

On The Green Bistro

LUNCH MENU

AVAILABLE 11AM UNTIL 5PM DAILY

A P P E T I Z E R S

SWEET POTATO FRITES **\$12.00**

Golden sweet potato sticks, served with a spicy chipotle mayo.

KETTLE CHIPS **\$8.50**

Tossed with Cajun spice, served with a spicy chipotle mayo.

BREADED RAVIOLI **\$23.00**

Wonton wrapper stuffed with mozzarella, parmesan and ricotta cheese with a house herb blend, deep-fried and served with tomato basil sauce.

CALAMARI FRITTI **\$21.00**

Calamari rings dusted in seasoned flour, fried until golden brown and served with Freeport sauce.

SPRING ROLLS **\$15.95**

Three large vegetable rolls deep fried and served with Chef's spicy sweet and sour sauce.

QUESADILLA **\$17.00**

Tomatoes, peppers, red onion and jack cheese, baked in a tortilla, served with salsa and sour cream on the side. Add grilled chicken breast for \$7.75.

BUFFALO STYLE WINGS **\$20.25**

1lb chicken wings tossed in our medium-hot buffalo sauce, served with carrot & celery sticks, with blue cheese dip.

Other sauce choices available:

Barbecue | Honey Garlic | Frank's Red Hot

Dry spices: Cajun | Lemon Pepper

POUTINE **\$11.50**

Fries with gravy and Ivanhoe cheese curds.

ADD ONS: Smoked Bacon	\$2.75
Diced Peppers	\$1.50
Diced Tomatoes	\$1.50
Chicken	\$7.75

GARLIC BREAD **\$5.50** | **Cheesy \$8.00**

Sliced garlic toasted panini.

ADD ONS: Smoked Bacon	\$2.75
Diced Tomatoes	\$1.50



S A L A D S

COBB \$22.75

Fresh grilled chicken, sliced avocado, blue cheese crumble, bacon bits, hard boiled egg, cherry tomato and romaine, tossed in our house-made classic vinaigrette.

PITTSBURGH \$31.00

Fresh chopped romaine, grape tomatoes, cucumber, red onion, cheese blend, fries and 6oz striploin steak drizzled with creamy ranch dressing.

CAESAR APP MAIN \$13.75 | \$17.75

Fresh chopped romaine, garlic herb croutons, crisp bacon, creamy caesar dressing with dusted with parmesan cheese.

SPINACH APP MAIN \$13.75 | \$17.75

Fresh spinach, mandarin oranges, sun-dried cranberries and goat cheese topped with toasted almonds, tossed in our flavourful lemon-honey vinaigrette.

GARDEN APP MAIN \$12.50 | \$15.50

Fresh blend of chopped romaine, spinach, arugula, radicchio, cherry tomato, cucumber, peppers and carrot, tossed in our house-made honey-lemon vinaigrette.

ADD PROTEIN TO YOUR SALAD:

Grilled Chicken	\$7.75
Grilled Salmon	\$11.50
Grilled Tiger Shrimp	\$11.00



P I Z Z A

MEDITERRANEAN \$22.00

Mediterranean peppers, red onion, black olives, tomatoes, feta cheese and pesto drizzle.

THE BASIC \$23.00

Pepperoni and three cheese blend.

MEAT LOVER'S \$24.00

Pepperoni, smoked sausage, mushrooms and three cheese blend.

HAWAIIAN \$24.00

Ham, house smoked bacon, pineapple and three cheese blend.

BBQ CHICKEN \$26.00

Smoked chicken, house smoked bacon, roasted red peppers, three cheese blend and BBQ drizzle.

ALL PIZZAS ARE 12IN ROUNDS.

S A N D W E D G E S & W R A P S

CHICKEN CLUB \$23.25

Fresh grilled-to-order chicken, crisp bacon, cheddar, lettuce and vine-ripe tomato with our chipotle mayo on toasted multigrain bread.

ROAST BEEF DIP \$26.00

Slow roasted roast beef tossed in beef jus then topped with horseradish mayo, onion frites and medium cheddar cheese, on a garlic toasted panini with a side of beef jus.

CAULIFLOWER PO'BOY \$20.00

Battered cauliflower fried and tossed in buffalo sauce, topped with lettuce, tomatoes, red onion and blue cheese dressing served on a garlic toasted panini bun.

