



Welcome to

THE BOW VALLEY CLUB

One Club. Endless Possibilities



Executive Chef Kurt Warner

Appetizers



Tiger Prawn Cocktail

quintet of white tiger prawns accompanied by minted melon cocktail sauce and tangy horseradish dijon aioli

15.

Mushroom Bisque

hearty mixed forest mushroom bisque scented with french tarragon and fire roasted garlic

6.

Grilled Zucchini and Roma Tomato Bruschetta
with celery pistou on caramelized garlic toasted baguette

8.

Salads

Organic Green Salad

tangled melange of greens in a crisp baked asiago collar with housemade cider vinaigrette

7. large 10.



add grilled chicken breast 6.

add prawn brochettes 6.

Santa Fe Chicken Salad

blackened chicken breast on an iceberg lettuce platform with black beans, roma tomato, roast corn, jalapeno havarti and crisp tortilla strands, chipotle spiked ranch dressing

17.

Bow Valley Caesar Salad

crisp heart of romaine with tart red wine vinaigrette, double smoked bacon rashers, herbed croutons and shaved parmesan reggiano

8. large 11.



add grilled chicken breast 6.

add prawn brochettes 6.



Yellow Fin Tuna Steak Salad

seared fillet of yellow fin tuna perched atop a bed of arugula, frisee and petit nicoise salad with red potato, pimento, olives, roast roma tomato and green beans, drizzled with sweet hibiscus and star anise vinaigrette

18.

Baby Spinach Salad

tender spinach leaves with mandarin orange, sliced pear, button mushroom, strawberry and chili candied walnuts, honeyed lemon pepper yogurt

14.



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Salads

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Grilled Salmon Salad

grilled fillet of wild sockeye salmon on a mix of tender butterleaf and watercress with sundried blueberry, charred scallion, artichoke heart, snap peas and Chevre Noir goat cheese

19.

Chili Smoked Pork Salad

chili smoked pork tenderloin with bing cherry emulsion sliced atop cranberry bean salad with torn butterleaf, spring greens and basil, crisp fried julienne tortilla garni

19.

Entrees

Roast Chicken Supreme

pan roasted supreme breast of chicken stuffed with Alberta wild game mousseline, finished with rich chasseur sauce, misted with aged balsamic

19.

Roast Vegetable Gnocchi

potato and ricotta gnocchi tossed with caramelized roast vegetables in a fresh herb butter, garnished with fried basil leaves

17.



Fusilli con Vongole

Pacific littleneck clams tossed with roast red pepper, green onion, grilled artichoke and pickled asparagus and fusilli pasta in a light chardonnay infused marinara sauce, garlic herb focaccia wedge

19.

Filet Mignon and Grilled Sausage Duo

grilled petit filet of Alberta beef tenderloin and apple chicken sausage with tarragon scented bearnaise sauce, sprinkled with shiitake mushroom dust and roast garlic oil

23.

Spaghettoni Bolognese

traditional Italian meat sauce tossed with spaghettoni noodles, accompanied by Peruvian Palitos breadsticks

16.

Traditional Steak Oscar

grilled Alberta AAA sirloin steak topped with rock crab meat and fresh asparagus spears, finished with decadent hollandaise sauce

23.

Mushroom Risotto

a melange of wild mushrooms with creamy risotto accompanied by market fresh vegetable and crisp wonton garni

17.

Dining Room