



www.KelownaSprings.com

480 Penno Road
Kelowna, BC
250-765-4653

Breakfast

Hashbrowns can be substituted for fruit of the day \$1

Eye Opener \$12

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

Mick Mully \$11

fried egg, bacon and cheese on english muffin - served with hashbrowns

Farmer's Omelette \$15

three eggs with sautéed onions, peppers, black forest ham, bacon, breakfast sausage and mixed cheese served with hashbrowns and toast

French Toast \$11

three slices french bread dipped in egg then grilled till golden brown - topped with cinnamon sugar and served with maple syrup

Baja Breakfast \$15

two poached eggs on english muffin with canadian bacon, fresh tomato, sliced avocado and mixed cheese - served with hashbrowns

Vegetarian Omelette \$15

three egg omelette filled with baby spinach, bell peppers, diced tomato, sliced avocado and feta cheese - served with hashbrowns and toast

Hippy Hash \$14

grilled chunks of tofu with onions, bell peppers, sautéed mushrooms, edamame, house hashbrowns and two poached eggs - served with toast

SIDES

Two Slices of Toast \$3½

Bacon \$3½

Cinnamon Bun \$4½

One Slice of Toast \$2

Sausage \$3½

Fruit of the Day \$3¾

Hashbrowns \$2¾

Ham \$3½

One Egg \$1½

Appetizers

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

GF Gluten Free **V** Vegetarian

Truffle Fries \$9 **V**

fresh cut kennebec potatoes tossed in truffle oil then topped with grated asiago parmesan

Thai Rice Wrap \$10 **GF** **V**

rice paper filled with mixed baby greens, english cucumbers, pickled radish, grated carrots, julienne bell peppers-served with peanut satay sauce
add chicken breast \$5¾ or prawns \$6

Pesto Chicken Quesadilla \$14

spinach tortilla filled with roasted southern fried chicken, julienne bell peppers, spanish onion, sundried cranberry and nut free pesto-served with sour cream

Chicken Wings \$14

legends classic crispy marinated wings with roasted red pepper aioli

Shrimp & Chorizo Flatbread \$16

stone ground flatbread topped with sweet mango, spicy chorizo sausage, shrimp and mixed cheese blend - finished with chipotle sour cream drizzle

Root Fries \$11 **V**

mixture of parsnips, magenta beets and sweet carrots-served with vegan lime mayo

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
add beef or chicken \$4

Salads *Gluten Free choices without toast.*

House Salad \$13 Half Order \$9 **GF** **V**

mixed baby greens with house vegetables, cranberries plus a mixture of nuts & seeds

Classic Caesar Salad \$13 Half Order \$9 **V**

house cut romaine lettuce with crunchy herb croutons, caesar dressing and grated asiago parmesan

King Caesar \$15

our house caesar salad topped with double smoked bacon bits, crunchy capers, and three cheese blends

Chicken Poke Salad \$16 **GF**

mixed baby greens with sesame ginger chicken breast, sweet mango, fresh avocado, pickled radish, house vegetables and crunchy wonton chips-served with mango dressing

Spinach Prawn and Quinoa \$14 **GF**

baby spinach leaves with sundried cranberry, pumpkin seeds, sesame quinoa, house vegetables and topped with 5 herb tiger prawns

All salads served with garlic toast - add a Chicken Breast \$5¾, Prawns \$6, or Salmon \$9

Sandwiches & Wraps

GF Gluten Free **V** Vegetarian

*Served with your choice of Fries, House Salad, Caesar Salad or Soup
Half & Half \$1½ Substitute Yam Fries \$3*

Butcher Beef Dip \$17

slow roasted canadian beef on a garlic herb baguette with onion crisps and mozzarella cheese
- served with red wine rosemary jus

Canadian Club, Eh? \$14

smoked turkey breast with double smoked bacon, lettuce, tomato, mayonnaise and cheddar cheese (2 slices of bread)

Gouda Chicken Panini \$15

grilled chicken breast topped with smoked gouda cheese, sautéed bell peppers, tomato, fresh spinach and herb mayonnaise on stone ground flat bread

Garden Vegetable Wrap \$14 **V**

cheese tortilla with mixed greens, cucumber, tomato, mixed bell peppers, carrots, feta cheese and roasted red pepper aioli

Crispy Chicken Bacon Wrap \$15

crunchy chicken with smoked bacon, mixed greens, diced tomato, three cheese blend, ranch dressing rolled in a flour tortilla

NEW Monday Golf Special - Twilight Rates from NOON

(April 17/20 to Sept 28/20 - excluding Holidays)

Lighter Choices

Fish & Chips \$11

one piece of canadian house battered cod with a small portion of fries, tartar sauce and lemon

Denver \$9

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

1/2 Sandwich \$9½

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 \$1½ Substitute Yam Fries \$3
Gluten Free choices without bun.*

Legends Burger \$15 Ⓜ GF

pure 5 oz beef patty with lettuce, tomato, onion, pickles and mayonnaise -
add cheese, bacon or mushrooms - each \$1¼

Eagle Burger \$17 Ⓜ GF

5 oz pure beef patty topped with smoked bacon, sunny side egg, and cheddar cheese

Birdie Burger \$16 Ⓜ GF

grilled 5 oz fresh herb chicken breast

Salmon Burger \$18 Ⓜ GF

6 oz bc salmon filet topped with caper mayo, baby spinach, and beef steak tomato

Beyond Beef Burger \$18 Ⓜ GF Ⓜ V

vegetarian burger topped with roasted bell peppers, sautéed mushrooms and black & tan onion rings

Favorites

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

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

House Lasagna \$16

layers of noodles with meat sauce, baby spinach and ricotta cheese topped with three cheese blend and baked to perfection - served with garlic toast and side salad

New York Steak Sandwich \$20

charbroiled 7 oz aaa ny steak topped with house herb butter and onion rings -
served with fries and garlic toast

Entrées (available from 4:30pm daily)

GF Gluten Free **V** Vegetarian

*- all entrées come with rice or potato of the day and house vegetables -
- add cup of soup or salad to start with any dinner entrée for \$4 -
- Friday to Sunday, enjoy \$4 any entrées -*

Steak and Mushrooms \$23

Charbroiled 7 oz aaa **ny** striploin steak topped with sautéed herb & garlic mushrooms

King Schnitzel \$16

breaded chicken breast topped with bacon, sautéed herb mushrooms, and onion crisps then finished with rich brown sauce

Southern Salmon \$21

fresh 6 oz **bc** salmon filet crusted in herb seasoned tortilla chips-served with mango black bean salsa

Ginger Beef Power Bowl \$15

jasmin rice topped with ginger beef strips, edamame, mango chunks, avocado chunks and crunchy tortilla chips

Butter Chicken \$16

fresh chicken breast with mild curry, fresh tomatoes and cream - served with grilled flat bread and sour cream drizzle

Vegetable Bowl \$15 **V**

marinated chili tofu on top jasmin rice with mango chunks, edamame, avocado and pickled radish - topped with wonton chips

Golf & Dine Options

Daily - Back 9 Breakfast Special \$36

our most popular special - play 9 holes of golf in the first 1³/₄ hours of play each day, and have a full hot breakfast afterwards - save \$4pp by playing in a foursome or playing in the first 30 minutes of play (excl Jul/Aug)

Fri - Sun - Nine & Dine \$36

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