

LUNCH & DINNER MENU

(Available until 11:00 pm)

STARTERS, SNACKS & SHARES

Bruschetta Mediterranean

Ciabatta bread baked with a black olive tapenade, marinated tomatoes and parmesan. **6.95**

Chicken Wings

A full pound of wings in your choice of mild, hot, suicide, teriyaki, honey garlic, honey mustard or JD BBQ. **10.95**

Mushrooms Neptune

Crab, shrimp and cream cheese baked on mushroom caps with parmesan. Served with garlic toast. **8.95**

Onion Rings

Crispy tempura battered onion rings served with horseradish mayo. **6.95**

Veggie Plate

Carrots, celery, cucumber, tomato and broccoli served with ranch dip. **9.50**

Garlic Prawns

Black tiger prawns and julienne veggies sauteed in garlic butter and white wine. Served with garlic toast. **10.95**

B.C. Smoked Salmon

Served on rye bread with cream cheese, onions and capers. **12.95**

Nachos Mexicali

Corn tortilla chips with jalapenos, olives, tomatoes, green onions and mixed cheeses. Served with salsa and sour cream. **Individual 12.95 To share 17.95**

Add guacamole 4.00

Add seasoned ground beef 3.50

Add chicken or shrimp 5.95

Roasted Garlic & Brie

Slow roasted garlic and a half wheel of brie, garlic toasted ciabatta and veggies. **9.95**

Cajun Calamari

Tender squid tossed in a cajun creole spice and served with tzatziki sauce. **9.95**

Spinach & Artichoke Dip

Cream cheese and garlic, blended and served warm with nacho chips. **10.95**

Crab Cakes

House made crab cakes served with a mild tomato salsa. **10.50**

Peppercorn Pork Ribs

Tri-coloured peppercorns and rock salt on these tasty button ribs. **10.95**

Club Quesadilla

A three layer quesadilla with chicken, bacon, tomato, green onion and cheese. Served with salsa and sour cream. **10.95**

Yam Fries

Tasty shoestring yam fries served with chipotle mayo. **7.50**

Checkers Team Platter

Fantastic combination of chicken wings, pork dry ribs, yam fries, onion rings and veggie sticks. **24.95**

Seafood Combo Platter

You can share this wonderful combination of garlic prawns, crab cakes and BC smoked salmon **24.95**

SANDS BURGER BAR

*All our burgers are served on an onion Kaiser with lettuce, tomato, onion, pickle, chipotle mayo and your choice of fries or house green salad.
Substitute caesar, yam fries or onion rings for \$1.95.*

Choose your burger:

Beef Burger 8.95

Chicken Breast Burger 10.95

Lamb Burger 10.95

Veggie Burger 8.95

Salmon Filet Burger 10.95

Bayside

Cheddar, mushrooms and bacon. **1.95**

English Bay

Ham and swiss. **1.95**

Canuck

Back bacon and Canadian cheddar. **1.95**

Breakfast Burger

Ham, egg and cheddar. **1.95**

Monster Burger

A mountain of mushrooms and mozza. **1.95**

Hula Burger

Teriyaki and pineapple **1.95**

Flame Thrower

Hot sauce, fried banana peppers and pepper jack cheese. **1.95**

Slice of Cheese 1.50

SANDWICHES, WRAPS & PIES

*Served with your choice of fries or house green salad.
Substitute caesar, yam fries or onion rings for \$1.95.*

Traditional Clubhouse

Triple decker with lettuce, tomato, bacon and roasted turkey on multigrain toast. **9.95**

Chicken Caesar Wrap

Grilled chicken breast, bacon bits, parmesan cheese and caesar salad wrapped in a vegetable tortilla. **12.50**

BLT

Bacon, lettuce and tomato on toasted multigrain with fries or house salad **7.95**

Chicken Pot Pie

Chicken breast with mixed garden vegetables, topped with baked puff pastry. **11.95**

Seafood Pot Pie

Seasoned salmon, scallops, baby shrimp, clams and cod topped with baked puff pastry. **11.95**

Steak Sandwich

A 6 oz. sirloin steak smothered in mushrooms and served on garlic toast. **15.95**

Angus Beef Sliders

A trio of miniature burgers topped with fried banana peppers, pepper jack cheese and horseradish mayo. **10.95**

Beef Dip

Thin sliced slow roasted beef on a fresh hoagie bun with au jus for dipping. **9.95**

Vegetarian Pot Pie

Seasoned spelt with mixed garden vegetables, topped with baked puff pastry. **9.95**

HOME-MADE SOUPS

Soup of the Day

Ask your server about today's creation. **Cup 3.95 Bowl 4.95**

French Onion Soup

Our own recipe baked piping hot with mozzarella. **6.95**

West Coast Seafood Chowder

Chock full of salmon, cod, scallops, shrimp and baby clams in a hearty cream base. **Cup 6.95 Bowl 10.95**



Stanley Park, Hollow tree, 1900

SENSATIONAL SALADS

Caesar Salad

Crisp romaine, croutons and parmesan in our own classic dressing. **Half 6.95 Full 8.95**

Spinach Salad

Baby spinach, onions, bacon bits, sliced egg and mushrooms in a creamy ranch dressing. **Half 5.50 Full 6.95**

House Salad

Crisp lettuce, tomatoes, cucumber and onions served with your choice of dressing. **Half 4.50 Full 5.95**

Greek Salad

Fresh vegetables tossed in a Greek style dressing and topped with feta cheese. **Half 7.95 Full 10.95**

Add: Blackened Chicken or Shrimp 5.95



English Bay, Saturday, 19 July 1919

SANDS FAVORITES

Chicken Fingers

Breaded chicken tenders and fries served with plum sauce or honey mustard sauce. **9.95**

Cod and Chips

Cod dipped in an English style fish batter and flash fried to golden brown. Served with coleslaw and tartar sauce.

1 Piece 6.95 2 pieces 12.95

Lasagna Bolognese

We all love lasagna and this hearty meat and cheese filled recipe is a favorite at the Sands. Served with garlic toast.

11.95

Halibut and Chips

Wild Pacific halibut dipped in an English style fish batter and flash fried to golden brown. Served with coleslaw and tartar sauce.

1 Piece 11.95 2 pieces 17.95

Liver & Onions

Cooked in the classic style and topped with sauteed onions, bacon and gravy. Served with fresh seasonal vegetables and your choice of potatoes or house garden salad. **15.95**

Sheppard's Pie

Layers of ground beef, carrots, onions and peas in a rich gravy and topped with garlic mashed potatoes. Served with a garden salad. **10.95**

DESSERTS

Apple Crumble

Apples, cinnamon, raisins and nutmeg baked with a buttery crumble topping and served hot with ice cream. **6.95**

New York Cheesecake

A delicious baked cheesecake topped with blueberry amaretto sauce. **6.95**

Chocolate Lovin' Spoonfull

A chocoholic's fantasy! Chocolate mousse between layers of rich cake. **6.95**

Granny's Fruit Pie

Fresh off Grandma's window sill, ask your server what she's baked today. **6.95**

Add a scoop of ice cream for 1.50

Ice Cream

We all scream for this one! Your choice of vanilla or chocolate topped with whipped cream. **3.95**

Classic Creme Caramel Custard

Topped with whipping cream. **5.95**



Firehall No. 2, circa 1915

(groups of 8 or more are subject to a 15% gratuity)