

breakfast grill

7 AM – 11 AM

ALL 3 EGG OMELETS SERVED WITH HASHBROWNS

MAC TIMBER

290cal

\$4.36

toasted English muffin, egg cheddar cheese and your choice of bacon, sausage or ham

SUNRISE BREAKFAST

390cal

\$4.57

toasted bun with mayonnaise, salsa, egg, cheese and bacon

BREAKFAST WRAP

424cal

\$5.20

grilled flour tortilla, scrambled egg, cheddar & monterey jack cheese & your choice of bacon, sausage or ham

BREAKFAST BAGEL

505cal

\$5.51

toasted bagel, egg, cheddar cheese, ham, lettuce & tomato

FULL BREAKFAST

510cal

\$9.40

2 eggs, 3 sausage or bacon, hashbrowns and toast

EARLY BIRD BREAKFAST

720cal

\$7.40

2 eggs, 2 pancakes and 2 strips bacon or sausage



HAM & CHEESE OMELET

512cal

\$9.40

ham and cheddar & Monterey jack cheese

FIESTA GARDEN OMELET

545cal

\$9.40

green peppers, onion, mushrooms, salsa and cheddar & Monterey jack cheese

FIESTA OMELET

625cal

\$9.40

stuffed with sausage, green peppers, onions, mushrooms, salsa and cheddar & Monterey jack cheese

ULTIMATE OMELET

650cal

\$9.71

sausage, bacon, green peppers, onions, mushrooms, diced tomatoes and cheddar & Monterey jack cheese

PANCAKES

227cal

\$6.25

fluffy pancakes served with syrup and butter



Calorie Counts are to be used as a guide line

lunch grill

**BURGERS ARE SERVED WITH MAYONNAISE, RELISH,
LETTUCE / TOMATO & RED ONION
YOUR CHOICE OF FRIES, POTATO SALAD, CAESAR SALAD or Chips**

JUNIOR OFFICER BURGER 305 cal \$8.45

charbroiled beef burger on a toasted bun

CHEESEBURGER 335 cal \$9.08

charbroiled beef burger with cheddar cheese

MUSHROOM BURGER 640 cal \$9.71

sautéed mushrooms & Monterey jack cheese

CANADIAN BURGER 710 cal \$10.24

Canadian bacon & Canadian cheddar

RCMP BURGER 735 cal \$10.45

our signature burger topped with BBQ sauce,
onion straws, cheddar cheese & bacon

STACKED ONION RING BURGER 760 cal \$10.97

Panko Onion Ring, Bacon, Cheese

GARDEN BURGER 440 cal \$8.66

grilled garden burger made with soy & spices

Cal per side 143 cal to 336 cal

Calorie Counts are to be used as a guideline

CRUNCHY CHICKEN BURGER 495 cal \$8.98

spicy & crunchy chicken burger, chipotle mayo,
lettuce & tomato

CHICKEN STRIPS & FRIES 725 cal \$10.45

4 chicken strips served with fries & dipping sauce

GRILLED CHEESE SANDWICH 495 cal \$7.30

cheddar & Monterey jack cheese

QUESADILLA Veggie 525 cal \$8.66

Chicken 625 cal \$9.71

golden grilled tortilla, cheddar/monterey jack
cheese, pico-de-gallo

Appetizers \$6.95

Spicy Crab & Cheese Poppers

Deep Fried Pickles

Zucchini Sticks

Onion Rings / Potato Crispers

Chicken Wings & Fries \$11.95

**After
2:00pm**

OPEN 11:00 AM – 2:00 PM

deli

GOURMET SANDWICHES & WRAPS

served with a crunchy pickle spear plus
your choice of potato salad, caesar salad, or chips
no side option, we'll take off \$1.50

TURKEY CRANBERRY 450 cal \$9.40
turkey, cranberry, monterey jack cheese, mayonnaise,
lettuce & tomato

CIABATTA CLUB 510 cal \$9.40
turkey, ham, lettuce, tomato & signature chipotle Mayonnaise

ROAST BEEF SANDWICH 425 cal \$9.40
thinly sliced roast beef, horseradish mayo, cheddar cheese,
lettuce, tomato & red onion

TRADITIONAL TUNA SANDWICH 295 cal \$9.19
Ocean Wise tuna, mayonnaise, lettuce, tomato & red onion

MONTY MELT 425 cal \$9.40
ham, Monterey jack cheese, mustard, mayonnaise,
lettuce, tomato & red onion

WACKI CLUB HOUSE WRAP 476 cal \$9.40
wrapped up turkey, ham, cheddar cheese, mayo, lettuce,
tomato & onion

CHIPOTLE TUNA WRAP 265 cal \$9.19
Ocean Wise tuna, chipotle mayo, lettuce, tomato & red onion

INDIAN EGG SALAD WRAP 295 cal \$9.19
curried indian egg salad, mayonnaise, lettuce & tomato

VEGGIE WRAP 248 cal \$8.35
chipotle mayo, Monterey, jack cheese lettuce, tomato & sweet
red onion

SIDE CRUNCHY PICKLE SPEARS 30 cal \$4.15

Cal per side 143 cal to 336 cal

Calorie Counts are to be used as a guide line

pizza

RCMP FAVOURITE

salami, pepperoni, bacon, sausage, peppers, onions & mushrooms with our mozzarella & edam cheese blend

HAWAII 5-0

ham, double pineapple, topped with our mozzarella & edam cheese blend

BBQ CHICKEN

BBQ sauce, chicken, bacon, onions, peppers, topped with our mozzarella & edam cheese blend

GREEK

chicken, feta, onions, green peppers & black olives, topped with our mozzarella & edam cheese blend

ORDER AHEAD

**BUY 1 PIZZA, GET THE
SECOND AT \$5 OFF**

VEGGIE

mushrooms, green peppers, onions, tomatoes, pineapple, black olives, topped with our mozzarella & edam cheese blend

LARGE PIZZA 22.00

**CALL IN YOUR ORDER AND WE WILL HAVE IT
READY FOR PICK UP WITHIN THE HOUR**

604-584-5830

**GRAB & GO PIZZA BY THE SLICE
IS BACK TUE /WED / THUR
\$4.15 OR 2 FOR \$7.30**

TAKE OUT PIZZA IS AVAILABLE FOR ORDERING MON TO FRI FROM 7:00 AM – 1:00 PM

Garden Stir-fry's made to order

Tuesday / Wednesday / Thursday

11:00AM TO 1:00PM

Chicken \$12.34

Vegetarian \$11.29

Served on Rice or Noodles

With a Blend of

Broccoli

Mushrooms

Carrot

Red Peppers

Sweet Peas

Baby Corn

Signature Sauces

Teriyaki

Shanghai

Pineapple Curry



Grill hours 6:00am to 4:30pm
Appetizers served from 2:00pm

Appetizers \$6.95

**Served with your choice of
Chipotle Mayo or Ranch Dipping Sauce
Carrot and Celery Sticks**



**Crab, Cheddar & Jalapeno Extremer's
Breaded Deep Fried Pickle Spears
Breaded Deep Zucchini Sticks
Onion Rings
Kettle Chips**

Wings and our Signature Fries 11.95

8 Lightly Dusted Chicken Wings Tossed in Hot Sauce / BBQ / Teriyaki
or our Salt, Pepper and Garlic Seasoning