



## OLD SETTLER PUB • BREAKFAST & LUNCH

### APPETIZERS

Additional Dips, Sauces & Dressings - 2 each

Make it a Meal! Add a Cup of our Tasty Soup or a Fresh Tossed Salad - 4

#### WINGS

One pound of wings slathered with your choice of *Hot, BBQ, Honey Garlic, Teriyaki, Montreal Spice, Caribbean Jerk or Sweet & Spicy Jakarta sauce* - 18

#### CHARCUTERIE BOARD

Assortment of three meats, three cheeses, crostinis, olives, nuts, dry figs and mustard (2 people) - 22

#### BRUSCHETTA

Our own pesto brushed flatbread topped with tangy Settler tomato and herb bruschetta, parmesan cheese and broiled to a golden brown - 15

#### SEAFOOD STUFFED MUSHROOM CAPS

Our shrimp and real crab seafood blend over plump mushroom caps and baked with cheese. Served with garlic toast - 14

#### CALAMARI

Lightly dusted tender calamari, jalapeños, red onion and tzatziki for dipping - 17

#### QUESADILLA

Grilled seasoned BC chicken breast or Canadian NY steak with melted cheese, ripe tomato, onions and sweet peppers. Served with salsa and sour cream - 18

#### CHICKEN TENDERS & FRIES

Crispy breaded BC chicken tenders with your choice of plum or honey mustard sauce - 17

#### APPY PLATTER (2-3 people)

A medley of selected Settler appetizers featuring Hot Wings, Zucchini Sticks, Potato Wedges, Onion Rings, Spring Rolls, Carrots, Celery and Broccoli with plum and ranch sauces for dipping - 20

#### FRENCH ONION SOUP

The Settler's own recipe served with grilled focaccia garlic bread - 10

#### VEGGIES & DIP

A basket of seasonal market-fresh veggies served with ranch and blue cheese for dipping - 15

#### SETTLER NACHOS

Fully loaded with diced tomatoes, black olives, green onions, jalapeños, banana peppers and our 3-cheese blend on crisp tortilla chips.

Served with salsa and sour cream - 20

Add 4oz Guacamole - 5

Add Taco Beef or Grilled BC Chicken - 6

Add Extra Nacho Cheese - 3

Add Plant-based Black Bean Protein Crumble - 6

### ENTRÉE SALADS

Substitute 5 oz Plant-based Black Bean Protein Crumble

#### BLACK 'N BLUE STEAK SALAD

6oz Cajun New York steak on baby greens with chopped tomatoes, roasted red pepper, cucumbers, red onion, caramelized pecans and crumbled blue cheese, then finished with a honey dijon vinaigrette. Served with grilled garlic focaccia bread - 22

#### SETTLER CHICKEN SALAD

A chargrilled 6oz chicken breast on top of baby greens, avocado, tomato, blueberries and feta cheese with our own citrus mango vinaigrette. Served with grilled garlic focaccia bread - 21

#### CLASSIC CAESAR

Crisp romaine, homestyle croutons, garlic Caesar dressing and parmesan cheese with grilled garlic focaccia bread.

Full Order - 17 | Half Order - 10

Add a Fire-Grilled 6oz BC Chicken Breast or Sautéed Black Tiger Prawns - 6

#### TACO SALAD

Mexi-spiced Canadian ground beef or a grilled 6oz BC chicken breast on seasonal market-fresh greens with cheese, olives, jalapeños, banana peppers, green onions and ripe tomatoes with sour cream and salsa. Served with homemade tortilla strips - 20 Add Guacamole - 3

#### WEST COAST GREENS

A grilled 4oz wild salmon fillet on top of baby greens, roasted red peppers, dried figs, artichoke hearts and feta cheese with toasted sesame soy dressing. Served with grilled garlic focaccia bread - 21

#### CAJUN CHICKEN POWER BOWL

A chargrilled 6oz Cajun chicken breast, roasted butternut squash, cauliflower, chick peas, crisp romaine lettuce, avocado, pineapple and mango on top of jasmine rice with sweet mayo and macadamia nuts - 20

### FLAT BREAD PIZZA

#### MEDITERRANEAN PERSONAL PIZZA

Grilled zucchini, roasted red pepper, artichoke hearts, sun-dried tomato pesto, garlic and feta cheese on top of our own tomato sauce - 16

#### CHICKEN PERSONAL PIZZA

Grilled chicken, pesto, caramelized onions, fresh grape tomatoes and feta cheese topped with arugula and a tangy balsamic glaze - 16

#### THE ITALIAN PERSONAL PIZZA

Capicollo, chorizo sausage and mushrooms with a blend of mozza and Edam cheeses on our own tomato sauce - 16

### SETTLER BOWLS

#### THAI COCONUT CURRY RICE BOWL

Seasonal veggies delicately cooked and blended with our own mildly spicy creamy coconut curry sauce, tossed together and served on a piping hot bowl of rice - 19

Add BC Chicken Breast or Black Tiger Prawns - 6

#### MONGOLIAN NOODLE BOWL

Tender NY steak strips, seasonal veggies tossed in sesame seed oil, fresh garlic, ginger and our own spicy hoisin sauce. Served on top of steaming chow mein noodles - 26

# BREAKFAST

**SERVED TILL 1PM.**

Choice of white, whole wheat, sourdough, or rye bread and served with hashbrowns.

