

Entrées

ALL ENTRÉES ARE SERVED WITH VEGETABLE OF THE DAY, AND YOUR CHOICE OF ONE SIDE
Steamed Vegetable, Baby Reds, Fries, Baked Potato, Rice, Caesar Salad, Garden Salad

SHRIMP SCAMPI & LINGUINI

Plump shrimp sautéed in a sauce of white wine, lemon, garlic and butter tossed with cherry tomatoes served over linguini. (available gluten free)...17

CHICKEN OR SHRIMP GARLIC PESTO PENNE

Grilled chicken breast strips served in a garlic, white wine pesto alfredo sauce with fresh mushrooms, cherry tomatoes and parsley (available gluten free)...15

CEDAR PLANKED HONEY MUSTARD SALMON

Grilled Salmon infused with a delightful smoky taste drizzled with a honey mustard sauce.
Cooked and served on the plank...21

SOUTHWEST CHICKEN & RIBS PLATTER

Flame grilled seasoned chicken combined with a half-rack of side ribs charbroiled and brushed with your choice of sauce:
honey garlic, teriyaki, hickory bar-b-q, Thai chili.
Served with coleslaw and one side. ...19.50

PAST COMMODORE'S AAA TENDERLOIN

Personally chosen by a Past Commodore, this 8oz grilled beef tenderloin is prepared rare or medium-rare only...29.50

MEMBERS' CHOICE CENTRE CUT STRIPLOIN

Carefully selected by a panel of members, this 12oz USDA choice of striploin is grilled to perfection and finished with chimichurri butter....31
1/2 Steak...16.5

MEDITERRANEAN LINGUINI

Diced tomato, chopped spinach, black olives, and artichoke hearts, tossed in minced garlic & olive oil, and topped with feta cheese...15
Add chicken or shrimp...5

ZESTY ITALIAN SAUSAGE PENNE

Italian sausage, sliced peppers and Spanish onions, in our homemade marinara sauce.
Served with toasted garlic ciabatta bread...14.50



SEAFOOD CRÊPE

Salmon -Shrimp -Scallops
enveloped in a tender spinach crêpe - Dijon Cream sauce...19.50

FISH & CHIPS

Two pieces of fresh haddock lightly coated in our homemade beer batter and fried to a golden brown.
Served with coleslaw, tartar sauce and fresh lemon...14.50



FRESHLY BAKED LASAGNA

Wayne E's secret recipe, baked to order and served with toasted garlic ciabatta bread...14.50



HEBRIDEE HADDOCK

Lightly seasoned and breaded, gently grilled in canola oil...16.50

CHICKEN TIKKA MARSALA

Tender chicken in a spicy tomato and curry stew, served on a rice pilaf with warm naan bread...15.50



Squadron Specialty

Please inform us of any allergies, dietary restrictions or preferences you may have.
We always endeavor to accommodate you.

Appetizers

ULTIMATE POTATO SKINS

Fresh potato wedges deep fired then baked with melted cheese blend, bacon and scallions served with sour cream...9.75

SKILLET OF MUSHROOMS

A full skillet of fresh halved mushrooms sautéed in garlic butter and white wine, served on sizzling skillet. Perfect as an appetizer or a steak night add-on!...6.50

CALAMARI OR GARLIC SAUTÉED SHRIMP

Tender, lightly floured squid, OR shrimp, served on a sizzling skillet with sweet chili sauce and fresh lime...15

BUFFALO CHICKEN WINGS

Lightly breaded golden fried wings tossed in your choice of sauce (hot, medium, mild, honey garlic). Served with celery, carrot sticks, and Blue Cheese Dressing...13

NACHO PLATE

Lots of Monterey Jack & Cheddar cheese on freshly made nachos topped with tomato, green onion and banana peppers...11
Add chicken or beef...5

Salads

MANDARIN SPINACH SALAD

Baby spinach, mushrooms, tomato, almonds, goat cheese, red onion and mandarin oranges with honey mustard dressing...10

CLASSIC OR SEAFOOD CAESAR SALAD

Fresh romaine lettuce tossed in our homemade dressing. Complete with croutons, bacon bits, parmesan cheese and fresh lemon...7.5 / 3.5
With bay sautéed scallops and cold water shrimp...15.50

GARDEN SALAD

A fresh bed of romaine lettuce topped with juicy tomato, crisp English cucumber, shredded carrot, and sliced red onion, ...7.5 / 3.5

GREEK SALAD

A marinated Mediterranean delight with romaine lettuce, sliced cucumbers, black olives, onion and feta cheese...10 / 5

Mid Day Entrées

GRILLED CHIPOTLE STEAK PANINI

Our tender flat iron steak is grilled to perfection with a chipotle pepper rub, topped with sautéed onions, peppers and swiss cheese. Served panini style on a ciabatta bun...15

TOASTED DENVER SANDWICH

Two eggs – diced ham - peppers - onion
On toasted Ciabatta bun or your choice of bread...10
TRY IT PANINI STYLE!

SQUADRON TURKEY CLUB - "MADE OUR WAY"

In-house oven roasted turkey breast served on your choice of two slices of bread, toasted, with real mayo – crisp bacon, romaine leaf lettuce, and tomato. Served as halves...12.50

ROYAL BURGER

In-AAA Canadian lean ground beef hand formed and mildly spiced cooked to perfection and served on an Ace bun with lettuce, tomato and onion...11.5
add cheese and/or bacon...1.5ea

SPICY BLACK BEAN VEGGIE BURGER

Served with lettuce, tomato and onion, a very satisfying alternative...11

HOT TURKEY SANDWICH

In-house oven roast turkey breast served open faced on fresh bread covered in savory gravy & served with cranberry sauce...12.50

ALL MID DAY ENTRÉES COMES WITH YOUR CHOICE OF ONE SIDE

Soups

ATLANTIC SEAFOOD CHOWDER

A delicious medley of haddock, scallops, shrimps, and clams in cream...6 / 10

SOUP OF THE DAY

An evolving adventure in great taste.
Cup or bowl...4 / 6