

Starters

Chicken Tenders

Breaded chicken tenders with crisp fries, served with your choice of honey mustard or plum sauce. 11.5

Tugboat Wings

One pound of wings tossed in your choice of sauces, served with carrots, celery and ranch dip. 12.5

Sauce & Seasoning Choices: Hot, BBQ, Honey Garlic, Thai Chili, Teriyaki, Dry Cajun, Chili Lime, Lemon Pepper, Salt & Pepper.

Stuffed Yorkies

3 Yorkshire Puddings filled with garlic mashed potatoes and shaved roast beef, topped with rich beef gravy and our house made horseradish sauce. 12

Potato Boats

Potato skins stuffed with a blend of shredded cheese, bacon, and green onion. Served with sour cream. 8

Original Poutine

A mound of crispy fries, topped with cheese curds and rich brown gravy. 9

+Pulled Pork 4.5 +Cajun Chicken 4

Potato Cod Bites

Tender pacific cod bites coated in a crispy potato batter. Served with tartar sauce. 9

Nachos

Cajun dusted chips topped with a blend of shredded cheese, diced tomatoes, black olives, jalapenos and green onion; with sour cream and salsa. 18

+Pulled Pork 4.5 +Chicken 4 +Guacamole 3.5

Fish Tacos

Cajun whitefish stuffed into 2 flour tortillas with house made coleslaw and fresh sliced avocado, finished with our chili-garlic aioli. 12

Calamari

Lightly dusted with Cajun seasonings, flash fried and served with creamy tzatziki and pita bread. 12

Jalapeno Popcorn Shrimp

Spicy breaded shrimp, flash fried and served with our chili-garlic aioli. 12.5

Soups & Salads

Seafood Chowder

A West Coast favourite made in house with bacon and clams, New England style. 10.5

Santa Fe Chicken Salad

Seasonal mixed greens topped with Cajun chicken, avocado, olives, tomatoes and jalapenos and finished with salsa, sour cream and crispy tortilla strips. 15

Seafood Cobb Salad

Seasonal mixed greens tossed in creamy blue cheese dressing, topped with smoked salmon, shrimp, cucumber, tomato and a hard-boiled egg. 16

Chili Bowl

Our house made beef and tomato chili, topped with cheese and served with garlic bread. 10

Wonton Soup

Pork and shrimp filled wontons, sliced BBQ pork, vegetables and chow mein noodles in a classic chicken broth. 12

Chef's Salad

Seasonal mixed greens topped with cucumber, tomato, cheddar and jack cheese, turkey, ham and a hard-boiled egg. 14.5

Sandwiches & Wraps

Served with your choice of crisp fries or house green salad.

Substitute Caesar Salad, Sweet Potato Fries, Onion Rings or Soup for an additional 2

Substitute Seafood Chowder for an additional 3

Chicken & Waffles

Buttermilk fried chicken breast topped with melted jack cheese and crisp bacon, sandwiched between two golden Belgian waffles and drizzled with maple sriracha glaze. Lettuce, tomato and mayo. 15

The Montreal Reuben

Thinly sliced Montreal Smoked Beef on grilled marble rye with sauerkraut, Dijon mustard and melted Jack cheese. 13

Seafood Club

A triple-decker of baby shrimp and smoked salmon with lemon-dill aioli. Served on toasted multigrain with lettuce, tomato and mayo. 14

Traditional Beef Dip

Slow roasted beef, shaved thin and piled on a grilled garlic hoagie bun. Served with house made au jus for dipping. 13

Steak Sandwich

Fire grilled sirloin steak served open faced on a hoagie style bun with onion jam topped with sautéed mushrooms. 16

Pulled Pork Sandwich

Slowly braised pork shoulder in house made BBQ sauce, topped with creamy coleslaw and crispy onion rings on a toasted hoagie bun. 13.5

Turkey Avocado Wrap

Sliced turkey breast, corn, black beans, edamame, tomato, bacon and jack cheese with fresh sliced avocado and chipotle mayo wrapped in a flour tortilla. 13

Chicken Club

Fire grilled chicken breast topped with melted jack cheese and crisp bacon, served on toasted multigrain with lettuce, tomato and mayo. 13.5

