



THE HAMPTONS
Golf Club

SAVOUR & SHARES

GYOZA \$17

Six seared Wagyu beef dumplings enhanced with caramelized Japanese soy & tantalizing sweet onion mayo, garnished with fresh green onions.

BEE STUNG BATTERED SHRIMP \$19

Eight crispy battered shrimp coated in Korean hot sauce & honey fusion.

LAMB KEBABS \$15

Three grilled lamb kebabs marinated in Indian spices, accompanied with a mint- cilantro yoghurt sauce, mango chutney & grilled mini naan bread.

SIRLOIN BITES \$22

Juicy cuts of beef wrapped with a double layer of smoky peppercorn bacon & infused with a rich steak sauce.

SALT & PEPPER CALAMARI \$18

Crispy breaded rings tossed in a mixture of sweet bell peppers & onion, accompanied with Greek yoghurt aioli. Option to have non breaded.

Gluten-free (\$4)

ROASTED TOMATOES & WHIPPED FETA DIP \$18

Roasted cherry tomatoes with fresh basil & garlic, harmoniously blended with creamy cream cheese and tangy feta cheese. Served with grilled artisan bread.

Gluten-free (\$4)

HUMMUS FLATBREAD \$15

Warm flatbread served with a bed of creamy hummus, topped with fresh arugula lettuce, roasted cherry tomatoes, shaved pecorino romano cheese and finished with a drizzle of balsamic reduction

SMOKED SALMON SALAD RICE ROLL \$12

Smoked sockeye salmon with fresh basil, mint leaves, cucumber, green leaf lettuce, wrapped with rice paper. Accompanied with our made-in-house citrus cream cheese dipping sauce

GRILLED BABY BACK RIBS \$20

Tender pork ribs enhanced with a spicy Nashville spice rub, served with crispy potato chips & fresh vegetable crudité with ranch dip.

CHICKEN WINGS 1 LB \$22

Tasty wings tossed & coated in your chosen sauce. Accompanied by crisp carrot & celery sticks and a side of cool ranch dip.

Flavour Options: Korean Sweet and Spicy, Salt and Pepper, Honey Garlic, Teriyaki, Hot.

SWEET POTATO FRIES \$12

Perfectly seasoned and cooked to crispy perfection.

POUTINE \$15

A savoury combination of squeaky curd cheese nestled atop a mountain of crispy golden fries and smothered in our rich flavourful beef gravy.

CHICKEN TENDERS AND FRIES \$15

Crispy, golden chicken tenders, seasoned and cooked for maximum flavour and crunch. Served with a side of sweet plum sauce.

FISH TACOS \$15

Three Cajun-spiced seared mahi-mahi tacos! Topped with vibrant pico de gallo, creamy goat cheese and drizzled with zesty herb aioli.

NACHOS \$22

Dive into a mountain of crispy tortilla chips topped with melted cheese, vibrant fresh vegetables & zesty jalapenos. Served with a side of made-in-house pico de gallo & creamy sour cream for the perfect combination of flavours.

Add Ons: Creamy guacamole (\$3.5), Cajun chicken breast or Spicy ground beef (\$4)

SHARED PLATTER \$28

2 Lamb Kebabs, 2 Sirloin Bites, ½ Rack of Pork Ribs, 1 ozen Wings, and 4 Seared Gyoza. Accompanied with Crispy Onion Rings, Celery, Carrot Sticks and Cool Ranch Dip \$28.

Add Ons: Creamy guacamole (\$3.5), Cajun chicken breast or Spicy ground beef (\$7) (same)

 GLUTEN-FREE  GLUTEN-FREE AVAILABLE  VEGETARIAN

 DAIRY FREE  DAIRY FREE AVAILABLE



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SOUPS

SOUP OF THE DAY \$5 | \$7

Daily chef's creation
Cup (\$5), Bowl (\$7)

WONTON AND NOODLES \$16

Pork & vegetable wontons simmered in lemon grass, ginger & chicken broth. Accompanied with shrimp, pork char siu slices, broccoli & noodles. Paired with hot chilli garlic sauce & soy sauce. A member's favourite!

SALADS

Add: tender grilled chicken breast (6.5), sauteed shrimp (10),
grilled salmon (7), 6oz grilled new york steak (15)

CAESAR SALAD \$13 | \$15

Crafted with crisp romaine lettuce, artisanal parmesan shavings, and garlic croutons. Tossed in our signature Caesar dressing and served with garlic baguette.

Starter (\$13) Large (\$15)

ARTISAN GREENS \$13 | \$15

Freshly cut greens, paired with refreshing cucumber and juicy cherry tomatoes. Customize your experience with our selection of dressings.

Dressings: Italian herb vinaigrette, Balsamic dressing,
Raspberry vinaigrette, Lemon, and oregano vinaigrette

Starter (\$13) Large (\$15)

COBB \$22

Fresh-cut romaine lettuce, creamy avocado slices, crispy bacon, sweet corn, juicy tomatoes, boiled egg, and tangy feta cheese. Drizzled with our zesty lemon and oregano vinaigrette.

CRAB CAKE SALAD \$28

Two breaded crab cakes enhanced with sweet bell peppers, red onion & celery, baked until golden brown. Served with a baby romaine lettuce wedge and drizzled with our lemon oregano vinaigrette.

PLATES & BOWLS

STEAK SANDWICH \$29

AAA 10oz New York cut grilled to your liking. Accompanied by grilled garlic bread, sautéed mushrooms, grilled half tomato and crispy onion rings.

PORK KATSU \$16

Breaded fried pork loin served on a bed of Japanese rice and drizzled with a sweet soy reduction, alongside crisp cabbage and finished with mushroom gravy.

