

Lunch Menu

Starts

CHEF'S CHOICE SOUP	Cup \$4 Bowl \$6
TRUFFLE FRENCH FRIES	\$6
<i>Tomato Relish and Three Onion Dip</i>	
SWEET POTATO FRIES	\$7
<i>Served with Bacon-Cilantro Dipping Sauce</i>	
FRIED CALAMARI	\$9
<i>Panko Crusted with Cilantro Bacon Aioli and Sweet Chili Sauce</i>	
WHITE BEAN HUMMUS	\$9
<i>Grilled Flatbread & Roasted Garlic</i>	
CHEESE & CHARCUTERIE BOARD	\$11
<i>Soppresatta, Farmstead Fiscalini Cheddar, Hollander Gouda, Humbolt Fog, Honeycomb</i>	
WARM PARMESAN ARTICHOKE DIP	\$10
<i>Artichokes, Parmesan, Ciabatta Crostini</i>	
FRIED ONION STRINGS	\$5

Salads

CANYONS SALAD	\$7
<i>Cucumber, Tomato, Feta Cheese, Pine Nuts, and Red Wine Vinaigrette</i>	
<i>Grilled Chicken Add \$4, Steak Add \$5, Salmon Add \$7</i>	
CAESAR SALAD	\$9
<i>Romaine Lettuce, Garlic Croutons, Grana Padano and Sliced Strawberries</i>	
<i>Grilled Chicken Add \$4, Steak Add \$5, Salmon Add \$7</i>	
BRIE & PEAR SALAD	\$12
<i>Mixed Greens, Walnuts, Roasted Red Pepper and Basil Apple Cider Vinaigrette</i>	
COBB SALAD	\$12
<i>Butter Lettuce, Romaine, Roasted Chicken, Blue Cheese, Bacon, Avocado, Boiled Egg and Buttermilk Dressing</i>	
SPINACH SALAD	\$11
<i>Baby Spinach, Cremini Mushrooms, Egg, Red Onion Roasted Tomato, Bacon, Goat Cheese and Dijon Balsamic Vinaigrette</i>	
GRILLED SALMON & COUS COUS SALAD	\$14
<i>Mixed Greens, Papaya & Avocado Relish, Raspberry Vinaigrette and Cous Cous</i>	
SEARED AHI SALAD	\$13
<i>Snow Peas, Crispy Wontons, Bean Sprouts, Baby Corn and Tangerine - Cilantro Dressing</i>	
CHOPPED SALAD	\$11
<i>Romaine, Salami, Chicken, Bacon, Egg, Tomatoes, Onion, Mozzarella Cheese, Basil and Balsamic - Dijon Vinaigrette</i>	
CHIPOTLE STEAK SALAD	\$13
<i>Romaine, Grilled Steak, Roasted Red Pepper, Avocado, Tomato, Red Onion, Cojita Cheese, Tortilla Strips and Chipotle Ranch Dressing</i>	

Sandos

Choice of Housemade Potato Chips, Criss Cut Fries, Cottage Cheese, Cole Slaw or Fresh Fruit	
GRILLED CHEESE AND TOMATO SOUP	\$10
<i>Fontina, Ementhaler and Cheddar Cheeses</i>	
CHEESEBURGER SLIDERS	\$10
<i>NY Cheddar Cheese, Tomato, Mayo and Onion Pickle Slaw</i>	
WESTCOAST BURGER	\$10
<i>1/3 pound Certified Angus Beef, Pepperjack Cheese, House BBQ, Fried Onions on Grilled Ciabatta.</i>	
THE "HEFE" BURGER	\$11
<i>1/3 pound Certified Angus Beef, Pastrami, Honey Mustard, and Swiss Cheese</i>	
PULLED PORK SLIDERS	\$10
<i>House BBQ and Carrot Cucumber Slaw</i>	
WIDE OPEN ALBACORE TUNA SANDWICH	\$11
<i>Roasted Peppers, Lemon Aioli, Avocado & Crispy Capers</i>	
<i>Choice of Melted Swiss Cheese Add \$2</i>	
SHRIMP BLT	\$11
<i>Bay Shrimp tossed in housemade remoulade, Butter Lettuce, Roma Tomato and Applewood Bacon</i>	
AHI LETTUCE WRAPS	\$13
<i>Butter Lettuce, Seaweed Salad, Avocado and Wasabi Aioli</i>	
HAM, BRIE & PEAR SANDO	\$12
<i>Melted Brie, Shaved Ham, D' Anjou Pears</i>	
GRILLED CHICKEN SANDWICH	\$11
<i>Chicken Breast, Lettuce, Swiss Cheese, Basil Mayonnaise and Tomato</i>	
<i>Avocado Add \$1, Bacon Add \$2</i>	
SPICY CHICKEN SANDWICH	\$12
<i>Jalapeno Bacon Aioli, Crispy Onions, Pepperjack Cheese</i>	
ROASTED VEGETABLE SANDWICH	\$10
<i>Red Pepper, Zucchini, Swiss Cheese, Artichokes and Asparagus</i>	
<i>Chicken Add \$4</i>	
REUBEN SANDWICH	\$11
<i>Pastrami, Sauerkraut, Russian Dressing and Swiss Cheese on Pumpernickel Rye</i>	
COUNTRY CLUB SANDWICH	\$9
<i>Smoked Turkey, Apple Wood Bacon, Lettuce, Tomato, Mayo and Fried Egg</i>	
FRENCH DIP	\$12
<i>Thinly Sliced Roast Beef, Horseradish Cream, Swiss Cheese and Au Jus</i>	
SMOKED SALMON PANINI	\$12
<i>Smoked Salmon, Shaved Red Onion, Fried Capers, Cream Cheese</i>	
ITALIAN PANINI	\$11
<i>Sundried Tomato Spread, Ham, Salami, Provolone and Tapenade</i>	

Warm Plates

CHICKEN AND MUSHROOM POT PIE	\$12	GINGER GLAZED SALMON	\$14
<i>Hearty Veggies and Fresh Herbs</i>		<i>Broiled Salmon, Stir Fry Vegetables and Almond Sesame Rice</i>	
MACARONI AND CHEESE	\$12	GINGER GLAZED CHICKEN	\$11
<i>Pipette Pasta Shells, Gouda Cheese Sauce, Black Truffles, Picante Sausage and Cremini Mushrooms</i>		<i>Broiled Chicken, Stir Fry Vegetables and Almond Sesame Rice</i>	
RISOTTO	\$14	PENNE PASTA	\$10
<i>Lobster, Rock Shrimp, Corn and Tomato</i>		<i>Penne with Boccoccini Mozzarella, Yellow Roasted Tomato, Basil & Tomato Broth Add Sausage \$3 Add Chicken \$4</i>	
FISH TACOS	\$12	NEW YORK STEAK	\$18
<i>Three Crispy Housemade Shells, Cabbage, Chipotle Sour Cream, Roasted Salsa and Jack Cheese</i>		<i>Gremolata Fries, Asparagus</i>	
		FRESH FISH OF THE DAY	\$16

CANYONS

EXECUTIVE CHEF: PHIL HOY
SOUS CHEFS: TYRONE GROSS
& DANIEL PUNDIK