Cajun Chicken Wrap

Spicy grilled Cajun chicken breast with lettuce, tomato and chipotle mayo, all wrapped up in a warm flour tortilla. 12.5

Chicken Caesar Wrap

Classic Caesar salad with fire grilled chicken breast, bacon and parmesan cheese all wrapped in a warm flour tortilla. 12.5

Tuna Melt Wrap

House made tuna salad, green onion, tomatoes and creamy jack cheese wrapped in a flour tortilla and oven baked warm and crispy. 13.5

Grilled Quesadilla

Mixed peppers and onions grilled in a flour tortilla with a blend of cheddar and mozzarella cheese. Served with sour cream and salsa. 12.5
+Pulled Pork 4.5 +Chicken 4 +Guacamole 3.5

Burgers

Served with your choice of crisp fries or house green salad.

Substitute Caesar Salad, Sweet Potato Fries, Onion Rings or Soup for an additional 2

Substitute Seafood Chowder for an additional 3

Works Burger

Fire grilled all beef patty covered with sautéed mushrooms, bacon and cheddar cheese. Topped with lettuce, tomato, onion and pickle on a grilled rustic bun with mustard and mayo. 14

Veggie Burger

A 100% Veggie Patty, served on a rustic bun with mustard and mayo, topped with sautéed mushrooms, cheddar cheese and fresh veggies. 13

Salmon Burger

Flame grilled wild salmon patty with a lemon dill aioli, lettuce, tomato, onion and pickle. 15

Westminster Burger

All-beef burger seasoned and fire grilled, topped with jack cheese, bacon and crisp onion rings. Finished with lettuce, tomato and pickle on a grilled rustic bun with mustard and mayo. 15

Hawaiian Chicken Burger

Fire grilled chicken breast topped with melted jack cheese, pineapple and teriyaki, with lettuce, tomato, onion and pickle on a rustic bun with mayo. 14

Mains

Seafood Fettuccine

Smoked salmon and baby shrimp simmered in a dill infused cream sauce, served over al dente fettuccini noodles with freshly grilled garlic toast. 16.5

Four Cheese Ravioli

Ravioli stuffed with a blend of ricotta, parmesan, romano and fontina cheeses in a pesto cream sauce, topped with shaved parmesan and garlic toast. 14

Tugboats Fish & Chips

Flaky Alaskan Pollock, coated in our house made beer batter and fried crispy. Served with fries, tartar sauce, and house made coleslaw.
One piece 12 Two Piece 15

Cajun Chicken Pasta

Grilled chicken breast with sautéed peppers and onions in a Cajun cream sauce on a bed of fettuccine noodles, with garlic toast. 15

Sesame Seared Ahi Tuna

A six ounce sashimi grade ahi tuna steak, quick seared and served blue-rare, accompanied with steamed rice and vegetables, with a cucumber-wasabi aioli. 19

Bangers and Mash

Jumbo grilled farmer's sausage and mashed potatoes smothered with caramelized onions and gravy, served with seasonal vegetables. 14

Tuna Poke Rice Bowl

Lightly smoked ahi tuna sashimi tossed in a toasted sesame dressing.
Served over sriracha-honey rice, surrounded by corn, black beans, edamame, fresh avocado and diced mango.
Topped with Asian cucumber-wasabi coleslaw. 16

Weekend Breakfast Menu

Ham & Cheese Omelette

Three egg omelette stuffed with Smoked Ham and Cheddar Cheese.

Served with diced hashbrowns and toast. 11.5

Double the meat or cheese for 2 each.

Additional Omelette Toppings available for .5 each.

Diced Tomato, Mushrooms, Onions, Black Olives, Jalapeno Peppers, Sour Cream, Salsa

Eggs Benedict

Two fresh eggs poached medium, served on a toasted English muffin with smoked ham, covered with rich hollandaise sauce.

Diced hashbrowns on the side. 11.5

Breakfast Plate

Two eggs cooked any style, 2 slices of bacon or 2 sausage links, diced hashbrowns and multigrain toast. 8.5

Breakfast Sandwich

Two eggs scrambled with bacon or ham, between two slices of toast with melted cheddar cheese.

Diced hashbrowns on the side. 9.5