STEAK SANDWICH \$34.00

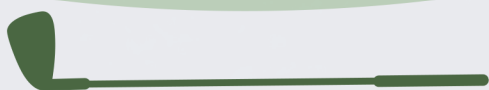
6oz striploin steak grilled to your liking topped with onion rings, lettuce, tomato and horseradish mayo, served on a toasted garlic panini bun.

ROCKY GRILLED CHEESE \$21.95

A comfort food with a twist, grilled the traditional way on multigrain bread, with cheddar and Swiss cheeses, bacon, grilled red onions and tomato.

Z-MAN SANDWICH \$24.00

Shaved corn beef piled high, melted swiss cheese, onion rings and chefs bbq sauce.



BUFFALO CHICKEN WRAP \$22.50

Golden-crisp breaded chicken fillets, buffalo wing sauce, peameal bacon, shredded cheese blend, lettuce and tomato finished with blue cheese dressing in a grilled tortilla wrap.

TURKEY BLT WRAP \$26.00

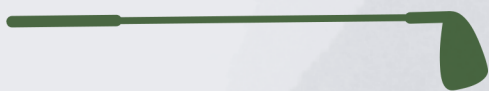
A freshly rolled wrap with shaved roasted turkey breast, strip bacon, tomatoes, leaf lettuce, shredded cheese blend, red onion, avocado and Dijon mayo.

DELI WRAP \$26.00

Shaved turkey breast, ham, avocado, diced tomatoes, lettuce, pickled onion, cheese blend rolled up in a tortilla wrap.

PORK SOUVLAKI NAAN WRAP \$24.00

Grilled pork souvlaki, diced tomatoes, pickled red onion, tzatziki sauce and fete cheese rolled up in a grilled naan bread.

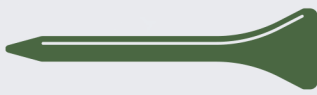


ROCKY CREST DOUBLE \$25.95

Two fresh ground beef chuck patties grilled and topped with peameal bacon and aged cheddar with traditional garnish.

ROCKY BREAKFAST BURGER \$18.00

One fresh ground beef chuck patty grilled and topped with cheddar cheese, strip bacon, fried egg, lettuce and tomato.



INCLUDED CHOICE OF SIDES:

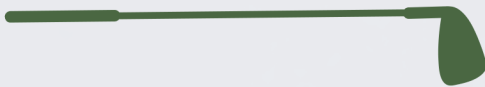
Garden Salad | Fries | Kettle Chips | Daily Soup

UPGRADE YOUR SIDE:

Caesar Salad	\$3.25	Poutine	\$5.50
Sweet Potato			
Fries			
Onion Rings			

ENHANCE YOUR MEAL AND ADD:

Aged Cheddar Swiss cheese	\$1.50
Bacon	\$2.00
Peameal	\$3.00
Caramelized onions Sautéed Mushrooms	\$1.50
Chefs Pickled Peppers	



P A S T A S & M O R E

PENNE ALLA BOSCAIOLA \$24.00

Smoked sausage, assorted mushrooms and green onion tossed in a silky rosé sauce with garlic bread.

BUTTERNUT SQUASH RAVIOLI \$26.00

Traditional pasta pockets stuffed with roasted butternut squash, cream cheese, ricotta and parmesan cheese, tossed in our aromatic tomato basil sauce, dusted with shredded parmesan cheese and served with garlic bread.

PAD THAI RICE BOWL \$28.95

Chicken, peppers, carrot, mushroom and peanuts in pad thai sauce served over basmati rice.

VEGETARIAN STIR FRY \$20.00

Lo mein noodles with fresh cut peppers, carrots, celery, wild mushrooms, green onion and baby bok choy tossed in a classic stir fry sauce.

ADD ONS: Grilled Chicken	\$7.75
Grilled Salmon	\$11.50
Grilled Tiger Shrimp	\$11.00






GRILLED SALMON \$32.00

8 oz. salmon fillet grilled and glazed with teriyaki ginger sauce, served over fresh steamed basmati rice and seasonal vegetables.

FINGERS & FRIES \$20.50

Five chicken breast strips lightly breaded, served with fries and plum sauce.

 Vegetarian |  Gluten Free |  Club Favourite

If you have any requests or dietary concerns, please inform your server and our chef will be happy to accommodate.

Prices are subject to applicable taxes and service charge.
Prices and menu subject to change without notice.

ClubLink proudly serves Coca-Cola products