

# ATHLETES MENU

ROASTED CHICKEN \$15

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Red wine jus, yam mash and seasonal vegetables

TURKEY CHILI \$10

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Ground turkey, carrots, celery, tomatoes, peppers, kidney beans and tofu, topped with grated cheddar

PB & J SANDWICH \$6

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Peanut butter and jam, toasted multigrain

POWER COOKIE \$3.50

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Flax, sunflower and hemp seeds, chocolate chips and cranberries

# SMOOTHIES

12 OZ \$5

18 OZ \$8

SUPER GREEN (PRE WORKOUT)

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Almond milk, spinach, kale, banana, avocado, hemp and chia seeds

ULTIMATE BERRIES (PRE WORKOUT)

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Mixed berries, kale, hemp and chia seeds, apple juice

RECOVERY (POST WORKOUT)

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Mixed berries, greek yogurt, cranberries, hemp and chia seeds, raw cacao, soy milk, carob, maca

# STARTERS & SHARE PLATES

## TACO TRIO

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\$12

Pickled vegetables, guacamole, chipotle aioli, tomatillo salsa, in flour tortillas or lettuce cups  
CHOICE OF CHICKEN - PRAWNS - COD

## STEAMED EDAMAME

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\$7

Tossed with sea salt and steamed in the pod

## CHICKEN WINGS

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\$13

1 lb of crispy chicken wings: choice of hot, bbq, teriyaki, salt and pepper, honey sriracha or honey garlic, served with tangy ranch dip

## CERTIFIED ANGUS BEEF SLIDERS

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\$13

Aged white cheddar, ground CAB® beef, lettuce and tomato, brioche slider buns

## WINTERHAWK NACHOS

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\$16

Jalapenos, olives, tomatoes, sour cream and salsa

## MARGHERITA FLATBREAD

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\$12

Bocconcini, cherry tomatoes and fresh basil  
WITH CHICKEN | \$13  
WITH PRAWNS | \$14

Members are entitled to a 15% discount when using their member accounts for food and beverage charges.  
Discount does not apply to happy hour or daily specials.

# SOUPS & SALADS

## WONTON SOUP

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\$6

Three pork and prawn wontons, tofu, aromatic broth

## WOR WONTON

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\$9

Five pork and prawn wontons, stir fried vegetables, tofu and shanghai noodles

## ORGANIC TUSCAN GREENS

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\$8 | \$10

Mixed greens, grape tomatoes, cucumbers and candied pecans, balsamic vinaigrette

## ROASTED GARLIC CAESAR SALAD

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\$8 | \$10

Crisp romaine and kale, fresh grated parmesan and focaccia croutons

## BUDDHA SALAD BOWL

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\$12

Mixed greens, tomatoes, cucumber, quinoa, chickpeas, edamame, pickled beets, avocado, tofu and hummus vinaigrette

## ADD TO ANY SALAD

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CHICKEN | \$4.50

PRAWNS | \$5

COHO SALMON | \$5.50

# BURGERS & SANDWICHES

SERVED WITH CHOICE OF FRIES, SALAD OR SOUP

## THE JIM GRAHAM BURGER

\$14

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Ground CAB® beef, aged white cheddar, smoked bacon and all the fixin's on a brioche style bun

## NORTH SHORE WINTER "CLUB" SANDWICH

\$14

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Roasted turkey, crisp bacon, lettuce, tomato, sliced cheddar and mayonnaise on choice of toasted bread

## CHICKEN & AVOCADO SANDWICH

\$15

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Herb marinated chicken, havarti cheese, and avocado on a toasted multigrain bun

## VEGETARIAN PANINI

\$13

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Grilled zucchini, eggplant and red pepper, sundried tomato aioli, havarti cheese on toasted ciabatta

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Menu prices do not include applicable taxes.

# MAINS

## THAI GREEN COCONUT CURRY

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\$15

Zucchini, eggplant, mushrooms, edamame and basil, served with jasmine rice, choice of chicken or prawns

## BEEF & BROCCOLI STIRFRY

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\$14

Wok fired beef and broccoli, over shanghai noodles, tossed with a sesame soy sauce

## TERIYAKI RICE BOWL

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\$15

Wok seared vegetables tossed with teriyaki sauce, choice of chicken or prawns, served over steamed jasmine rice

## FRIED RICE

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\$13

Prawns and ham, edamame and scrambled egg, jasmine fried rice

## SPAGHETTI & MEATBALLS

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\$11

Three club meatballs, spaghetti and marinara sauce

# ALL DAY BREAKFAST

BREAKFAST SANDWICH \$6

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Cheddar cheese, fried egg, choice of ham or bacon,  
toasted english muffin

OPEN FACED EGGS & AVOCADO SMASH \$9

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Two poached eggs, citrus and chili crushed avocado,  
shaved parmesan, toasted english muffin

FARMERS OMELETTE \$10.50

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Three eggs folded with ham, bacon, cheddar cheese and  
potatoes, choice of toast

NSWC BREAKFAST \$10.50

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Two eggs any style, country potato hash, bacon or sausage,  
choice of toast

# KIDS MENU

JUNIOR JIM GRAHAM BURGER \$7

GRILLED CHEESE SANDWICH \$7

CHICKEN FINGERS \$7

CHICKEN QUESADILLA \$7

Above kids menu items served with fries

MAC & CHEESE \$7

SPAGHETTI & MEATBALLS \$7