



APPETIZERS

Dry Ribs \$ 16

Slow cooked pork rib ends, kosher salt, ponzu sauce.

Basket of Fries \$8

Hand-Cut Kennebec fries.

Deep Fried Pickles \$13

Dill & panko crusted pickle spears, served with sriracha aioli.

Basket of Onion Rings \$13

Served with Grainy dijon aioli.

Vegetarian Spring Rolls \$14

Vegetarian Spring Rolls, served with a sweet chili & lime sauce.

Chicken Wings \$19

Tossed in your choice of: Hot, BBQ, Honey Garlic, or Salt & Pepper. Served with buttermilk ranch dip.

Truffle Fries \$14

Hand cut Kennebec fries, grana padano, & white truffle essence, served with sriracha aioli.

Chicken Fingers & Fries \$18

In house cut chicken breast, tossed in seasoned breading. Served with our house made honey mustard.

SALADS

Mixed Greens \$ 15

Baby summer greens, grape tomatoes, shaved heirloom carrots, tossed in red wine vinaigrette.

Greens & Grains \$ 18

Baby spinach & arugula, red quinoa, toasted sunflower & pumpkin seeds, dried cranberries, tossed in honey mustard vinaigrette.

Classic Caesar \$ 15

Baby romaine hearts, focaccia croutons, crispy capers, grana padano, tossed in lemon caper vinaigrette.

Add ons

Add Chicken \$6

Add Prawns \$7

Add Bacon \$3

CAN BE GLUTEN FREE 

VEGETARIAN OPTION 

GLUTEN FREE FRYER AVAILABLE: \$2
HAVE US SPLIT YOUR MEAL: \$2

Please note that all parties of 8 or more are subject to a 15% automatic gratuity.



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FAVOURITES

NEW Clubhouse Sandwich \$18.5

Marinated chicken breast & double smoked bacon. Stacked with lettuce, tomato & garlic aioli on grilled sourdough.

NEW Tuna Poke Bowl - \$23

Soy Honey Marinated Yellowfin Tuna, fresh cucumber, sweet sesame avocado salsa, roasted sweet potatoes, on a bed of coconut rice. Topped with sriracha aioli, nori, scallions & sesame seeds.

Chicken Caesar Wrap \$18

Your choice of slow cooked chicken breast OR crispy chicken with romaine lettuce & shaved parmesan in a spinach tortilla.
(Also available tossed in buffalo sauce)

All Lunch Favourites & All Day items are served with hand cut fries.

Upgrade to: House Salad, Caesar Salad, Truffle Fries or Onion Rings \$3

Burger Add Ons: Bacon \$2, Cheese \$2
Gluten Free Bread/Bun: \$3

ALL DAY ITEMS

Mabel Burger \$19

6oz ground chuck patty topped with pickled red onions, lettuce, tomatoes, & sriracha aioli, on a potato scallion bun.

Kingfisher Burger \$23.5

6oz ground chuck patty topped with aged white cheddar, double smoked bacon, roasted mushrooms, pickled red onions, lettuce, tomatoes & sriracha aioli, on a potato scallion bun.

Black Bean Burger \$18.5

House-made black bean patty topped with garlic tahini sauce, avocado mousse, baby spinach & vine ripened tomato, on a potato scallion bun.

NEW

Hot Honey Chicken Sandwich \$19.5

Buttermilk marinated crispy chicken breast glazed with brown butter & chili infused honey. Topped with pickled red onion, baby arugula & chipotle aioli, on a potato scallion bun.

Prime Rib Beef Dip \$23

Slow roasted prime rib, served on a toasted garlic ciabatta bun with au jus.

FROM THE TAP

	Pint 16oz	Jug 56oz
Mabel Lake Lager	\$5.75	\$18
OK Springs 1516	\$6.75	\$20.5
OK Springs Pale Ale	\$6.75	\$20.5
Sleeman Clear 2.0	\$6.75	\$20.5

CRAFT - 473ML

Yellow Dog Hazy Pale Ale	\$8.5
Yellow Dog Hazy IPA	\$8.5

0.0% BEER - 355ML

Bud Zero	\$5
Corona Sunbrew	\$5

CANS & BOTTLES - 330/475 ML

	Can	Bottle
Budweiser	\$5.75	\$5.95
Coors Light	\$5.75	\$5.95
Molson Canadian	\$5.75	\$5.95
Kokanee	\$5.75	\$5.95
Bud Light	\$5.75	
OK Springs Pale Ale	\$5.95	
OK Springs 1516	\$5.95	
Sleeman Clear 2.0	\$5.95	
Miller Genuine Draft	\$5.95	\$6.50
Heineken		\$6.50
Corona	\$5.95	\$6.50

PIZZA

Cheese 10" \$16 14" \$22

Mozzarella & fire roasted tomato sauce.

Supreme Three Cheese 10" \$19 14" \$26

Mozzarella, aged white cheddar, grana padano, & fire roasted tomato sauce.

Pepperoni 10" \$20 14" \$27

Pepperoni, mozzarella, & fire roasted tomato sauce.

