

The MONASHEE Dining Room

Appetizers

Zucchini Sticks <i>served with ranch dip</i>	\$10	Nachos <i>choice of beef or chicken</i>	\$16
Potato Skins	\$10	<i>served with peppers, onion, tomato,</i>	
Chili Fries	\$11	<i>cheese, salsa & sour cream</i>	

Homemade Soup & Salads

Homemade Soup of the Day (bowl)	\$6.99
Chef's Salad <i>served with garlic toast ham, turkey, cheese, tomato, egg</i>	\$20.49
Spinach Salad <i>served with strawberries, pumpkin seeds, feta & raspberry vinaigrette dressing. Served with garlic toast.</i>	\$19.99
Taco Salad <i>served in a taco shell with all the fixings; choice of beef or chicken</i>	\$20.49
Caesar Salad <i>served with garlic toast</i>	\$18.49
<i>add chicken or salmon or 2 chicken strips</i>	\$7.00

Sandwiches & Wraps

All sandwiches & wraps served with soup, french fries or garden salad.

Upgrade to Caesar Salad or Sweet Potato Fries for \$2.50; Upgrade to Poutine \$3.50

Clubhouse	\$19.79	Vegetarian	\$17.99
Turkey Croissant	\$17.99	Crispy Chicken Caesar Wrap	\$19.79
BLT	\$17.99		

Build your own Burger

All burgers served with soup, french fries or garden salad.

Upgrade to Caesar Salad or Sweet Potato Fries for \$2.50; Upgrade to Poutine \$3.50

Classic Burger <i>served with 3 Valley Sauce, Lettuce, Onion, Tomato & Pickle</i>	\$18.69
Bacon Cheese Burger <i>served with 3 Valley Sauce, Lettuce, Onion, Tomato & Pickle</i>	\$20.69
Grilled Chicken Burger <i>served with mayo Lettuce, Onion, Tomato & Pickle</i>	\$20.69
Garden Burger <i>served with 3 Valley Sauce, Lettuce, Onion, Tomato & Pickle</i>	\$19.69
Grilled Salmon Burger <i>served with mayo Lettuce, Onion, Tomato & Pickle</i>	\$24.99

Add toppings for \$1.75 - mushrooms, bacon, cheese

Upgrade \$3 to a Gluten Free Bun

3 Valley Favourites

Chicken Strips served with French fries or garden salad \$21.99

Fish and Chips (2pc) served with French fries or garden salad \$21.99

Light Portion (1pc) \$18.99

Quesadilla served with French fries or garden salad \$19.99

choice of Chicken or Vegetarian

Beef Dip served with French fries or garden salad \$19.99

Dinner Features

Served with vegetables and your choice of baked potato, mashed potato or rice pilaf

Breaded Liver & Onions served with bacon & fried onions \$22.99

Light portion \$18.99

Homemade Pot Roast Dinner served with Yorkshire Pudding \$22.99

Fettuccine served with your choice of Alfredo or Marinara sauce \$19.99

Topped with Parmesan cheese and garlic toast

add chicken or salmon \$7.00

Chicken Teriyaki Stir Fry on Rice \$22.99

Salmon grilled BC Coast Sockeye fillet 6oz \$27.99

New York Striploin \$33.99

8 oz. steak served with sauteed mushrooms & garlic toast

Sides

French fries \$6.99

Poutine \$10.49

Garden Salad \$6.39

Side of Gravy \$2.49

2 pc. Garlic Toast \$5.99

Caesar Salad \$7.99

Sweet Potato Fries \$8.99

Onion Rings \$8.99

Desserts

Home Baked Pie	\$8.49
Add Vanilla ice cream	\$1.99
Chocolate Dreamin Cake (<i>Gluten Free</i>)	\$9.99
Vanilla Ice Cream	\$4.99
Train Wreck - <i>chocolate chip cookie served with ice cream, whipping cream, chocolate & caramel syrup with a cherry on top</i>	\$8.49
Dessert Special of the Week, ask your server for details	\$9.49

Beverages

Coffee or Tea	\$3.99
Hot Chocolate	\$4.29
Iced Tea or Lemonade	\$3.99
Pop	\$3.99
Milk, <i>white or chocolate</i>	\$3.59 sm / \$4.29 lg

From the Bar

Wine O'Clock Chardonnay or Cabernet	Glass - 6 ounce	\$8.99
	1/2 Litre	\$17.99
	Litre	\$24.99
Bar Stock (Rye, Scotch, Rum, Vodka, Gin)		\$8.99
Cocktails	Single 1 oz	\$9.49
	Double 2 oz	\$11.49
Beer [355ml]		\$8.99
Coolers [355ml]		\$8.99
Spanish Coffee - <i>Brandy, Tia Maria, & Coffee</i>		\$9.49
Irish Coffee - <i>Irish Whiskey & Coffee</i>		\$9.49
3 Valley Coffee - <i>Frangelico, Maple Liqueur,</i>		\$9.49
<i>Salted Caramel & Coffee</i>		

Liquor Prices do not include taxes