FISH AND CHIPS \$25

Two battered haddock fillets accompanied by flavourful cabbage slaw. Served with fresh lemon wedges, tangy tartar sauce and golden crispy fries.

GINGER BEEF \$16

Slices of tender premium beef, marinated in a blend of ginger & spices. Served on a bed of fragrant jasmine rice & a mix of greens, cucumbers, bell peppers and onions. Topped with toasted sesame seeds for an added flavour & texture.

CHICKEN AND SHRIMP CURRY \$17

Moist chicken & plump shrimp, simmered in a rich red Thai curry sauce, infused with a medley of fresh vegetables. Served atop jasmine rice to compliment the savoury curry.

BAKED LOBSTER GNOCCHI \$27

Delicious lobster pieces nestled in fluffy gnocchi, drenched in a tasty tomato pesto & crème sauce. Topped with decadent Asiago cheese.

MAINS

Available daily from 5-9 PM

All Mains are served with Potato
of the Day and Chef's Vegetables

B.C. FARM SALMON \$30

British Columbia farm cedar planked salmon, delicately infused with a blend of chardonnay & caper citrus reduction.

PORK TENDERLOIN \$30

Pork tenderloin, grilled to perfection, presented atop gratin butternut squash. Enhanced with a velvety port wine & fresh thyme sauce.

HALF RACK OF

LAMB PROVENCAL \$36

Half rack of lamb with fresh rosemary, garlic compote, dijon mustard, served with aged balsamic jus. Accompanied with fresh mint Greek yogurt.

CHICKEN BREAST SUPREME \$30

Tender Chicken Breast, stuffed with creamy Boursin cheese & crowned with a decadent cremini mushroom sauce.

AAA ALBERTA FILET MIGNON \$45

10oz beef tenderloin, grilled to your liking, served with truffle oil roasted shallots, enhanced demi sauce & bearnaise sauce and topped with Italian gorgonzola cheese.



GLUTEN-FREE



GLUTEN-FREE AVAILABLE



VEGETARIAN



DAIRY FREE



DAIRY FREE AVAILABLE



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HANDHELDS

All handhelds served with your choice of golden fries or mixed greens.

Add: caesar salad, crispy yam fries, onion rings, or cup of soup (\$2), poutine (\$5), gluten-free (\$4) Impossible Vegetarian Patty (\$5) crispy bacon or savoury mushrooms (\$2)

DOUBLE BACON CHEESE BRISKET BURGER \$20

Two beef chuck brisket patties with crispy bacon. Enhanced with our mouthwatering burger sauce, fresh lettuce, onion, and tomato for added freshness.

LOADED CHEESEBURGER \$18

Juicy beef patty topped with melted cheddar cheese, crisp lettuce, fresh onion, and tomato, complemented with our signature burger sauce.

Add flavourful sautéed mushrooms for (\$2)

TURKEY CLUB \$20

Roast turkey breast, crispy bacon, creamy mozzarella cheese, fresh lettuce, ripe tomato and a tangy cranberry mayo for a delightful sweet and tart flavor. Served on hearty 7-grain bread.

CHICKEN SHAWARMA WRAP \$20

Grilled & marinated julienne of chicken in sweet Greek yogurt sauce, spinach, bell peppers, feta cheese, red onions, hummus spread, folded on a flour tortilla.

BRISKET SANDWICH \$20

Slow braised beef brisket and caramelized onions topped with thousand island dressing, fried pickles, Swiss cheese on grilled rye bread.

LAMB SLIDERS \$20

Two juicy mini lamb burger patties topped with roasted apple & mint chutney, arugula lettuce, feta cheese & mayo spread, grilled pretzel buns.

BEEF DIP \$20

Tender slow-roasted prime rib, perfectly seasoned and covered with melted Swiss cheese, on a grilled brioche bun. Accompanied by beef au jus for dipping.

PORTOBELLO CIABATTA \$20

Grilled portobello mushroom topped with red bell pepper pimiento spread, arugula lettuce, fresh sliced tomatoes on a grilled ciabatta bun.

PIZZA

Gluten-free crust option available for all pizzas (\$4)

KALE & BOCCONCINI \$22

Crisp kale lettuce and ripe sliced tomato pleasantly paired with creamy bocconcini cheese and drizzled with fragrant basil pesto.

HAM & PINEAPPLE \$22

Black forest ham and juicy pineapple atop a blend of mozzarella and provolone cheeses.

BARBECUE CHICKEN \$22

Tender chicken meets the sweetness of caramelized onions and bell peppers, all drizzled with our delicious barbecue sauce, topped with melted mozzarella cheese.

SMOKED SALMON \$22

Coho salmon atop a canvas of basil and garlic pesto, complemented by the tanginess of red onions and feta cheese, encased in a blend of mozzarella and provolone cheeses.

CANADIAN EH! \$22

Loaded with pepperoni, bacon and salami. Enhanced with grilled portobello mushrooms and vibrant bell peppers topped with mozzarella and provolone cheese.

DESSERT

STRAWBERRY CREAM \$6

French Gâteau sponge cake with fresh B.C. strawberries, Philadelphia creme cheese and fresh whipped cream.

CALLEBAUT DARK

CHOCOLATE MOUSSE \$6

Cherry and ganache fillings, topped with raspberry coulis.

SUMMER CITRUS DELIGHT \$6

Butter cake with caribbean vanilla syrup, toasted coconut and candied lemon rinds.

FLOURLESS MATCHA \$6

Gluten free cake enhanced with green matcha and white chocolate mousse filling.

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