

SUNWAPTA DELI MENU

Soup, Stew, and Chilli

ROCKY MOUNTAIN CHILLI \$9.95

`Triple A` Alberta Beef cooked in the traditional style served with a fresh roll.

SUNWAPTA BEEF STEW \$9.95

`Triple A` Alberta Beef sirloin, diced and braised with house made beef stock, fresh vegetables, baby red potatoes, spices, and seasonings, served with a fresh roll.

BEEF BARLEY SOUP \$7.95

`Triple A` Alberta Beef roasted, diced and simmered with house made beef stock, fresh vegetables, pearl barley, spices and seasonings, served with a fresh roll.

CHICKEN VEGETABLE SOUP \$7.95

Oven roasted chicken, diced and sautéed with fresh diced vegetables, baby red potatoes, house made chicken broth, spices, and seasonings, served with a fresh roll.

Hot Food

SUNWAPTA BURGER \$12.95

Fresh, in-house made, Alberta Beef burger 6oz (180gm), with cheese, mayo, lettuce, tomato, onion, and pickle on a Kaiser bun, Served with a choice of fries or green salad.

CHICKEN BURGER \$12.95

Chicken breast 5oz (150gm) butter-flied cut, grilled and served with mayo, lettuce, tomato, onion and pickle on a Kaiser bun, Served with a choice of fries or green salad.

SALMON BURGER \$13.95

Fresh, in-house made, ground salmon meat burger 5oz (150gm), lightly pan-fried and served with caper mayo, lettuce, tomato, onion, and pickle on a Kaiser bun, Served with a choice of fries or green salad.

VEGETARIAN BURGER \$11.95

6oz (180gm) vegetarian patty served with chipotle & herb mayo, lettuce, tomato, onion, and pickle on a Kaiser bun, Served with a choice of fried or green salad.

STEAK SANDWICH \$16.95

NY `Triple A` striploin, char-broiled steak, served on garlic toast topped off with onion rings, Served with both a side of salad and fries

CLUBHOUSE SANDWICH \$13.95

Freshly cooked real turkey breast (not processed), served with bacon lettuce, tomato slices, cheese, mayo, and butter on the choice of white, brown, or multi-grain toast, Served with a choice of green salad or fries.

HOT TURKEY SANDWICH \$15.95

Freshly cooked turkey breast (not processed) 5oz (150gm) served on cranberry bread, ½ open face topped with gravy, Served with fries.

CHICKEN FINGERS \$11.95

Four (200gm) deep-fried breaded chicken breast served with a choice of fries or green salad.

Note : Fries or Green salad may be substituted by onion rings for only \$1.00

SUNWAPTA DELI MENU

Salads

GARDEN SALAD \$7.25

House mix of romaine, iceberg, and leaf lettuces, Served with a garnish of tomato wedges, cucumber, and shredded carrots.

CAESAR SALAD \$9.25

Chopped romaine with `house made` Caesar dressing. Served with fresh croutons, lemon, and a sprinkle of parmesan.

Note : Add Chicken to your salad for only \$5.00

Fresh Made Daily Sandwiches

(ready to-go in a convenient sandwich pack, served with carrots and celery sticks)

Roast Beef \$8.95

Chicken Salad \$8.95

Turkey \$8.95

Tuna Salad \$8.95

Egg Salad \$7.95

Ham & Cheese \$8.95

Pastrami & Swiss \$9.95

Desserts and Baked Goods

(Baked FRESH each day)

Muffins \$2.95

Blueberry, Chocolate Chip, Raisin Bran, and world famous Pina Colada

Banana Bread \$2.00

Cookies \$2.00

Double chocolate, Chocolate Chip, Oatmeal raisin, white chocolate and macadamia nut

Squares \$3.75

Brownie, Nanaimo Bars, Carrot Cake

Pie \$4.50

Apple, Strawberry-Rhubarb, Blueberry

***YES, WE ARE FULLY LICENSED AND HAVE A GREAT SELECTION OF BEER, WINE AND SPIRITS**