



www.KelownaSprings.com

480 Penno Road
Kelowna, BC
250-765-4653

Breakfast

Hashbrowns can be substituted for fruit of the day \$ ½

Eye Opener \$11½

two eggs with hashbrowns, two slices of toast and your choice of bacon (3) sausage (2) or ham steak

Pancake Stack \$9

two buttermilk pancakes - served with maple syrup and butter

Cinnamon French Toast \$10

three slices french bread dipped in cinnamon sugar egg mix then grilled - served with maple syrup and butter

Breakfast Wrap \$12

cheese tortilla filled with scrambled eggs, diced onions, peppers, bacon, tomato and mixed cheese - served with hash browns

Vegetable & Feta Omelette \$14

three egg omelette with onions, peppers, baby spinach leaves, sliced tomato and grated feta cheese - served with hash browns and toast

Sunrise Breakfast \$8

two eggs with grilled tomatoes and an english muffin

Baja Breakfast \$13

two poached eggs on multi-grain toast with avocado, fresh sliced tomato, two slices of bacon and topped with mixed cheese - served with hash browns

Breakfast Panini \$12

fried egg with bacon, sausage, mixed cheese on flat bread then grilled panini style - served with hash browns

Seafood Omelette \$14

three egg omelette with crab, shrimp, fresh tomato and mixed cheese - served with hash browns and toast

SIDES

Two Slices of Toast \$2¾

Bacon \$2¾

Cinnamon Bun \$4½

One Slice of Toast \$1½

Sausage \$2¾

Fruit of the Day \$3¾

Hashbrowns \$2¾

Ham \$2¾

One Egg \$1½

Appetizers

GF Gluten Free **V** Vegetarian

*'Appy Hour' Daily from 3pm to 6pm
- save \$4 off any appetizer selections*

Chips and Dip \$10 **GF** **V**

house fried potato chips tossed in a seasoned parmesan - served with sweet mustard mayo

Mini Crunchy Chicken Sliders (2) \$12

fried breaded chicken breast on a mini brioché bun with roasted red pepper aioli, dill pickle, spanish onion - served with house chips

Avocado Toast (2) \$10 **V**

multi grain toast brushed with southwestern butter and topped with fresh avocado, sprinkled with kosher salt, cracked black pepper and parmesan cheese

Margarita Flat Bread \$12 **V**

stone flat bread topped with tomato sauce, nut free pesto and mozzarella cheese

Ginger Beef \$13

crunchy beef strips tossed in a thai ginger sauce and served on crunchy noodles

Peppered Prawns \$13 **GF** *without garlic toast*

five tiger prawns sautéed with mixed bell peppers, house herb butter - served with garlic toast

House Chicken Wings \$13

one pound of crunchy chicken wings served with aioli

Nachos \$20 **GF** **V**

tri colour corn chips topped with onions, bell peppers, fresh tomato, jalapeños and three cheese blend - served with salsa and sour cream *half order \$15 add beef \$4*

Salads *Gluten Free choices without toast.*

Classic Caesar Salad \$12 **Half Order** \$8½ **V**

romaine lettuce tossed in caesar dressing and topped with croutons and grated parmesan

House Salad \$12 **Half Order** \$8½ **GF** **V**

mixed greens topped with grated carrots, sliced tomato, cucumbers, sun dried cranberries and mixed seeds and nuts - served with garlic toast

Piri Piri Chicken Salad \$17

piri piri spiced chicken breast on mixed greens with tomato, cucumber, grated carrots, crunchy noodles and grilled peaches - served with house mango dressing and garlic toast

Spinach, Beet & Feta Salad \$14 **GF** **V**

baby spinach topped with sliced pickled beets, grated feta cheese, carrots, tomato, cucumbers and spiced candied almonds - served with garlic toast and dressing

Cranberry Apple Walnut Salad \$15 **GF** **V**

mixed greens with sliced bc apples, sun-dried cranberries, house roasted spiced walnuts, seasonal vegetables and crunchy wonton garnish - served with garlic toast and dressing

Soup, Salad & Garlic Toast \$11

bowl of daily soup, choose caesar or tossed salad

All salads served with garlic toast - add a Chicken Breast \$5¾, or add Prawns \$6

Sandwiches & Wraps

GF Gluten Free V Vegetarian

*Served with your choice of Fries, House Salad, Caesar Salad or Soup
Half & Half \$1 Substitute Yam Fries \$3*

Roasted Turkey Club \$15

turkey breast with thick sliced bacon, cheddar cheese, sliced tomato, leaf lettuce and mayonnaise (two slices of bread)

Seafood Melt \$15

ocean-wise tuna with crab, shrimp, green onion, diced celery and aioli mayo baked on english muffin with sliced tomato and mixed cheese

Canadian Beef Dip \$16

aaa canadian slow roasted beef served on a grilled hogie bun with red wine, rosemary au-jus add cheddar & bacon or mushrooms and swiss cheese \$2½

