

BREAKFAST

Served till 2:00 pm daily

Bread Choices: White or Whole Wheat. Rye is 50¢ extra

The Small Breakfast

Two Eggs served to your liking with toast. **4.99**

The Highlands Breakfast

Two Eggs served to your liking with homefries, toast and your choice of bacon, ham or sausage. **7.49**

The Hungry Man Breakfast

Three Eggs served to your liking with homefries, toast and your choice of any Two of bacon, ham or sausage. **9.99**

Innerkip Fried Egg Sandwich

Two Egg sandwich served topped with tomatoes and blended cheese with homefries. **6.49**

The Western Sandwich

Traditional western served with ham, green onions, red peppers and tomatoes with homefries. **8.49**

Canadian BLT Sandwich

Your choice of bread topped with lettuce, tomatoes and Canadian Peameal bacon with homefries. **8.99**

Morning Omelet

Three Egg omelet served with ham, green onions, red peppers and mushrooms with homefries and toast. **8.99**

French Toast

Three pieces of bread served with St. Jacobs maple syrup and your choice of bacon, ham or sausage. **8.99**

SALADS

Asian Sesame Chicken Salad

Fresh mixed greens with mandarin oranges, sliced almonds red peppers, cucumbers, tomatoes, red onions, toasted sesame seeds, served with sesame vinaigrette, topped with a grilled chicken breast and crispy noodles. **14.99**

Caesar Salad

Fresh romaine lettuce tossed in our creamy dressing with croutons and bacon. Topped with fresh ground parmesan cheese. **9.99**

With grilled Chicken **13.99**

Spinach Salad

Fresh spinach leaves topped with sliced mushrooms, bacon, diced tomatoes, chopped eggs and cucumber, with feta cheese on top. **10.99** With grilled Chicken **14.99**

Clubhouse Salad

Fresh iceberg lettuce and spring mix tossed with diced tomatoes, bacon and crispy pieces of battered chicken topped with croutons and blended cheese. **14.99**



FINGER FOODS

Basket Of Fries

A heaping basket served crispy and golden. **5.99**

Onion Rings

A full basket of thick cut rings served with ranch sauce **7.99**

Asian Wonton Bites

Wontons stuffed with your choice of chicken bruschetta or Jalapeno cream cheese. Served with Thai sauce **9.99**

Popcorn Shrimp

Bite sized shrimp lightly coated with a mild Jalapeno seasoning. Served with sweet & spicy Thai sauce. **10.99**

Chicken Quesadilla

A fresh whole wheat tortilla is stuffed with a grilled and sliced chicken breast, diced tomatoes, red peppers, green onions, salsa and a blend of shredded cheeses. Served with salsa and sour cream **13.99**

Pizza Sticks

A crispy wonton wrap filled with creamy mozzarella and surrounded with a spicy pepperoni and tangy tomato sauce. Served with marinara sauce for dipping. **10.99**

Chicken Strips

Tender boneless chicken strips served original or buffalo style. Served with fries and plum sauce for dipping. **11.99**

Clubhouse Nachos

A mountain of our seasoned tortilla corn chips are layered with diced tomatoes, green onions, blended cheese and salsa. Served with salsa and sour cream. **11.99**

Half Order **8.99**

Add Grilled Chicken and Bacon **5.99**

Chicken Wings

Tender and juicy wings, sauced just the way you like them. Mild, Medium, Hot, Honey Garlic, Thai, Lemon Pepper Rub.

Snack (6) **8.99**

Regular (8) **10.99**

Large (16) **19.99**

Reservations are recommended for groups greater than 8

A 15% gratuity will apply to these groups

SANDWEDGES

All sandwedges are served with your Choice of Side.

