



BAR & GRILL

– SUMMER 2018 MENU –

– SOUPS, SALADS & STARTERS –

DAILY SOUP (GF) **CUP 4**
Delicious creations from our culinary team **BOWL 8**

T-BAR HOUSE SALAD (GF/V) **LARGE 9**
Artisan leaf lettuce, shredded carrot, cucumber, **+ CHICKEN 5**
radish, diced tomato, toasted sunflower **+ TEMPURA SHRIMP 5**
seeds, wholegrain mustard vinaigrette

CAESAR SALAD **LARGE 10**
Creamy garlic dressing, herb croutons, crisp romaine, **+ CHICKEN 5**
bacon bits and parmesan cheese **+ TEMPURA SHRIMP 5**

SPINACH & STRAWBERRY SALAD (GF/V) **12**
Fresh spinach, strawberries, red onion, toasted pecans, **+ CHICKEN 5**
goats cheese, raspberry vinaigrette **+ TEMPURA SHRIMP 5**

BASKET of FRIES **7**
BASKET of WEDGES **10**
Crinkle cut potato wedges served with sour cream
and sweet chili for dipping

TEMPURA BATTERED PRAWNS (9) **12**
Chili & Lime dipping sauce

DEEP FRIED SPRING ROLLS (9) **12**
Sweet chili sauce for dipping

JALAPENO POPPERS (9) **12**
Jalapeno poppers, kettle chips, chipotle aioli dip

CHICKEN TENDERS (4) **12**
Served with fries and plum sauce for dipping
Toss in one of our signature wing sauces **.75**

MOUNTAIN WINGS **1LB 17 \ 2LB 27**
Crispy chicken wings served with kettle chips, ranch dip and your choice
of one of our signature sauces: Sweet chili, hot sauce, buffalo, honey garlic,
BBQ, lemon and pepper or salt and pepper

TAYNTON NACHOS (GF/V) **18**
Tortilla chips, jalapeno peppers, black olives, **+ GUACAMOLE 3**
red peppers & tomato with nacho cheese **+ CHICKEN 5**
Served with sour cream and salsa

CLASSIC POUTINE **10**
Crispy fries topped with cheese curds & chicken gravy **+ CHICKEN 5**
+ BACON 3

– T-BAR BURGERS –

*All burgers served on a brioche bun, and come with your choice of a side
house salad, fries or soup | Substitute Caesar \$2 | Spinach & Strawberry \$2
| Wedges \$2 | Poutine \$4 | GF BURGER AVAILABLE*

CLASSIC BURGER **16**
House made beef burger, cheddar cheese, crispy bacon, lettuce, tomato,
BBQ ranch

ROCKY MOUNTAIN BURGER **19**
House made elk burger, smoked gouda, red onion & blueberry jam, tomato,
lettuce, garlic aioli

CHICKEN AVOCADO BURGER **17**
Grilled chicken breast, arugula, avocado, roasted red pepper strips, crispy
bacon, chipotle mayo, swiss cheese

BLACK BEAN BURGER (V) **15**
House made black bean vegetable patty, arugula, tomato, swiss cheese,
feta tzatziki

– MAINS –

*Side choices include house salad, soup, or fries | Substitute Caesar \$2
| Spinach & Strawberry \$2 | Wedges \$2 | Poutine \$4*

BEER BATTERED FISH & CHIPS **1PC 15**
Served with tartar sauce, lemon wedges **+ PC 4**
+ TEMPURA SHRIMP 5

OPEN FACED STEAK SANDWICH **22**
Striploin steak, garlic focaccia bread, **+ TEMPURA SHRIMP 5**
mushroom & onion

BEEF DIP **17**
Shaved beef served in toasted pretzel baguette, caramelized onions,
banana peppers, Swiss cheese and mayo

– BOWLS –

NOODLE BOWL (GF/V) **13**
Vermicelli noodles, stir fried mushrooms, red peppers, **+ CHICKEN 5**
sliced water chestnuts, red onion, carrot, soy, sweet chili
& ginger sauce

THAI RED CHICKEN CURRY (GF) **18**
Served with julienne red peppers, carrot, baby corn, sliced chicken, toasted
peanuts and steamed rice

