

## APPETIZERS

**Pickeral Cheeks** **13**  
Fresh Lake Winnipeg pickeral cheeks, sautéed in butter with garlic, tomatoes, green onions and chili flakes, tossed in our own signature vinaigrette and topped with fresh basil. Served with garlic focaccia toast.

**Cheezy Flatbread** **10**  
Crispy, garlic-buttered naan topped with a three cheese blend and served with ranch dressing.  
*Add bacon or green onions / 1 ea.*

**Chicken Wings** **13**  
A pound of our succulent, house-breaded wings with a choice of: honey garlic, house made bbq, sweet chili, hot, salt & pepper, cajun, or blue cheese dressing.

**Nacho Grande** **15**  
Tri-colored tortilla chips baked with tomatoes, bell peppers, corn, green onion, and jalapeños; topped with a three cheese blend.  
*Add taco beef or chicken / 5*

**Pizza Rolls** **9**  
Deluxe pizza filling with mushrooms, pepperoni, bell peppers, and onions stuffed into 8 crispy wontons, served with marinara sauce.

**Feta Dip** **11**  
Feta cheese, cream cheese, and yogurt whipped together with lemon, dill and honey, with a hint of chili flakes to bring together this feta Lovers delight. Served with garlic buttered naan.

**Lettuce Wraps** **13**  
Fresh sautéed vegetables glazed with our Singapore sauce served with three lettuce wraps, with your choice of chicken or shrimp topped with crusted cashews.

## LIGHTER FARE

*Add french fries, garden salad, or caesar salad for 3.50*

**Quesadilla** **14**  
Your choice of taco beef or roasted chicken breast with bell peppers, red onions, and three cheeses; folded in a salsa tortilla.

**Chicken Fingers** **11**  
Crispy seasoned chicken fingers with fresh house-made honey dill sauce.

## SOUPS

**Chef's Soup of the Day** **Cup 5 | Bowl 7**  
Prepared fresh daily; ask about today's delicious creation.

**Baked French Onion** **10**  
Caramelized onions with red wine and topped with a croûton and melted swiss cheese.

**Blue Cheese, Apple, & Celery Soup** **10**  
A cream soup with roasted apples, celery, tarragon, lemons, and blue cheese.

## SALADS

*Meal size served with grilled garlic foccacia.*

**Garden Salad** **Half 6 | Meal size 12**  
Artisan lettuce topped with shredded carrots, grape tomatoes, diced cucumber, and julienne red onions served with your choice of dressing.

**Classic Caesar** **Half 7 | Meal size 14**  
Crisp romaine lettuce with house-made croûtons, bacon pieces, parmesan cheese, and tossed in a creamy caesar dressing.

**Greek Salad** **Half 7 | Meal size 14**  
Romaine lettuce tossed in our house-made greek dressing topped with diced cucumber, grape tomatoes, kalamata olives, red onions, bell peppers, and feta cheese.

**Seagulls Signature Salad** **Half 9 | Meal size 16**  
Our signature house salad; artisan lettuce tossed in a honey ginger dijon vinaigrette with carrots, candied cashews and dried cranberries, topped with avocado and feta, served with garlic buttered pita.

*Add to any salad:*

*Chicken Breast / 5*

*Pan Pickeral / 7*

*Shrimp / 7*

## SANDWICHES AND MORE

*With your choice of soup of the day, garden salad, caesar salad, or our fresh cut french fries.*

*Add bacon, cheese, or mushrooms / 1.50 ea.*

*Add avocado / 4 Add egg / 2*

**Steak Sandwich** **20**  
7oz hand cut AAA strip loin steak cooked to your liking with sautéed mushrooms on grilled garlic foccacia bread.

**Seagulls' Burger** **14**  
6oz beef patty served with lettuce, tomatoes, red onions, mustard, and mayonnaise on a golden brioche bun.

**Chicken Pot Pie** **16**  
A savoury mixture of chicken, carrots, onions, celery, peas and garlic, topped with a puff pastry crust.

