



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.

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.



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Sandwiches

Philly Cheese Melt

thin sliced roast Alberta AAA beef on a cheddar sub bun with sauteed peppers and bermuda onion draped with a green peppercorn cheddar sauce

15.

Sirloin Steak Sandwich

6 oz Alberta sirloin, served on garlic grilled French bread, crisp house made onion rings

15.

Alberta Bison Burger with Pretzle Bun

fresh Alberta bison patty with Canadian gouda on a unique pretzel kaiser with butter leaf lettuce, bermuda onion and fresh tomato with horseradish aioli and honey dijon BBQ glaze

14.

Turkey Watercress Club

roast turkey, double cream brie and cranberry thyme aioli layered with double smoked bacon, watercress and tomato on toasted rye

14.

Thai Hoisin Pork Wrap

slow roast citrus hoisin glazed pork striploin strips with peppers, onion sprouts, basmati rice, julienne carrot and grilled pineapple wrapped in a spinach tortilla, ginger yuzu aioli dipping sauce

15.

Entrees

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.

Traditional Steak Oscar

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

23.

Classic "Macaroni & Cheese"

baked cavatapi noodles with our house blend of cheese and rich béchamel

13.