



West Harvest Inn

:: *Restaurant & Lounge* ::



West Harvest Inn

:: Appetizers ::

SOUP OF THE DAY	Cup \$2.95 :: Bowl \$3.95
Always changing, hand crafted soups	
CLAM CHOWDER	\$4.95
Creamy delight, packed with seafood morsels	
BAKED FRENCH ONION SOUP	\$5.25
Baked with mozzarella cheese	
POTATO SKINS	\$6.95
Smothered in cheese, topped with green onions and bacon bits served with sour cream	
DRY GARLIC RIBS	\$6.95
Pork ribs bursting with flavour. Choice of dips	
CHICKEN WINGS	\$11.95
Your choice of hot, honey garlic, BBQ, sweet Thai, or salt and pepper (by the pound)	
CALAMARI	\$7.95
Battered squid, cooked golden brown, served with tzatziki sauce	
MOZZA STICKS	\$7.50
Breaded mozzarella sticks, deep fried to a golden brown	
VEGETABLE SPRING ROLLS	\$8.95
Thin pastry stuffed with oriental vegetables	
NACHOS	\$8.50
Crisp corn tortilla chips smothered in cheese, jalapenos, tomatoes, olives, and green onions	
Add zesty beef or cajun chicken \$2.95	
MEDITERRANEAN CALAMARI	\$9.95
Squid tossed in reduced olive oil, garlic prima sauce mixed with onions, red and green peppers with tzatziki sauce for dipping.	
Served on a sizzling skillet	



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:: Salads and Wraps ::

TOSSED SALAD	Small \$6.25 :: Large \$7.95
Fresh garden greens with radishes, carrots and tomatoes with your choice of dressing	
CAESAR SALAD	Small \$6.25 :: Large \$7.95
Homemade dressing with fresh romaine lettuce, bacon bits, croutons, parmesan cheese served with garlic toast Add chicken for only \$2.99	
CHEF'S SALAD	\$8.95
Turkey, ham, cheese, eggs, tomatoes and cucumbers with your choice of dressing	
TACO SALAD	\$8.50
Tossed greens accompanied with cheese, tomatoes, green onions, salsa, and sour cream in its own bowl. Your choice of chicken or beef	
CHICKEN, BEEF or SHRIMP CAESAR WRAP	\$8.95
Crisp romaine lettuce brushed with Thai dressing and grilled chicken, beef or shrimp, wrapped in a floured shell served with fries	
MANDARIN -THAI NOODLE SALAD	\$9.75
Red and green peppers, mandarin oranges, almonds, crisp romaine lettuce, green onions, and a dash of poppy and sesame seeds, served with chow mien noodles and tossed in a sesame ginger dressing	



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:: Sandwiches ::

****All Sandwiches are served with your choice of soup, salad, or fries****

STANDARD SANDWICH	\$7.95
Served with lettuce and red onions. Ask your server for choices	
STEAK SANDWICH	\$10.95
Alberta sirloin steak sandwich served with fresh garlic toast	
REUBEN	\$8.95
Open faced and topped with corned beef, sauerkraut and Swiss cheese	
BAKED CLUBHOUSE	\$8.95
Served with chicken, peppered bacon, tomatoes and cheese	
BEEF DIP	\$8.95
Tender fresh cut roast beef on a french loaf and au jus	
HOT BEEF OR TURKEY	\$9.25
Open faced on French bread and topped with gravy	
PHILLY CHEESE	\$9.25
Tender strips of beef or chicken sautéed with peppers, onions and mushrooms, smothered in cheese served on a special loaf	
GRILLED CHICKEN BREAST BURGER	\$8.25
6 oz. chicken breast served with lettuce, tomatoes, onions and mayonnaise on a kaiser bun	
ALBERTA BEEF BURGER	\$8.25
Alberta ground beef flame broiled and served with lettuce, tomatoes, pickles and red onions	
Additional toppings \$0.85	
ALL DAY BREAKFAST	\$7.50
Served 11:30 am to Close	
Two Eggs with choice of ham, bacon or sausage, hash browns and toast	

****Additional toppings available, ask your server****

Add caesar salad for an additional \$2.00



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:: Favourites ::

