



Appetizers

Tangy Shrimp Cocktail \$7

A new twist to an old favourite!

One of a Kind Beef Rolls \$8

Now if we told you what was in them, they wouldn't be 'one of a kind' now would they? Served with sweet chilli dip.

Monty's Famous Crab Cakes \$9

Our made-from-scratch rock crab cakes served warm and topped with citrus lime aioli.

Crispy Fried Calamari \$12

Monty's favourite snack! Lightly breaded and fried and seasoned with a lemon pepper dust. Completed with creamy tzatziki dip!

Cozumel Chicken Quesadilla \$12

Is it an appetizer or a meal? Stuffed with chicken, peppers, onions, black beans, Monterey Jack, cheddar and with salsa and sour cream...great to share!

Bruschetta \$7

Fire roasted tomato, red onions, olive oil and fresh basil served with golden brown mini baguette rounds.

Crispy Yam Frits with Chipotle Aioli \$6

Sweet, smokey and spicy! Addictive!

Soups & Salads

Fruity de Mar Chowder bowl \$8, side \$5

Our house made, gluten free, creamy seafood chowder...amazing!

Soup of the Day bowl \$6, side \$4

Better ask your server for this one! Made fresh daily.

Asian Chicken Salad \$12

A new favourite at Monty's! Grilled chicken, crispy noodles, mandarin oranges, romaine lettuce, sugar snap peas and sesame-ginger vinaigrette.

Acapulco Chicken Salad \$10

Grilled chicken breast, shredded green leaf lettuce, guacamole, salsa dressing, aged cheddar and sour cream to top it off!

Monty's Caesar Salad bowl \$6, side \$4

Creamy dressing, shredded parmesan and herbed croutons.

Monty's House Salad bowl \$6, side \$4

California greens, strawberries, crumbled feta, cucumbers and tomatoes with tossed in our own brown sugar balsamic dressing.

Add chicken (6oz) ... \$6 salmon (4oz) ... \$6 or sirloin steak (5oz) ... \$8

Wraps & Burgers

All of our Wraps & Burgers come with your choice of fries, onion rings, side salad or soup of the day.

The Rancher Burger \$14

Our 8oz prime rib burger with aged cheddar cheese, back bacon, sliced pickle, mayo, lettuce and tomato...Yahoo!!!!!!!!!!!!!!

Mushroom Swiss Chicken Breast Burger \$13

Sauteed mushroom and Swiss cheese a top a 6oz breast with sliced pickle, mayo, lettuce and tomato.

Monty's Turkey Club \$12

Not your everyday clubhouse! Turkey, fried egg, guacamole, back bacon, mayo, lettuce and tomato on ciabata bread.

Greek Chicken Wrap \$12

Grilled chicken, crumbled feta cheese, tomatoes, onions and lettuce in Greek vinaigrette.

7oz Sirloin Steak Sandwich \$15

Our signature steak sandwich with sautéed mushrooms & onions on garlic ciabata with crispy fries and Caesar salad.

Monty's Omelette \$10

with your choice of Ham, peppers, mushrooms, cheddar cheese and whole wheat toast...ask your server for today's options.

Roasted Vegetable Wrap \$12

Who needs meat? Grilled seasonal vegetables, crumbled feta cheese, sundried tomatoes and hummus. Now that's a wrap!

Steak Sandwich \$5.95

5oz Sirloin steak cooked to your liking on garlic ciabatta and served with french fries.

Pastas

All of our Pastas come with garlic baguette.

Penne Diablo \$15

Grilled chicken, sautéed shrimp and sea scallops and penne tossed in a devilish rose sauce!

Shrimp and Chorizo Fettuccini Pesto Alfredo \$13

This creamy little concoction is sure to please!

Butter Chicken \$14

Creamy tomato sauce served with chunks of chicken marinated in Indian spices with rice pilaf and naan bread. Sinful!

Monday's 'ALL YOU CAN EAT' Mussels

\$18

Sunday Brunch 10am-2pm \$17.95



Desserts & Speciality Drinks

Flourless Chocolate Cake \$7

Sinfully chocolate with fruit compote.

Passion Fruit Crème Brulee \$6

A fruity twist on a decadent classic.

Chocolate Brownie Sunday \$6

With bite sized brownies, vanilla ice cream, chocolate drizzle and don't forget the whipped cream and cherry!

Maple Apple Crumble \$8

Served warm in a crisp cinnamon tortilla cup with vanilla ice cream...perfection!

Warm Ginger Spiced Caramel Cake \$8

Chef says it's perfect to share...Monty says sharing this little masterpiece is not an option! Topped with vanilla ice cream.

Cherries Jubilee \$7

Cherries, brown sugar, Grand Marnier, crepes and ice cream...need we say more?

Wines

House Wines - Copper Moon, Canada
Sauvignon Blanc, Cabernet Sauvignon or Shiraz
glass \$6 1/2 litre \$15 bottle \$23

Whites

	6oz glass	bottle
Pinot Blanc, Family Series VQA, Peller Estates, British Columbia	\$7	\$28
Sauvignon Blanc, Anakena, Chile	\$7	\$28
Sovereign Opal, Artist Series VQA, Calona Vineyards, British Columbia	\$8	\$32
Unoaked Chardonnay, Artist Series VQA, Calona Vineyards, British Columbia	\$8	\$32
White Zinfandel, E&J Gallo, California	\$7	\$28

Reds

	6oz glass	bottle
Cab Merlot, Family Series VQA, Peller Estates, British Columbia	\$8	\$32
Pinot Noir, Mirassou, California	\$8	\$32
Remole, Frescobaldi, Italy '08	\$8	\$32
Shiraz-Malbec, Fuzion, Argentina '09	\$7	\$28
Syrah-Mourvedre-Viognier, The Wolftrap, South Africa '08	\$8	\$32

Monty's Hot Shot \$6

Van Gogh Espresso Vodka, Caramel Orange Syrup, espresso shot and steamed milk

Ultimate Nudge \$7

Courvoisier, Kahlua and Dark Cacao with Coffee, topped with whipped cream

Chai Amaretto Delight \$7

Chai Cream Liquor, White Cacao and milk with whipped cream

Blueberry Tea \$6

Grand Marnier and Amaretto with hot tea

Beers & Suds

Domestic Bottles \$4.75

Budweiser, Bud Light, Coors Light, Labatt's Blue, Molson Canadian, Kokanee

Domestic Premium Bottles \$5.25

Bud Light Lime, Rickard's Red, Sleeman's Honey Brown, Wild Rose Velvet Fog, Wild Rose Wraspberry

Import Bottles \$6.25

Becks, Corona, Guinness, Heineken, MGD, Stella Artois

Coolers and Ciders \$5.75

Smirnoff Ice, Strongbow Cider

Non-Alcoholic Potions

Tropical Iced Teas \$3.50

Brewed green tea with your choice of strawberry, mango, wildberry or peach infusion

Fruit Juices \$3.50

Apple, cranberry, orange, grapefruit, pineapple or tomato

Pop \$2.50

Pepsi, diet pepsi, 7-up, ginger ale, root beer, orange crush or iced tea

Chocolate or 2% Milk \$3

Hot Drinks

Espresso \$2.50
Latte, Cappuccino or Cafe Mocha \$3.75
Coffee, regular or decaf \$2
Higgins&Burke Tea Pot \$2

Bottled Water

spring water, non carbonated \$2
San Pellegrino, sparkling small \$3 large \$8