Thai Ginger Beef Wrap \$14

crunchy beef strips rolled in a cheese tortilla with lettuce, tomato, mixed cheese and ginger mayonnaise

Grilled Vegetable Panini \$13 V

fire roasted peppers, zucchini, sliced tomato, spinach leaves and swiss cheese with roasted red pepper aioli on stone flat bread

Crunchy Chicken Bacon Wrap \$15

chicken fingers with smoked bacon, lettuce, tomato, mixed cheese rolled in a flour tortilla with ranch dressing

Lighter Choices

Fish & Chips \$11

one piece of canadian house battered cod with a small portion of fries served with tartar sauce

Teriyaki Sing Noodles \$9 V

smaller portion from the favourites section - fresh sautéed vegetables with fire roasted pineapple and teriyaki sauce served over singapore noodles

Denver \$8½

an egg sandwich with black forest ham, diced bell peppers, onions and mixed cheese blend served with your choice of side

1/2 Chicken Bacon Flat Bread \$9

crunchy chicken breast with smoked bacon, three cheese blend and herb sauce topped with bbq drizzle

1/2 Sandwich \$9

your choice of turkey, roast beef or black forest ham sandwich served with your choice of side (as another option - ask if today's daily sandwich special is available as a half serving)

Burgers

GF Gluten Free V Vegetarian

*All burgers topped with lettuce, tomato, onion, pickle and mayonnaise.
Served with your choice of Fries, House Salad, Caesar Salad or Soup
Half & Half \$1 Substitute Yam Fries \$3
Gluten Free choices without bun.*

Legends Burger \$15 GF

pure beef patty with lettuce, tomato, onion, pickles and mayonnaise - sub chicken \$1½
add cheese, bacon or mushrooms - each \$1¼

Bacon, Mushroom & Swiss Burger \$17 GF

two slices bacon, herb sautéed mushrooms and swiss ementhal cheese

Crunchy Chicken Burger \$16

crunchy fried chicken breast with roasted red pepper aioli

Bad Hunter \$14 V

black bean vegetable burger topped with roasted bell peppers

Fish Burger \$14

beer battered cod filet with tartar sauce and cheddar cheese

Cordon Bleu Chicken Burger \$17 GF

broiled fresh chicken breast with black forest ham and swiss cheese

Favorites

Vegetable Singapore Noodles \$13

stir fried vegetables with oriental sauce
served over thick singapore noodles with
grilled pineapple

House Lasagna \$15

layers of meat sauce, spinach and ricotta
cheese served with spring salad and
garlic toast

Chicken Bacon Flatbread \$15

crunchy chicken breast with bacon bits,
herb dressing on stone flat bread topped
with mixed cheese & bbq drizzle

Sirloin Steak Sandwich \$18

six ounce aaa canadian sirloin steak topped with
onion rings - served with fries and garlic toast

2 Piece Fish & Chips \$15 (or 1 Piece \$11)

house beer battered cod filet with fresh fries, tartar
sauce and lemon

Fish Tacos (2) \$12

crunchy cod filet with mango salsa, avocado,
spring lettuce, flour tortilla and topped with
chipotle drizzle

Dinners (available from 4:30pm daily)

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Add a cup of soup or salad to start with any dinner entrée for \$4

Chicken & Prawn Penné \$18½

fresh chicken breast and black tiger prawns sautéed with onions, peppers in a roasted garlic three cheese sauce - served with garlic toast

King Cutlet \$16½

breaded pork cutlet topped with bacon, onion crisps and rich brown sauce - served with vegetable and daily starch

Chicken Schnitzel \$17½

breaded chicken breast topped with wild mushroom, peppercorn sauce - served with vegetable and daily starch

Honey BBQ Ribs \$21½

tender pork ribs braised in house bbq sauce - served with vegetable and daily starch

Seafood Crêpes \$21½

mixture of crab, shrimp, cod and salmon in a creamy newberg sauce rolled in two crepes - served with vegetable and daily starch

Greek Prawns \$21½ **GF**

eight tiger prawns sautéed with onions, peppers, house herb butter, white wine and feta - served with vegetable and daily starch

Sirloin Steak \$21½ **GF**

six oz **aaa** canadian beef topped with brandied herb butter - served with vegetable and daily starch - add sautéed mushrooms \$3½ or five prawns \$6

*Friday to Sunday, two can dine from \$36.99 after 4:30pm - saves nearly 15%
Choose two from the choices above.*

Golf & Dine Options

Daily - Back 9 Breakfast Special \$35

our most popular special - play 9 holes of golf in the first 1¾ hours of play each day, and have a full hot breakfast afterwards - save \$5pp by playing in a foursome or playing in the first 30 minutes of play (excl Jul/Aug)

Fri - Sun - Nine & Dine \$35

play 9 holes in the mid-late afternoon, and get a \$7 or \$11 voucher towards dining.

- \$7 voucher in first 90 minutes of availability, \$11 voucher in the second 90 minutes - start times vary by month