Buffalo Chicken Sandwich

Crispy coated chicken breast tossed in medium wing sauce and topped with lettuce, tomatoes and ranch dressing. **13.99**

Roast Beef Stack

Thinly sliced roast beef warmed, piled high with mozzarella cheese on a fresh bun. Served with au jus for dipping. **14.99**

Philly Cheese Steak Sandwich

Shaved sirloin steak with sautéed mushrooms, onions, and red peppers. Served in a garlic butter brushed bun topped with melted mozzarella. **15.99**

The Innerkip Clubhouse

Our signature sandwich served triple decker style with a juicy grilled chicken breast, fresh tomatoes, lettuce, peameal bacon, cheddar cheese and mayo. **14.99**

Focaccia Turkey Sandwich

Sliced oven roasted turkey with bacon and mozzarella cheese. Served on a garlic butter brushed focaccia with side of cranberry mayo. **14.99**

Innerkip Wrap

A fresh floured tortilla stuffed with slices of grilled chicken breast, bacon, diced tomatoes and shredded lettuce with mozzarella and cheddar cheese, and ranch dressing. **13.99**

Chicken Caesar Wrap

Our classic Caesar salad with grilled chicken, bacon and parmesan, wrapped in a fresh warm tortilla. **13.99**

Roast Turkey Wrap

Fresh floured tortilla generously stuffed with slices of oven roasted turkey, bacon, diced tomatoes, shredded lettuce and mozzarella cheese; rolled and warmed to perfection. **14.99**

BURGERS

All burgers are served with your Choice of Side.

The Innerkip Burger

Our 6oz Canadian sirloin burger topped with sautéed onions and mushrooms, Canadian peameal bacon and mozzarella cheese on a rustic beer bun garnished with tomatoes, lettuce and

Classic Cheese Burger

Canadian 6oz sirloin burger with medium cheddar served on a rustic beer bun with tomatoes, lettuce and onions with an onion ring and a pickle spear **12.99** Add bacon **.99**

Choice of Side:

Fries, Homefries, Fruit Salad, Coleslaw, Rice or Chef Salad.
Onion Rings, Caesar Salad, or Spinach Salad are \$1.00 extra.

DINNERS

Served after 2:00 pm Daily

Roasted Red Pepper Chicken Penne

We sauté chicken, fresh tomatoes and red peppers in garlic butter and toss with Alfredo sauce and penne noodles. Topped with blended cheeses and parmesan. Served with focaccia garlic bread. **15.99**

Teriyaki Chicken Stir-Fry

A fresh blend of red peppers, zucchini, broccoli, cauliflower, yellow peppers, snow peas, asparagus with a sliced chicken breast. Served on a bed of rice, topped with toasted sesame seeds and crispy noodles in a delicious teriyaki sauce. **16.99**

Schnitzel Dinner

Classic pork schnitzel served golden brown with sauerkraut. Served with sweet corn and your choice of side. **16.99**

Beer Battered Fish & Chips

Two haddock loins fried to perfection in our homemade Richard's Red beer batter, paired with crispy fries, highlands coleslaw and garnished with a fresh lemon wedge and tartar sauce. **14.99**

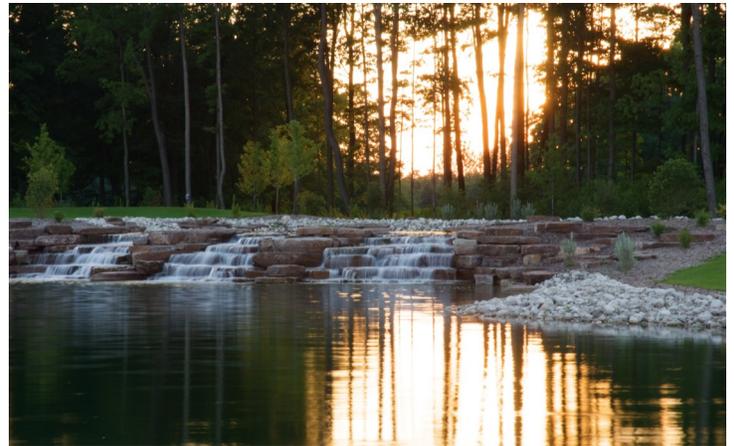
Tetrazzini Parmesan with Meatballs

Fettuccini noodles served in a rich tomato sauce blended with parmesan, mushrooms and peppers with hearty size meatballs and sprinkled with fresh parmesan and parsley.

Pan Seared Haddock

Two Haddock Loins seared in olive oil and lemon pepper. Served with sweet corn and your choice of side. **15.99**

Half order **12.99**



DESSERT

Golf Ball Cake

White and dark chocolate mousse stacked on top of a layer of chocolate cake sprinkled with cocoa and topped with a white chocolate golf ball **5.99**