

Breakfast

Breakfast Served until Noon Weekdays and 2:00PM on Weekends

Regal Breakfast (served all day) Two eggs cooked your way, toast, choice of maple bacon, ham, or sausage and choice of breakfast potato or fresh tomato slices	8 ⁷⁵
Tardy Breakfast (served all day) Scrambled eggs, choice of bacon, ham, or sausage, home-style breakfast potato, one piece of toast. No substitutions	5 ²⁵
Eggs Benedict Two poached eggs, ham, english muffin, hollandaise sauce, fresh fruit	9 / 12
Breakfast Sandwich / Wrap (served all day) Fried egg, cheddar cheese, with maple bacon, ham, or sausage on a toasted english muffin or in a wrap	4 ²⁵
Omelette Three egg omelette with cheddar and choice of 3 of the following fillings: sausage, maple bacon, ham, white onions, green onions, mushrooms, peppers, spinach, salsa, avocado, or tomatos. Served with toast and choice of breakfast potato or fresh tomato slices. Additional fillings: 1.00	14
Scrambler Scrambled eggs, cheddar, maple bacon, peppers, onions, mushrooms and tomatoes on home-style potatoes with side toast	9 / 14
Smoothie Bowl Granola, greek yogurt, fresh mixed berries, fresh mint, warm banana bread	7
Blueberry Pancakes Buttermilk pancakes, fresh blueberries, butter, real maple syrup, fresh fruit	8 / 11
French Toast Stack of french toast, fresh berries, butter, real maple syrup, fresh fruit	8 / 11

All breakfast items served with brown bread unless rye or white requested. Gluten free bread 2.00

Breakfast Sides

Fruit	4 ⁷⁵
Side of Maple Bacon, Ham, or Breakfast Sausage	3 ⁷⁵
Two Pancakes with Real Maple Syrup	5
Home-Style Potatoes or Potato Pancakes	3 ²⁵
Toast	1 ⁷⁵

Beer & Coolers

Draft	14 oz.	5 ⁵⁰
Keiths, Traditional, Kokanee Gold, Last Best Kolsch	20 oz.	6 ⁷⁵
	60 oz.	19
Domestic Beer (341 ml)		6
Kokanee, Canadian, Coors Light, Budweiser, Bud Light		
Premium Beer (341 ml)		6 ⁷⁵
Keiths, Michelob Ultra, Corona, Wild Rose Wraspberry Ale, Velvet Fog, Coors Banquet Stubbies, Traditional, Stella		
Tall Boys (500 ml)		8 ²⁵
Village Blonde, Guinness, Stiegl Radler Grapefruit, Magners, Fruh Kolsch, Ransack the Universe IPA, Citizen IPA, Citizen Session Ale		
Coolers & Ciders (355 ml)		6 ⁵⁰
Okanagan Cider: Harvest Pear & Black Cherry; Palm Bay: Strawberry Pineapple & Mango Pineapple		

Liquor & Highballs

Well Brand Liquor & Highballs (1 oz.)		6
Bacardi White Rum, Bacardi Dark Rum, J&B Rare Scotch, Highwood Rye, Beefeater Gin, Black Stallion Vodka		
Cocktails (1 oz.)		6 ⁷⁵
Premium Liquor & Highballs (1 oz.)		7 ⁵⁰
Smirnoff, Grey Goose, Captain Morgan, Appleton, Lemonhart, Tanqueray, Bombay, Malibu, Crown Royal, Jack Daniels, Glenfiddich (10), Chivas (10), Jameson Irish Whiskey		
Top Shelf (1 oz.)		9
Glenmorangie Original (10), Balvenie Doublewood (12), Hennessy VSOP		
Martini (2 oz.)		11
Premium Martini (2 oz.)		12
Liquers (1 oz.)		7 ⁵⁰
Baileys, Grand Marnier, Kahula, Amaretto, Drambuie, Cherry Whiskey, Sambucca, Southern Comfort, Jagermeister		
Specialty Coffee & Tea (1oz)		7 ⁵⁰
Baileys & Coffee, Blueberry Tea, Spanish Coffee, Monte Cristo		