**Seagulls' Club** **14**  
Chicken breast, smoked bacon, tomato, lettuce, cheddar cheese, and mayonnaise served in a wrap or on a garlic buttered panini.

**Vegan Dog** **14**  
A grilled vegan hot Italian sausage with sautéed onions and sauerkraut, topped with a grainy mustard mayo, served on a pretzel roll.

**Classic Reuben** **14**  
Montreal smoked meat with house-spiced sauerkraut, melted swiss cheese, and thousand island dressing; served on marble rye.

**Cordon Bleu Burger** **16**  
Fresh roasted chicken breast with ham and Swiss cheese, lettuce and tomato, topped with a grainy mustard mayo, served on a golden brioche bun.

**Boneless BBQ Rib Sandwich** **15**  
Half a rack of boneless BBQ pork back ribs smothered in a chipotle honey mustard sauce with lettuce and red onions, served on a garlic buttered panini.

## PASTA

All Pasta is served with grilled garlic foccacia.

### Spaghetti

Spaghetti with a house-made tomato basil sauce topped with parmesan cheese.

Add Bolognese sauce or baked cheese / 4 each.

15

### Garden Pasta

Chefs selection of fresh vegetables lightly sautéed and served with spaghetti and tossed in a roasted garlic and lemon herb oil, topped with fresh basil.

16

### Chicken Fettuccini

Fettuccini tossed in a garlic and onion cream sauce with roasted chicken breast, parmesan cheese, and parsley.

17

### Some Like it Hot

Fettuccini tossed with sautéed mushrooms, garlic, corn, jumbo shrimp and smoked bacon in a sambal cream sauce.

21

## LAKE WINNIPEG'S FINEST

### Pickeral Fillets

Lake Winnipeg pickeral, pan fried or blackened, served with Manitoba wild rice pilaf, onions, bell peppers, and chef's vegetables.

21

### Fish and Chips

Our signature beer-battered pickeral fillets served with fresh, house-made tartar sauce, lemon, and french fries.

17

### Fish Tacos Trio

Your choice of our signature beer-battered pickeral fillets or pan fried pickeral fillets, with tomato, red onion, a three cheese blend, and chipotle mayo folded into flour tortillas and finished with fresh cilantro.

16

## DINNER ENTRÉES Available after 4pm.

Start with your choice of soup of the day, garden salad, or Caesar salad.

Served with chef's vegetables and choice of chef's potatoes, Manitoba wild rice pilaf, or fries.

(Excludes Whitefish and Vegan Bowl)

### Steak Au Poivre (9 oz)

In-house cut 9 oz AAA striploin coated in crushed peppercorns and seared in butter with a cognac cream sauce.

33

### Baby Back Ribs

A full rack of our own spice-rubbed baby back ribs, slow braised and smothered with our house recipe BBQ sauce.

26

### Chicken Cutlets

Fresh chicken breasts pounded and fried in a parmesan breading, topped with pineapple salsa.

21

### Cashew & Herb Crusted Whitefish

Lake Winnipeg whitefish baked with a cashew and fresh herb crumble paired with a refreshing tomato parmesan salad.

21

### Vegan Bowl

Spiced vegan sausage spread with raw cucumbers, tomatoes, mushrooms, carrots, avocado, bell peppers and sesame seeds served on a bed of white and wild rice with a side of sweet Thai sauce.

18

## KID'S MENU

For children 12 & under

### Mini Pogos

Three fried pogos served with ketchup and mustard

5

### Hot Dog or Kids Burger

Served with french fries or garden salad.

6

### Chicken Dinosaurs

Served with french fries or garden salad.

6

### Grilled Cheese Sandwich

Served with french fries or garden salad.

6

### Spaghetti

Spaghetti noodles tossed in butter or with tomato basil sauce.

Add Bolognese sauce or baked cheese / 4 each.

6

### Fish & Chips

One piece of battered pickeral served with french fries, tartar sauce, and a lemon wedge.

8

A 15% gratuity will apply to parties of 8 or more.