

# **TEDS SUMMER GRILL**

## **SHARING**

### **Mile High Nachos \$19.99**

*Corn tortilla chips piled high then loaded with cheese, peppers, onions, olives, roasted corn, black beans and jalapenos.*

*Served with salsa and sour cream.*

*Add guacamole for \$3.49.*

*Add jerk chicken or grilled steak \$4.99*

### **Nacho Single \$12.99**

*Same as above but a smaller version*

*Jerk chicken or grilled steak 2.99*

*Add small guacamole \$1.99*

### **Spiced Calamari \$13.99**

*Lightly battered spiced calamari with crispy jalapenos topped with red onion and tomato with tzatziki dip*

### **Chicken Wings \$13.99**

*1 pound of wings tossed in your choice of Frank's Red Hot, Salt & Pepper or BBQ. Served with veggie stix and ranch or blue cheese dip*

### **Seafood Steamer \$13.99**

*Steamed vegetarian dumplings, shrimp, salmon and Pollock served in a bamboo steamer with sweet Thai chili dipping sauce*

### **Poutine**

*Small \$9.99 Large \$12.99*

### **Classic**

*A Canadian Classic! Crispy fries loaded with cheese curds, covered in rich gravy*

### **Campfire**

*Crispy fries, mountain chili, shredded cheese, sour cream*

### **Baskets to Share**

*Onion Rings with Creole Dijon Dip \$8.99*

*Traditional French Fries \$6.99*

*Fresh cheese scones with jam \$6.99*

## **SOUPS**

### **Soup of Today**

**Cup \$4.99 Bowl \$7.99**

*Freshly prepared, bowls served with a fresh baked cheese scone*

### **Mountain Chili \$9.99**

*House made with sour cream and shredded cheese. Served with a fresh cheese scone*

### **Tortilla Soup \$9.99**

*A chipotle tomato broth with corn, black beans, rice & avocado, topped with sour cream, shredded cheese, cilantro & crisp tortilla strips*

### **Ramen Noodle Bowl \$13.99**

*Fresh ramen noodles in a flavourful Sriracha broth with vegetable dumpling, cabbage & shredded carrot*  
*Add crispy pork \$4.99*

### **Seafood Chowder \$11.99**

*A Creamy tomato broth with salmon, pollock, shrimp, fresh vegetables & Baby potatoes*

## **SALADS**

### **Signature House Salad**

**Appy \$7.99 Meal \$11.99**

*Heritage greens, tomato, cucumber, carrots, dried cranberries, pumpkin & sunflower seeds all tossed in a house made light champagne vinaigrette*

### **Grilled Pineapple & Chicken Salad \$15.99**

*Sweet grilled pineapple with red onion, sliced almonds, mandarin orange & grilled chicken atop heritage greens topped with a house made mustard rosemary vinaigrette*

### **Shrimp and Watermelon \$15.99**

*Fresh watermelon, cucumber, mint, feta and grilled shrimp skewers over a bed Of heritage greens with a fresh Mint lime vinaigrette*

### **Glory Bowl \$13.99**

*A hearty bean medley with beets, crumbly feta & fresh sprouts on a bed of heritage greens tossed in a spicy miso vinaigrette*

# BURGERS

## **Teds Burger \$16.99**

*Pure beef patty with Creole Dijon sauce, topped with jack cheese, bacon, crisp onion ring, tomato, lettuce & pickle*

## **Hamburger \$13.99**

*With lettuce, tomato, pickle and mayo  
Add cheese for \$0.99*

## **Veggie Burger \$14.99**

*Vegan patty, roasted peppers, cucumber, tomato, red onion, lettuce, feta and tzatziki*

*Add Bacon, Cheddar, Monterey Jack, Swiss, Crispy Jalapeno, Each 0.99*

# FAVORITES

## **Panini Club \$15.99**

*Grilled Chicken, bacon, lettuce, tomato, mayo and cheddar cheese on toasted multigrain sourdough*

## **Chicken Tenders \$14.99**

*Lightly breaded chicken tenders fried til golden, served with plum sauce*

## **House Panini \$15.99**

*Grilled Chicken, creamy brie, bacon, apple and red pepper jelly*

## **Fish & Chips**

**1pc \$12.99/2 pc \$15.99**  
*Pacific Pollock in a crispy batter with tartar sauce, lemon and coleslaw*

# TACO BAR

**\$14.99**

**Choose one style**

**Crispy Pacific Pollock**-with fresh cabbage and papaya salsa

**Jerk Spiced Chicken**-fresh cabbage, crispy jalapenos, pineapple salsa

**Grilled Steak**-with fresh cabbage, pico de gallo and crispy onion strings

*All the above items are served with your choice of fries, house salad, or daily soup.  
Upgrade to chili, poutine or onion rings for \$1.99  
Ask for gluten friendly bread or bun \$0.99*

# KIDS

*Kid's meal served with  
a small beverage and a treat  
For kids 12 and under only \$8.99*

## **Kids Plate**

*Crackers, cheese, chicken breast, fruit,  
veggie stix & ranch dip*

## **Chicken Tenders**

*With fries & plum sauce*

**One Piece Fish & Chips**

# DESSERTS

## **Chocolate Lava Cake \$7.99**

*Served warm with whipped cream*

## **Apple Pie \$5.99**

*With ice cream*

## **Vanilla Ice Cream \$2.99**

**Check out our daily special sheet**