Hawaiian 10" \$20 14" \$28

Ham, fresh pineapple, mozzarella, & fire roasted tomato sauce.

Spinach & Feta 10" \$21 14" \$30

Confit garlic, crema base, baby spinach, & feta.

Double Pepp & Mush 10" \$24 14" \$32

Double pepperoni, roasted mushrooms, mozzarella, & fire roasted tomato sauce.

Supreme Hawaiian 10" \$24 14" \$32

Back bacon, double smoked bacon, pineapple, mozzarella, & fire roasted tomato sauce.

Fungi 10" \$22 14" \$30

Roasted mushrooms, crema base, confit garlic, mozzarella, grana padano, & fresh oregano.

BBQ Chicken 10" \$23 14" \$32

Slow cooked chicken breast, aged white cheddar, caramelized onions, house made bbq sauce base, & cilantro.

Carnivore 10" \$24 14" \$33

Honey smoked ham, pepperoni, seasoned ground beef, mozzarella, grana padano, & fire roasted tomato sauce.

Mabel 10" \$28 14" \$35

Ham, bacon, italian sausage, green peppers, mushrooms, cheddar, mozzarella & fire roasted tomato sauce.

Clubhouse 10" \$29 14" \$35

Slow cooked chicken breast, honey glazed ham, double smoked bacon, vine ripened tomatoes, baby arugula, mozzarella, & fire roasted tomato sauce, finished with ranch dressing.

Friday & Saturday Night Prime Rib

Your choice of an 8oz or 12 oz cut of slow roasted prime rib. Accompanied by mashed potatoes OR a loaded baked potato, seasonal vegetables, Yorkshire & red wine au jus.

8oz \$41 12oz \$49

Make it a Share Plate: \$12

An extra plate of all the fixings, meat not included.

Ask about our lunch & dinner specials

Dessert Selections

Chocolate Swirl Cheese Cake - \$9

Topped with salted caramel drizzle & whipped cream.

Apple Crumble Pie -\$8

Apple Crumble Pie, served cold, with a scoop of vanilla ice cream.

Vanilla Ice Cream- Kids \$3 Full \$5

Topped with salted caramel drizzle & whipped cream.

FROM THE VINE

House	6oz	9oz	1/2 Litre	1 Litre
House White - Pinot Grigio	\$8	\$11	\$17	\$30
House Red - Cabernet Sauvignon	\$8	\$11	\$17	\$30

By the Glass	6oz	9oz	1/2 Litre	Bottle (750ml)
Mission Hill Chardonnay (BC) Semi-Dry	\$9	\$12.5	\$25	\$35
50th Parallel Pinot Gris (BC) Dry - Fruit	\$9.5	\$13	\$25	\$36
Oyster Bay Sauvignon Blanc (NZ) Dry	\$11	\$14.5	\$28	\$40
Kettle Valley Brakeman's Blend (BC) Dry	\$10	\$13.5	\$26	\$38
Hester Creek Cabernet Merlot (BC) Dry	\$11	\$14.5	\$28	\$40
Rosé (ask for current selection)	\$10	\$13.5	\$26	\$38

By the Bottle	750ml
Jacob's Creek Moscato (AUS) - Sweet, easy-drinking, citrus & tropical notes	\$25
Larch Hills Ortega (BC) - Bright, fruity flavors with a crisp finish	\$32
Gray Monk Gewurtztraminer (BC) - Smooth, rich, juicy, medium-bodied	\$33
Apothic Red Blend (BC) - Semi-dry, fruit forward, easy drinking	\$34
Larch Hills Marechal Foch Reserve (BC) - Semi-dry, smooth, dark cherry	\$34
J. Lohr Cabernet Sauvignon (US) - Dry, smoky vanilla notes, long finish	\$48
50th Parallel Pinot Noir (BC) - Vibrant, bright, fruity, clean finish	\$49

COOLERS & CIDERS	341 - 355ML
Okanagan Cider (Apple or Peach)	\$5.95
White Claw Vodka Soda (ask your server for current variety)	\$5.95
Mikes Hard Lemonade - Original	\$5.95
Hey Y'all Hard Ice Tea - Original	\$5.95
Smirnoff Ice	\$5.95
Black Fly Gin Fizz - Grapefruit	\$7.95
Strongbow - Hard Apple Cider	\$7.95

SPECIALTY COFFEE

1oz - \$6.75

- Mabel Lake Coffee - Bailey's, Kahlua & Sambuca
- Bailey's Coffee - Bailey's & whip
- Spanish Coffee - Brandy & Kahlua
- B-52 - Kahlua, Bailey's & Grand Marnier
- Monte Cristo - Grand Marnier & Kahlua

MIXED DRINKS

- Long Island Iced Tea (1oz) - \$6.25
- Paralyzer (1oz) - \$7.5
- Mabel Lake Caesar (1oz) - \$7.5
- Peach Bellini (1oz) - \$7.75
- Strawberry Daiquiri (1oz) - \$7.75
- Sangria: White or Red (4oz) - \$10

Make it a double (2oz) + \$2.50



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