

Chinook Lunch

Soup and Salad Selections

Chef's Homemade Soup of the Day	7.00	California Health Plate	15.00
Canadian Wild Mushroom Chowder	9.00	Seasonal fresh fruits, served with yogurt	
Seasonal Green Salad	7.50	and a fresh baked muffin	
With choice of 1000 Island, French, Swiss, Italian or Lemon		Spinach Salad	9.00
Pepper Ranch dressing		With chopped egg, bacon and creamy	
Caesar Salad	9.00	raspberry dressing	
Crisp romaine with classic dressing			



Appetizers

Chinese Spring Rolls	8.00
Stuffed with pork and vegetables, served with plum sauce	
Shrimp Fritters	10.00
Beer battered jumbo shrimp served with a chipotle tartar sauce & BPL slaw	
British Columbia Smoked Salmon	12.00
Thinly sliced, served with cream cheese, capers, red onion and lemon	

Meal Sized Salads

Caesar Salad	11.50
Our classic Caesar salad with grated parmesan and served with garlic toast.	
Spinach Salad	11.50
Spinach salad with chopped egg, bacon and creamy raspberry dressing.	
Mediterranean Salad	12.50
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

Panini

(fresh made, grilled, and served with choice of French fries, soup of the day, or house salad)

Marinated Grilled Vegetables	13.75
Zucchini, peppers, red onions, eggplant, marinated in olive oil & grilled with fontina cheese & pesto on sliced Italian sourdough	
Pizza	13.75
Tomato sauce, bocconcini, capicola, Provolone, parmesan, fresh oregano & basil on sliced Italian sourdough	
Italia	13.75
Prosciutto, tomato, basil leaves, & roasted peppers with mozzarella & fontina cheese on sliced Italian sourdough	



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

Sandwiches

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

West Coast Fresh Salmon Sandwich	12.75
Fresh salmon filet, grilled then flaked & tossed with dill aioli, chopped red onions & lemon juice. Served with baby greens on rye bread, available with chipotle mayo for a little kick.	
Prime Rib Beef Dip	12.75
Slow Cooked Prime Rib, shaved and served on toasted panini bun, au jus	
Chicken Club	13.75
Boneless charbroiled chicken breast, crisp bacon, tomato, lettuce and mayonnaise. Regular or Cajun style	
Pacific Tuna Melt	12.75
Tuna, celery, onions and mayonnaise, served on a toasted English muffin, topped with melted cheddar and mozzarella	
Toasted BLT	9.25
A traditional favourite with crisp bacon, fresh tomato and lettuce	
New York Steak Sandwich	19.00
Charbroiled 7oz. New York Steak on a garlic panini bun, topped with Onion Rings	
Salmon Filet Burger	13.50
4oz. grilled B.C. salmon filet, with tomato, onions, & lemon aioli on a toasted Kaiser	
Prime Rib Burger	13.50
6oz. broiled ground Prime Rib patty, dressed with lettuce, tomato, onions, mustard and relish on a toasted Kaiser bun.	
add cheddar cheese	1.00
add bacon	1.00

Lunch Favourites

English Style Fish and Chips	14.00
Boneless cod fillet in a beer batter, served with your choice of regular or chipotle tartar sauce, lemon and French fries	
Shrimp & Scallop Linguini Alfredo	17.00
Rich garlic cream sauce, mushrooms and aged parmesan. Served with garlic toast	
Baked Buffalo Lasagna	17.00
Lean ground buffalo, spinach, zesty tomato sauce, mozzarella, emmental & ricotta cheese. Served with garlic toast	
Chicken Quesadilla	15.25
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.	
Grilled Zucchini Cannelloni	14.00
Thin strips of zucchini make up the pasta in this dish, stuffed with sundried tomato basil cream cheese, roasted red peppers & grilled green onions. Baked in tomato sauce with mozzarella & parmesan cheese. Served with garlic toast	
Chicken Fingers	11.00
Served with French fries and plum sauce	

All Day Breakfast

Chinook Breakfast	15.00
Two eggs any style with ham, bacon or sausages, hash browns & toast	
Eggs Benedict	16.00
Classic Hollandaise over soft poached eggs, Canadian bacon & English muffin, served with hash browns	
Omelettes	15.00
Three egg omelette with ham, cheese, mushrooms or spicy salsa, served with toast & hash browns	

Children's Menu

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

- Chicken Fingers ▪ Hamburger ▪ Grilled Cheese ▪
- Fish & Chips ▪ Peanut Butter Sandwich ▪
- Grilled Ham & Cheese ▪ 4oz Chicken Breast ▪
- Buttered Noodles ▪ Tomato Linguine

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