*Add Settler Salsa - 2*

## STANDARD FARE

Two large BC eggs any style and your choice of ham or bacon - 17

## SETTLER BREAKY BUN

Two BC eggs with tomatoes, melted cheddar cheese and crisp bacon, served on a fresh baked bun.  
Served with homemade hashbrowns - 16

## CORNED BEEF HASH

Two large BC eggs cooked as you like with grilled hashbrowns, fried onions and thinly sliced corned beef - 18

## OUR FAMOUS SETTLER OMELETTE

Three large BC eggs with ham, mushrooms, green onions, mozza and cheddar cheese - 18

## SETTLER FISH & CHIPS

Two pieces of wild Pacific cod served with crisp golden fries, creamy tartar sauce and lemon wedges - 28

# SANDWICHES

Served with fries or soup or salad.

*Substitute Seasoned Wedge-Cut Fries,  
Onion Rings or Caesar Salad - 3*

## BARON OF BEEF

Thin tender slices of slow-roasted Canadian beef on an oven-baked ciabatta bun, served with homemade au jus and fries - 18

## MEATLOAF SANDWICH

A perfect blend of ground beef and pork atop a soft ciabatta bun with garlic aioli, sweet caramelized onions and topped with crisp arugula - 19

## REUBEN SANDWICH

Thinly sliced corned beef piled high, topped with sauerkraut, mozzarella cheese and mustard served on grilled rye bread - 19

## PULLED PORK

Slow-roasted tender pork seasoned to perfection with our own homemade coleslaw topped with spicy chipotle mayo on a grilled ciabatta bun - 18

## MEDITERRANEAN CHICKEN

A tender fire-grilled 6oz BC chicken breast with sweet roasted red pepper and melted feta cheese. Served on a fresh ciabatta bun with grilled zucchini and our own pesto mayo sauce - 19

## PUB CLUB

Served on two toasted country slices of bread with a fire-grilled 6oz BC chicken breast, bacon, crisp lettuce, ripe tomato and mayo - 20

*Add Cheese - 2*

## PHILLY MELT

Slow-roasted Canadian beef with our own Settler Philly sauce on grilled parmesan sourdough with melted jack cheese, onions and peppers - 18

# BURGERS

All of our burgers are served with crisp lettuce, sweet red onion, ripe tomato, pickle and mayo with your choice of fries or soup or salad.

*Substitute Seasoned Wedge-Cut Fries,  
Onion Rings or Caesar Salad - 3*

## DARE TO DOUBLE!

*Double the Patty, Double the Toppings for an Additional - 6*

## THE LOADED BURGER

Our best seller! All-Canadian beef patty with melted cheddar cheese, crisp bacon and sautéed mushrooms piled high with our own tangy Settler hamburger sauce - 21

## BLACKENED CAJUN CHICKEN BURGER

A fire-grilled 6oz Cajun spiced BC chicken breast topped with cool, creamy ranch dressing - 20

## SPICY BLUE CHEESE BURGER

A 5oz all-Canadian beef patty dressed with our Settler mild spicy jalapeño blue cheese sauce - 20

## SETTLER LAMB BURGER

A homemade chargrilled 6oz lamb patty topped with cheddar cheese, tomato, crisp arugula, mint mayo and our own Settler burger sauce - 21

## VEGETARIAN BURGER

Garden vegetable patty made with brown rice and soya protein with our own tangy Settler hamburger sauce - 20

*Add Cheese - 2 Add Mushrooms - 2*

# WRAPS

Served with fries or soup or salad.

*Substitute Seasoned Wedge-Cut Fries, Onion Rings or Caesar Salad - 3*

## BUFFALO CHICKEN WRAP

Crispy breaded BC chicken breast, crisp lettuce, vine-ripe tomato and cheddar with a spicy chipotle mayo and wrapped in a warm flour tortilla - 19

## PACIFIC SALMON WRAP

Grilled wild salmon fillet wrapped in a warm flour tortilla loaded with chopped lettuce, tomato and red onion with a spicy chipotle mayo - 19