(V)= Vegetarian Friendly; (GF) = Gluten Friendly; Where stated, "GF" means that these items are prepared with gluten-free ingredients.
However, cross contamination may occur throughout our open kitchen where gluten is present and handmade recipe preparation occurs

Accompanied minors are welcome until 10 pm

– SUMMER 2018 MENU –

– KIDS MENU – FOR CHILDREN 12 & UNDER

All kids' meals come with a choice of a side house salad, fries or soup

KIDS CHEESEBURGER	9
Beef patty topped with cheddar cheese	
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KIDS CHICKEN TENDERS	9
Served with plum sauce	
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KIDS GRILLED CHEESE	9
Toasted bread with melted cheddar cheese	

– DESSERTS –

CHOCOLATE EXPLOSION	8
Rich chocolate brownies, ice cream, chocolate sauce and whip cream	
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TURTLE CHEESECAKE (GF)	9
Creamy vanilla cheesecake on a chocolate cookie crumb base and topped with toasted pecans, gooey caramel and chocolate	
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CHOCOLATE or VANILLA ICE CREAM	6
2 scoops of chocolate, vanilla, or 1 of each	

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– DRAFT LINE-UP –

6.50 PINT 16oz \ 19.50 JUG 60oz (unless otherwise stated)

SLEEMAN ORIGINAL DRAUGHT 5.0% Ontario	
OK SPRINGS PALE ALE 5.0% BC	
UNIBROUE MEGADETH ISA 4.5% Quebec	
OK SPRINGS 1516 BAVARIAN LAGER 5.0% BC	
GUINNESS 4.3% Ireland	7.75 PINT 16oz
ANGRY ORCHARD CIDER 5.0% US	7.75 PINT 16oz
BELGIAN MOON WHEAT ALE 5.4% USA	
COORS BANQUET 5.0% USA	
LOCAL ARROWHEAD ORIGINAL 83 HONEY ALE 5.0% BC	
LOCAL ARROWHEAD EXTRA SPECIAL BITTER 6.5% BC	
LOCAL ARROWHEAD BLACKJACK STOUT 5.4% BC	
FERNIE LONE WOLF IPA 6.5% BC	
FERNIE PROJECT 9 PILSNER 5.0% BC	
FERNIE BIG CABOOSE RED ALE 5.0% BC	
FERNIE HIT THE DECK HAZY IPA 6.4% BC	
SEASONAL TAP Please see your server for details.	

– DOMESTIC BOTTLES 6.25 –

KOKANEE 5.0% BC	
KOOTENAY TRUE ALE 5.0% BC	
COORS LIGHT 4.0% USA	
BUDWEISER 5.0% USA	
ALEXANDER KEITHS IPA 5.0% Nova Scotia	
BUDWEISER PROHIBITION (NON-ALCOHOLIC) USA	

– IMPORT BOTTLES 7.00 –

HEINEKEN 5.0% Netherlands	
STELLA ARTOIS 5.0% Belgium	
CORONA 4.6% Mexico	
STIEGL RADLER GRAPEFRUIT 2.5% Austria	
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– COOLERS 7.00 –	
TWISTED TEA 5.0%	
MIKE'S HARD LEMONADE 5.0%	
MIKE'S HARD CRANBERRY 5.0%	
SMIRNOFF ICE 5.0%	
GROWER'S PEAR CIDER 7.0%	

– T-BAR SIGNATURE COCKTAILS –

ALL COCKTAILS ARE 2OZ POURS (unless otherwise stated)

T-BAR CAESAR \ 10

Vodka, T-Bar Caesar mix, clamato, garnished with a pickled bean and rimed with Montreal steak spice.

ELDERFLOWER OLD FASHION	10
Bulleit Bourbon, Elderflower cordial, dash of bitters	
LYCHEE PEACHY	10
Peach schnapps, Soho Lychee, dash of bitters, iced tea	
SUMMER IN DUBLIN	10
Jameson, Soho, cucumber, soda & lime	
RED OR WHITE SANGRIA (Available by jug)	26