ELLEN'S CHOICE	\$10.95
Grilled chicken breast, melted brie, roasted apples with sweet fig jam and garlic mayonnaise on toasted ciabatta	
SPAGHETTI BOLOGNAISE	\$8.50
Spaghetti with our zesty meat sauce	
FETTUCCINE ALFREDO	\$9.25
Noodles and ham in a creamy alfredo sauce	
LASAGNE	\$9.75
Italian style lasagne served with garlic toast	
LIVER AND ONIONS	\$8.50
Tender liver served with sautéed onions, gravy, seasonal vegetables and your choice of potato	
BREADED VEAL CUTLET	\$10.25
Served with gravy, seasonal vegetables and your choice of potato	
BREADED CHICKEN STRIPS	\$8.95
Breaded chicken served with fries and plum sauce	
ENGLISH STYLE FISH AND CHIPS	\$9.25
Cod fillets served with fries	
SPICY CHICKEN OR BEEF QUESADILLAS	\$8.95
Peppers, onions, tomatoes and cheese in a floured tortilla shell	
HOME MADE SALISBURY STEAK	\$9.25
Alberta beef with sautéed onions and gravy served with garlic toast	

:: Stir Fry ::

ORIENTAL STYLE VEGETABLES	\$9.25
BEEF OR CHICKEN TERIYAKI	\$8.95
GARLIC SHRIMP	\$9.95
SWEET AND SOUR PORK	\$ 8.90

Your choice of rice or noodles

Check with your server for today's dessert selection



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:: Entrées ::

Served after 5:00 pm. Your choice of salad or soup.
Your choice of rice, fries, mashed or baked potato and served with
our Chef's selection of seasonal cooked vegetables.

8 oz. NEW YORK STEAK	\$15.95
<i>Alberta beef flame broiled to perfection</i>	
<i>Add one of our signature sauces designed to enhance even the most seasoned palate. Oscar seafood sauce for \$3.49 or our shocking peppercorn sauce for \$2.49</i>	
8 oz. SALMON FILLET	\$14.95
<i>Our fresh salmon fillet braised to delight, served with a mouth watering lemon dill sauce</i>	
ST. LOUIS RIBS	Half Rack \$13.95 or Full Rack \$19.95
<i>Exceptional, tender ribs cooked with our signature sauce.</i>	
THAI CHICKEN	\$14.95
<i>Our tender 6 oz. chicken breast charbroiled to perfection and tossed in a zesty Thai marinade</i>	
SAUTÉED MUSSELS	\$14.95
<i>One full pound of steamed mussels served on bed of rice</i>	
CHICKEN & RIB COMBO PLATE	\$18.95
<i>Slow roasted pork ribs & chicken breast served with your choice of potato and our Chef's selection of vegetables</i>	
CHICKEN CORDON BLEU	\$15.95
<i>Baked & drizzled with a savoury wild mushroom sauce</i>	
Add sautéed garlic shrimp	\$5.25



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:: Side Orders ::

FRESH FRUIT BOWL	\$4.00
CHEESE TOAST	\$2.75
GARLIC TOAST	\$1.95
COUNTRY STYLE FRIES	\$4.00
ONION RINGS	\$4.00
FRESH SAUTÉED MUSHROOMS OR ONIONS	\$4.25

:: Desserts ::

Ask your server for today's choices

:: Beverages ::

BOTTLED WATER	\$2.00
FRESH JUICE	Small \$1.75 :: Large \$2.00
Orange, apple, grapefruit, pineapple, tomato, cranberry, passGuava	
SOFT DRINKS	\$2.00
WHITE OR CHOCOLATE MILK	\$1.95
HOT CHOCOLATE	\$2.00
FRESH BREWED COFFEE	\$1.95
TEA	\$1.95
SPECIALTY TEAS	\$2.25



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:: Seniors (60+) ::

"Served with your choice of potato and seasonal vegetables"

Your Choice \$7.75

LIVER AND ONIONS

One piece of breaded liver served with sautéed onions and bacon

FISH AND CHIPS

One piece of fish

VEAL CUTLET

Breaded veal cutlet served with gravy

SPAGHETTI BOLOGNAISE

served with garlic toast

:: Children (10 and under) ::

"Served with small milk or soft drink and dish of ice cream for dessert"

Your Choice \$5.75

Grilled Cheese Sandwich

served with French Fries

Spaghetti and Meat Sauce

served with garlic toast

Chicken Fingers and Fries

Mac and Cheese

Meeting & Banquet Facilities For Any Occasion!

(780) 484-8000

Questions or Comments? Please call (780) 484-1475