

Chinook Lunch

Soup and Salad Selections

Chef's Homemade Soup of the Day	6.00	California Health Plate	12.75
Canadian Wild Mushroom Chowder	8.00	Seasonal fresh fruits, served with yogurt and a fresh baked muffin	
Seasonal Green Salad	7.00	Spinach Salad	8.00
With choice of 1000 Island, French, Swiss, Italian or Lemon Pepper Ranch dressing		With chopped eggs, bacon and creamy raspberry dressing	
Caesar Salad	8.00		
Crisp romaine with classic dressing			



Appetizers

Chinese Spring Rolls	7.95
Stuffed with pork and vegetables, served with plum sauce	
Shrimp Fritters	8.95
Beer battered jumbo shrimp served with a chipotle tartar sauce, BPL slaw with toasted pecans and apples	
Calamari	8.95
Herb battered, deep fried and served with tzatziki sauce	
British Columbia Smoked Salmon	10.95
Thinly sliced, served with cream cheese, capers, red onion and lemon	

Meal Sized Salads

Caesar Salad	10.50
Our classic Caesar salad with grated parmesan and served with garlic toast.	
Spinach Salad	10.50
Spinach salad with chopped eggs, bacon and creamy raspberry dressing.	
Mediterranean Salad	11.50
Organic mixed baby greens, artichoke hearts, mixed peppers, cucumber, grape tomatoes, Kalamata olives & goat feta, drizzled with a balsamic & olive oil vinaigrette and fresh herbs.	
Add a grilled chicken breast, 6 tiger prawns or broiled salmon filet to the above salads (available regular or Cajun)	5.00

Sandwiches

(served with French fries, soup of the day, or house salad)

◆ Prime Rib Beef Dip	11.95
Slow Cooked Prime Rib, shaved and served on toasted panini bun, au jus	
◆ Chicken Club	12.75
Boneless charbroiled chicken breast, crisp bacon, tomato, lettuce and mayonnaise. Regular or Cajun style	
◆ Pacific Tuna Melt	11.75
Tuna, celery, onions and mayonnaise, served on a toasted English muffin, topped with melted cheddar and mozzarella	
◆ Mexican Pork Wrap	11.95
Spicy pork, avocado, cilantro, shredded lettuce, tomato and red onions in a sun-dried tomato tortilla with salsa and sour cream	
◆ Toasted BLT	8.25
A traditional favourite with crisp bacon, fresh tomato and lettuce	
◆ BBQ Beef Sandwich	12.25
Slow Cooked Prime Rib, shaved and sautéed in our signature BBQ sauce with peppers and onions, served on a toasted panini bun with Monterey Jack cheese	
◆ Halibut Burger	12.75
Lightly breaded & deep fried halibut served on a toasted Kaiser with chopped lettuce, tomato & your choice of regular or chipotle tartar sauce	

Daily Flatbread Pizza

Daily Flatbread Pizza.....14.50
Locally produced wood oven fired 10" organic flatbread. Ask your server for today's creation.

Lunch Favourites

Shrimp Fritters.....13.95
Beer battered jumbo shrimp served with a chipotle tartar sauce, fries & BPL slaw with toasted pecans and apples

◆ **English Style Fish and Chips**.....12.25
Boneless cod fillet in a beer batter, served with your choice of regular or chipotle tartar sauce, lemon and French fries

Scallop & Shrimp Linguini Alfredo.....15.95
Rich garlic cream sauce, mushrooms and aged parmesan. Served with garlic toast

Baked Buffalo Lasagna.....15.95
Lean ground buffalo, spinach, zesty tomato sauce, mozzarella, emmental & ricotta cheese. Served with garlic toast

New York Steak Sandwich.....17.95
Charbroiled Goz. New York Steak on a garlic panini bun, served with French fries and caramelized onions

Thai Red Curry Bowl.....13.95
Tasty red curry prepared mild, medium or hot; with coconut cream, sweet bell peppers, snow peas and fresh cilantro over steamed rice,
Add a grilled chicken breast or 6 tiger prawns for an extra5.00

◆ **Prime Rib Burger**.....12.50
Goz. broiled ground Prime Rib patty, dressed with lettuce, tomato, onions, mustard and relish on a toasted Kaiser bun
Served with French fries
 add cheddar cheese.....1.00 **add bacon**.....1.00

Mac & 3 Cheese.....14.95
BPL's gourmet version of a classic dish. Cavatappi pasta, Swiss gruyere, aged cheddar and mozzarella with Valbella country bacon, cream & fresh herbs. Also available as a vegetarian option.

Chicken Quesadilla.....14.25
A flour tortilla, filled with a broiled chicken breast, guacamole, diced tomato, peppers, onions and Monterey jack cheese.
Served with sour cream, salsa and mixed green salad. Also available as a vegetarian option.

Chicken Fingers.....10.00
Served with French fries and plum sauce

All Day Breakfast

Chinook Breakfast.....13.00
Two eggs any style with ham, bacon or sausages, hash brown potatoes and toast

Eggs Benedict.....14.00
Classic Hollandaise over soft poached eggs, Canadian bacon and English muffin, served with hash brown potatoes

Omelettes.....13.00
Fluffy three egg omelette with ham, cheese, mushrooms or spicy salsa, served with toast & hash brown potatoes

Children's Menu

**For those 12 and under, includes French fries and choice of beverage with free refills.
7.95 each selection**

- Chicken Fingers ▪ Hamburger ▪ Grilled Cheese ▪
- Fish & Chips ▪ Peanut Butter Sandwich ▪
- Grilled Ham & Cheese ▪

◆ *For an additional 3.00 per person, these items may be split, with a full portion of fries, soup of the day, or house salad.*

Please inform your server if you have any dietary concerns and/or allergies.



The Banff Park Lodge is proud to use only 100% Trans Fat free oil in all of our fryers.