
To Start

Fire Roasted Pepper Bisque *G**

Sicilian olive oil, fresh herbs, and sourdough bread **11.95**

Free Run Chicken Wings *G*

Choose between Himalayan Sea Salt and Apple Cider Vinegar or Okanagan honey and garlic, creamy coleslaw, green onion, caramelized onion dip **19.95**

Cheese and Charcuterie Board *G**

Helmuts Sausage Kitchen locally sourced assorted charcuterie, Armstrong Gouda, Little Qualicum brie, olives, mustards, fresh bread and rosemary raisin pecan crisp crackers **25.95**

Spirit of the El Mussels *G*

Atlantic mussels, Mission Ridge by Mission Hill white wine cream sauce, shallots, garlic, fresh herbs, fries, garlic aioli **27.95**

Gochujang Chicken Satay

Spicy Korean pepper marinated free run chicken satay, cilantro and cucumber slaw, fresh scallion, grilled mexican lime **18.95**

Lamb Skewer *G*

Arugula and frisée greens, fresh lemon and Sicilian olive oil, roasted garlic dill dip **18.95**

El Classic Prawn Cocktail *G*

Cold poached selva prawns, frisée salad, El house made cocktail sauce, fresh lemon **18.95**

Main Salads

Caesar Salad *G**

Crisp kale and Romaine greens, house made croutons, Johnstons double smoked bacon, roasted garlic Caesar dressing, shaved Italian Parmesan, fresh lemon **17.95**

Rocket Greens and Seasonal Fruit *G*

Seasonal BC fruit, shaved red onion, crisp rocket greens, Italian shaved Parmesan, avocado truffle vinaigrette **16.95**

Summer Greens *G*

Artisan greens, radish, cherry tomato, pickled cucumber, summer grapes, fresh herbs, sunflower seeds, champagne vinaigrette **15.95**

Arugula and Shrimp Salad *G*

Cold water shrimp, fresh arugula, puffed chickpea, shaved red onion, shaved Italian Parmesan cheese, avocado truffle vinaigrette **22.95**

Heirloom Tomato Salad *G*

BC tomatoes, fior di latte, arugula, Okanagan basil puree, shaved red onion, Sicilian olive oil, balsamic reduction **17.95**

Add On's:

Free Run Grilled Chicken Breast **12.95**

Pan Seared Prawns **17.95**

6 oz Striploin **21.95**

5 oz Beef Tenderloin **25.95**

Salmon Fillet **18.95**

Breaded Ling Cod (*G*) **14.95**

Gluten Free - *G*

Gluten Free Option - *G **

Mains

Fish and Chips ^G

Fresh BC ling cod, gluten free batter, fries, creamy cabbage coleslaw, house made remoulade sauce, lemon

1 Pc 21.95 | 2 Pc 26.95

Steak Frites ^G

Sterling Silver Premium Beef 6 oz Striploin, truffle butter, fries, peppercorn demi sauce **30.95**

White Wine Garlic Pesto Pasta ^{G*}

Kelowna basil pesto, Mission Hill white wine, cherry tomato, fresh Italian Parmesan, fresh herbs, conchiglie pasta **21.95**

Available after 5pm | Add Prawns 17.95

Add Grilled Free Run Chicken 12.95

Sub GF pasta 3

BC Ocean Wise Salmon ^{G*}

Chia seed crusted BC salmon fillet, grilled asparagus, carrot puree, baby potato, pineapple salsa **36.95** | **Available after 5pm**

Burgers & Sandwiches

High River, Alberta hormone and antibiotic free beef patties.

Served with choice of French Fries, Summer Greens Salad, Fire Roasted Pepper Bisque or El Caesar Salad

Sub GF bun 3

El Beef Burger ^{G*}

BC iceberg lettuce, Johnston's double smoked bacon, vine ripe BC tomato, Armstrong aged cheddar cheese, pickle, El sauce, pretzel bun **21.95**

Okanagan Cheese Burger ^{G*}

Armstrong cheddar cheese, BC iceberg lettuce, vine ripe BC tomato, pickle, El sauce, pretzel bun **20.95**

Boardwalk Burger ^{G*}

Two beef patties, Armstrong cheddar cheese, Johnston's double smoked bacon, BC iceberg lettuce, vine ripe BC tomato, pickle, El sauce, pretzel bun **26.95**

Spirit of the El Burger ^{G*}

Sauté BC organic mushrooms, Johnston's double smoked bacon, Armstrong cheddar cheese, BC iceberg lettuce, vine ripe BC tomato, pickle, El sauce, pretzel bun **25.95**

Plant Life Burger ^{G*}

Vegan patty, Armstrong aged cheddar cheese, arugula, BC vine ripe tomato, pickle, El sauce, ciabatta bun **21.95**

Buttermilk Crispy Chicken ^{G*}

Cornflake breaded free run chicken breast, pretzel bun, BC iceberg lettuce, vine ripe BC tomato, herb ranch spread **22.95**

Crunchy BC Ling Cod Sandwich ^{G*}

Gluten free breaded BC Ling cod, house made remoulade sauce, ciabatta bun, vine ripe BC tomato, crisp frisée **22.95**

Pulled Fraser Valley Pork Sandwich ^{G*}

House made Bourbon BBQ sauce, creamy cabbage coleslaw, ciabatta bun, Armstrong cheddar cheese **19.95**

Flat Breads

Sub GF flatbread ^G 4

Peach and Italian Prosciutto ^{G*}

Roasted garlic aioli, sliced peaches, fresh arugula, shaved Italian Parmesan, cherry tomato **22.95**

Double Meat and Gouda Cheese ^{G*}

Helmuts Sausage Kitchen locally sourced meats, Armstrong gouda cheese, San Marzano crushed tomato sauce, arugula **20.95**

Margherita ^{G*}

San Marzano crushed tomato sauce, crushed oregano fior di latte cheese, Okanagan micro basil **18.95**

Add Prawns 17.95

Add Grilled Free Run Chicken 12.95