini \$9½

Broiled fresh Fraser Valley chicken breast topped with sautéed peppers, onions and spiced Danish havarti.

## **New!** Ginger Beef Wrap \$9¾

Tender beef strips with organic spring mix, carrots, mixed Armstrong cheese and fresh diced tomato rolled in a flour tortilla.

### ■ Crunchy Chicken Bacon Wrap \$9¾

Chicken fingers, smoked bacon, leaf lettuce, tomato and a three cheese blend all rolled in a flour tortilla.

### ■ Vegetable Wrap \$8¾

Organic spring mix, peppers, julienne carrots, cucumber, red pepper aioli and a three cheese blend all rolled in a flour tortilla.

# Burgers

Choice of 6 oz. pure beef patty or (add \$1) for 5 oz. fresh Fraser Valley chicken breast. Served with fries, tossed salad, caesar salad or ½ and ½. Substitute Yam Fries \$2¼.  
(all burgers have onions, mayonnaise, leaf lettuce, tomato and pickle)

### ■ Full Load Burger \$9¾

Double smoked bacon, fresh sautéed mushrooms, onions, BBQ sauce and cheese.

### ■ Build your own Burger \$9¼

At your choice: Barbeque sauce or plain

At your choice: Sliced Cheddar cheese, Swiss Emmentaler, Havarti or without cheese

Add one of: Sautéed mushrooms or onions

For \$¾ more add one of: Double smoked bacon or Blackforest Ham

### ■ Salmon Burger \$10¾

6 oz. fresh BC spring salmon, Spanish onion tartar sauce and kosher dill pickle.

# Favourites

### ■ Meat Lasagna \$9¾

Layers of fresh pasta sheets, bolognese sauce, baby spinach, ricotta cheese and topped with an asiago, cheddar and mozzarella blend. Served with garlic toast.

### ■ Fish & Chips \$10¼

Two pieces of battered cod fillet served with tartar sauce and french fries or salad.

### ■ Grilled Vegetable Quesadilla \$9½

Spiced, fire grilled vegetables with a mixed cheese blend and served with salsa and sour cream.

### ■ AAA NY Steak Sandwich \$13¾

7 oz. Alberta AAA NY steak served with garlic toast, onion garnish and choice of french fries or salad.

### ■ Chicken Stirfry \$12½

Assorted vegetables sautéed with cashews in an oriental ginger sauce served on Farkay steamed noodles.

## Dinner Entrées (served after 4:30pm)

Served with fresh house vegetables plus your choice of daily potato or rice.

Add on options: 5 Tiger Prawns \$4¼. Broiled Chicken Breast \$3¼,  
Sautéed Mushrooms \$3, Peppercorn Sauce \$2

### ■ Fresh BC Spring Salmon \$14¼

Grilled lemon herb 6 oz fillet topped with a fresh caper sauce.

### ■ AAA New York Steak \$17¾

Alberta prime NY steak topped with roasted garlic and pan fried local fresh mushrooms.

### **New!** Blackened Red Snapper \$13½

7oz fillet Cajun spiced and cast iron blackened topped with lemon herb butter.

### **New!** Back Ribs \$15¾

Full rack tender pork ribs with your choice of sauce: BBQ, honey garlic, teriyaki or dry garlic.

### **New!** Jumbo Prawns \$14¾

Ten jumbo tiger prawns sautéed in a garlic house herb butter.

### ■ Smoked Chicken Chorizo Penne \$12¾

Sautéed smoked chicken with Hungarian chorizo sausage, onions and fresh diced tomato in a roasted garlic alfredo sauce. Served with garlic toast.

### **New!** Hawaiian Chicken Schnitzel \$13¾

Breaded chicken breast topped with grilled Hawaiian pineapple, black forest ham and Danish havarti cheese.

## Lighter Choices (served after 11:00am)

Where shown, Lighter Choice side options include a small serving of house salad, caesar, soup or fries. As light as you want - deduct the side choice, and \$1½ will be dropped from the price.

### ■ Fish & Lighter Side Choice \$7½

One piece of battered cod fillet with tartar sauce and lemon.

### ■ Denver Sandwich & Lighter Side Choice \$6¾

One egg sandwich with diced onions, peppers, blackforest ham and Armstrong cheddar cheese.

### ■ Chicken Stir Fry \$9¼

Assorted vegetables sautéed with cashews in an oriental ginger sauce served on Farkay steamed noodles.

### ■ Grilled Cheese Sandwich & Lighter Side Choice \$6¼

### ■ Chicken Fingers & Lighter Side Choice \$7¼ for 2 piece \$9¾ for 4 piece

Two or four chicken fingers served with plum sauce.

### ■ Half Sandwich & Lighter Side Choice \$6¼

Ask your server for the selection of the day.

We cook in trans fat free oils and margarines.

Our steaks are all AAA Alberta beef.

GST (and HST beginning July 1, 2010) will be added to all menu prices.