Non-Alcoholic

Coffee	1 ⁷⁵	Milk Shake	6
Tea	2 ²⁵	Strawberry, Chocolate, Vanilla	
Hot Chocolate	2 ⁷⁵	Arnold Palmer	2 ⁷⁵
Perrier	3 ⁵⁰	Iced Tea & Lemonade	
Pop/Juice	2 ⁷⁵	O'Doules Amber, Labatt Blue .5	3 ⁵⁰
		Budweiser Prohibition	4 ⁵⁰



Weekly Specials

Sunday	Closed						
Monday	Closed						
Tuesday	Closed						
Wednesday	<table border="0" style="width: 100%;"> <tr> <td>Regal Steak Sandwich</td> <td style="text-align: right;">11</td> </tr> <tr> <td>60 oz. Jug of Draft</td> <td style="text-align: right;">16</td> </tr> </table>	Regal Steak Sandwich	11	60 oz. Jug of Draft	16		
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Thursday	<table border="0" style="width: 100%;"> <tr> <td>Classic Cheese Burger</td> <td style="text-align: right;">10</td> </tr> <tr> <td>Domestic Beer Bottle</td> <td style="text-align: right;">4⁷⁵</td> </tr> </table>	Classic Cheese Burger	10	Domestic Beer Bottle	4 ⁷⁵		
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Friday	<table border="0" style="width: 100%;"> <tr> <td>Wings (1 lb.)</td> <td style="text-align: right;">7</td> </tr> <tr> <td>Fish and Chips</td> <td style="text-align: right;">10</td> </tr> <tr> <td>Double Highball</td> <td style="text-align: right;">8</td> </tr> </table>	Wings (1 lb.)	7	Fish and Chips	10	Double Highball	8
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Saturday	<table border="0" style="width: 100%;"> <tr> <td>Dry Ribs</td> <td style="text-align: right;">7</td> </tr> <tr> <td>Bottles of Wine</td> <td style="text-align: right;">1/2 price</td> </tr> </table>	Dry Ribs	7	Bottles of Wine	1/2 price		
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Appetizers

Boneless Dry Garlic Ribs Served with ranch and your choice of flavours shown below	12
Pound of Wings Served with ranch and your choice of flavours shown below	13
Potstickers Pan seared chicken & pork potstickers, garlic ginger vinegar	11
Spring Rolls Vegetable spring rolls, plum sauce	9 ⁷⁵
Chicken Tenders Chicken tenders, apple fennel slaw, plum sauce. Add side: 3.50	9 ⁵⁰
Brussel Sprouts Fried with crispy bacon, maple syrup	12
Cauliflower Wings Served with ranch and your choice of flavours shown below	12
Quesadilla Grilled chicken, tomatoes, cheese, peppers, onions, sour cream, salsa fresca, guacamole. Add side: 3.50	11
Garden Vegetable Platter & Chips Seasonal raw vegetables, tortilla chips, ranch, hummus, guacamole	12
West Coast FishTacos (3 tacos) Battered cod in a flour tortilla, lettuce, tomato, guacamole, jalapëno lime sauce, fresh cilantro.	12
Nachos Crisp corn tortillas, all the fixin's, salsa fresca, sour cream, guacamole Add beef or chicken: 5.00	10 / 17
Chicken Adobo Bites Chicken strips marinated in authentic Filipino adobo sauce, tempura battered, wasabi mayo	12

Flavours for wings, dry ribs or cauliflower wings:
Hot, salt & pepper, house (hot, bbq, teriyaki), honey garlic, lemon pepper, sweet chili, bbq, honey sriracha, or teriyaki

