



APPETIZERS

Dry Ribs \$ 18

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 \$ 15.50

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

Greens & Grains \$ 18.50

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

Classic Caesar \$ 15.50

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

Taco Salad \$23.95

Romaine lettuce, tomatoes, aged white cheddar, black beans, crispy tortillas, avocado, seasoned ground beef, chipotle lime vinaigrette.

Vermicelli Salad \$18

Pickled carrots and daikon radish, fresh cucumber, and cabbage on a bed of vermicelli noodles. Served with peanut vinaigrette and house made chili oil. Topped with 2 spring rolls and sweet chili for dipping.

**Chicken \$6 Prawns \$7 Bacon \$3
Marinated tofu \$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 Brisket Sandwich - \$22

Slow smoked AAA Alberta brisket, with house made BBQ sauce, cabbage slaw, and garlic aioli, served on a potato scallion bun.

Chicken Caesar Wrap \$18.50

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 cheddar, double smoked bacon, roasted mushrooms, pickled red onions, lettuce, tomatoes & sriracha aioli, on a potato scallion bun.

Black Bean Burger \$19

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 \$24

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

FROM THE TAP

| | Pint 16oz | Jug 56oz |
|---------------------|-----------|----------|
| Mabel Lake Lager | \$5.95 | \$18.75 |
| OK Springs 1516 | \$6.95 | \$21.25 |
| OK Springs Pale Ale | \$6.95 | \$21.25 |
| Sleeman Clear 2.0 | \$6.95 | \$21.25 |

CRAFT - 473ML

| | |
|--------------------------|--------|
| Yellow Dog Hazy Pale Ale | \$8.75 |
| Yellow Dog Hazy IPA | \$8.75 |

0.0% BEER - 355ML

| | |
|----------------|--------|
| Bud Zero | \$5.95 |
| Corona Sunbrew | \$5.95 |

CANS & BOTTLES - 330/475 ML

| | Can | Bottle |
|----------------------|--------|--------|
| Budweiser | \$5.95 | \$6.25 |
| Coors Light | \$5.95 | \$6.25 |
| Molson Canadian | \$5.95 | \$6.25 |
| Kokanee | \$5.95 | \$6.25 |
| Bud Light | \$6.25 | |
| OK Springs Pale Ale | \$6.25 | |
| OK Springs 1516 | \$6.25 | |
| Sleeman Clear 2.0 | \$6.25 | |
| Miller Genuine Draft | \$6.25 | \$6.75 |
| Heineken | | \$6.75 |
| Corona | \$6.50 | \$6.75 |

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, seasonal vegetables, Yorkshire & red wine au jus.

8oz \$43 12oz \$52

Make it a Share Plate: \$14

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

Upgrade to a loaded baked potato \$3

Dessert Selections

Carmel Pecan 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 |
|---------------------------------------|------------|------------|------------------|----------------|
| <i>House White - Pinot Grigio</i> | \$8 | \$11 | \$17 | \$30 |
| <i>House Red - Cabernet Sauvignon</i> | \$8 | \$11 | \$17 | \$30 |

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

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

COOLERS & CIDERS

| | 341 - 355ML |
|--|--------------------|
| <i>Okanagan Cider (Apple or Peach)</i> | \$5.95 |
| <i>White Claw Vodka Soda (ask your server for current variety)</i> | \$5.95 |
| <i>Mikes Hard Lemonade - Original</i> | \$6.25 |
| <i>Hey Y'all Hard Ice Tea - Original</i> | \$6.25 |
| <i>Smirnoff Ice</i> | \$6.25 |
| <i>Black Fly Gin Fizz - Grapefruit</i> | \$7.95 |
| <i>Strongbow - Hard Apple Cider</i> | \$7.95 |

SPECIALTY COFFEE

1oz - \$7

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

MIXED DRINKS

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|--|
| <i>Long Island Iced Tea (1oz) - \$6.50</i> |
| <i>Paralyzer (1oz) - \$7.75</i> |
| <i>Mabel Lake Caesar (1oz) - \$7.75</i> |
| <i>Peach Bellini (1oz) - \$8</i> |
| <i>Strawberry Daquiri (1oz) - \$8</i> |
| <i>Sangria: White or Red (4oz) - \$10.25</i> |

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



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