Soups & Salads

Soup Kettle Bottomless bowls of two house-made daily soups with buns	6 ⁵⁰
Winston Caesar Salad Romaine, heirloom tomatoes, smoked prosciutto, homemade dressing, sprinkled with Grana Padano. Add: steak, chicken or shrimp 5.00	7 ²⁵ / 11 ²⁵
Chef's Cobb Salad Grilled chicken or chilled shrimp, egg, heirloom tomatoes, crumbled maple bacon, olives, gorgonzola cheese, iceberg lettuce, poppy seed dressing	10/ 14
Pecan Chicken Salad Pecan crusted chicken, crumbled maple bacon, tomatoes, avocado, jalapëno havarti cheese, candied pecans, mixed greens, maple vinaigrette	16

Burgers & Sandwiches

All burgers, sandwiches and wraps come with your choice of house salad, caesar salad, apple fennel slaw, fries, homestyle chips, daily soup, fruit bowl, vegetables and dip or yam fries and dip.

Avocado Bacon Burger Our fresh ground beef patty, jalapëno havarti cheese, avocado, maple bacon, remoulade	15
John Daly Burger Our fresh ground beef patty, maple bbq, onion rings, brie, sauteed portabella mushrooms, maple bacon, remoulade	16
Salmon Burger Grilled salmon patty, lettuce, tomato, lemon caper sauce, crispy green onions	14
Blackened Chicken Sandwich Grilled chicken, white cheddar, warm apple jam, roasted garlic aioli, arugula, tomatoes; on a baguette	14
Falafel Crispy falafel fritters in a pita, lettuce, tomato, onion, cucumber, tahini sauce	13
Beef Dip Smoked brisket and gouda in a baguette with rosemary red wine jus	10 / 13
Roasted Turkey Club Wrapped or stacked, maple bacon, turkey, tomato, lettuce, cheddar, mayo	10 / 13
Bistro Reuben Grilled rye bread, pastrami, sauerkraut, swiss, dijonnaise	10 / 13
Regal Steak Sandwich AAA Alberta Flat Iron, garlic bread, sauteed mushrooms, onion rings	15

All sandwiches come on brown bread unless otherwise specified or alternate requested. Gluten free options: gluten free bread (2.00) or lettuce wrapped

Panini & Wraps

Avocado Bacon Chicken Panini Guacamole, bacon, chicken, arugula, tomato	13
Buffalo Chicken Caesar Wrap Breaded and tossed in Frank's Red Hot™ sauce, caesar salad, tomato, cheese	13
Crispy Honey Sriracha Chicken Wrap Breaded and tossed in honey-sriracha sauce, lettuce, tomato, cheese	13

All paninis and wraps are served in a white tortilla

Mains

See Burgers & Sandwiches for side options

Fish and Chips Battered fish, fries, apple fennel slaw, tartar sauce	10/ 14
Perogies and Sausage Fried perogies, caramelized onions, sour cream, andouille sausage	11/ 15
Kung Pao Chicken Spicy stir-fry of chicken, rice noodles, peppers, onions, fresh ginger, peanuts, glazed soy-chili sauce	14
Chicken Penne Alfredo Grilled chicken, alfredo sauce, pesto, sundried tomatoes, sauteed mushrooms, scallions, garlic toast	15
Smoked Mac & Cheese Signature smoked Gouda cheese sauce, jalapëno cheddar smoked sausage, bacon, penne, golden brown panko crust	15

Juniors (10 and under)

All Junior golfer meals come with fries, green salad, caesar salad, or fruit along with a pop or juice

Cheese Quesadilla	8
Jr Burger	8
Kids Chicken Fingers	8

Dessert

Chocolate Brownie Warm chocolate brownie served with vanilla ice cream	6
Churros Homemade churros, cinnamon, sugar, warm chocolate sauce	6
Gelato & Sorbetto Dairy-free sorbetto; pineapple mango or raspberry lime Gelato; bourbon vanilla bean or dark chocolate caramel sea salt	5
Ice Cream Served with berries and chocolate sauce	3 ²⁵ / 5 ²⁵