


## Soup & Salads

**SOUP OF THE DAY** \$6.95  
Served with a warm bun

**SOUP & SALAD** \$12.25  
A cup of the chef's daily soup, served with a warm bun and your choice of Caesar or Saddle Mountain Salad.

 **CLASSIC CAESAR SALAD**  
Crisp romaine tossed in a creamy housemade dressing, topped with garlic croutons and crispy fried capers.  
Full: \$13.95 or Half: \$7.95

  **SADDLE MOUNTAIN SALAD**  
Artisan greens topped with shredded carrots and beets, dried cranberries, feta, cucumbers, tomato and toasted pumpkin seeds tossed in our honey pepper dressing.  
Full: \$13.95 or Half: \$7.95

### Extra! Extras!

Grilled chicken breast \$6.95  
Skewered grilled prawns \$6.95  
Flame grilled steak \$10.50  
Grilled salmon \$8.95

 **GARLIC TOAST**  
Side: \$2.95 or Basket: \$5.95

 **GARLIC 3 CHEESE TOAST**  
Mozzarella, Cheddar and Parmesan, on our housemade garlic toast served with marinara.  
Side: \$4.95 or Basket: \$7.95



### Fun Fact!

Did you know Mike Wiegele Helicopter Skiing holds the Guinness Record for **oldest heli-skier?** This record was set by **91-year-old Stan Friedber**, of Vail, Colorado, in April 2018.

## Appetizers



 **CRISPY CHICKEN WINGS** \$17.25  
1 lb of crisp chicken wings in your choice of flavor: Honey garlic (not gluten-free), bourbon BBQ, sriracha lime or lemon pepper. Comes with ranch dipping sauce.  
**Extra Sauce: \$1.95 each**


**CALAMARI** \$14.25  
Lightly breaded and seasoned squid flash fried and tossed in red onion. Served with your choice of tzatziki dip.


  **FRENCH FRIES** \$5.95  
Our natural classic cut golden fries.

**Specialty spice mixes: \$0.75**  
Rosemary parmesan, lemon pepper or cajun  
**Dipping sauces: \$1.95**  
Ranch or chipotle mayo, honey dill or roasted garlic aioli  
**Rosemary gravy: \$2.95**

**POUTINE** \$14.25  
Armstrong Squeakers and crisp fries, smothered in rosemary gravy and topped with green onions.  
**Add pulled pork: \$4.95**

  **NACHOS** \$18.25  
Tri-colored chips topped with cheese, tomato, peppers, red onion, olives, jalapeños, served with salsa and sour cream.  
**Add taco beef, chicken or pulled pork: \$3.95**  
**Guacamole: \$2.95**

 **BRUSCHETTA & PITA** \$13.25  
Our housemade Bruschetta served with warm pita bread.

 **BUTTERMILK ONION RINGS** \$8.95  
Tower of Buttermilk Battered onion rings served with Roasted Garlic Aioli. **Extra Dip: \$1.95**

 Gluten-Sensitive  
 Vegetarian

## Pizzas

Our pizza crusts are housemade and stone baked. Ask your server for our gluten-free crust option.

### BRUSCHETTA

Tomato, red onion, garlic, basil and olive oil topped with mozzarella and Parmesan cheese. (no sauce).

**Small 10"**      **\$16.50**

**Large 15"**      **\$24.95**

### TUSCAN CHICKEN

Pesto, garlic, spinach, artichoke hearts, roasted red peppers, chicken, fresh tomato and feta (no sauce).

**Small 10"**      **\$17.95**

**Large 15"**      **\$26.95**

### ALOHA

Smoked ham, crispy bacon and fire grilled pineapple.

**Small 10"**      **\$17.95**

**Large 15"**      **\$26.95**

### NOVA SCOTIA

Pepperoni, bell peppers, mushrooms, onions and mozzarella.

**Small 10"**      **\$17.95**

**Large 15"**      **\$26.95**

### BBQ PULLED PORK

Housemade pulled pork, red onion, pineapple and peppers topped with our bourbon BBQ sauce.

**Small 10"**      **\$18.95**

**Large 15"**      **\$27.95**

## Pastas

All pastas are served with a piece of garlic toast. Ask your server for our gluten-free pasta options available.

### SPAGHETTI MARINARA

A classic, al dente spaghetti tossed in our housemade marinara topped with Parmesan cheese.

Full: **\$15.75** or Half: **\$8.95**

### SPAGHETTI BOLOGNESE

A classic, al dente spaghetti tossed in our housemade Bolognese sauce topped with parmesan cheese.

Full: **\$17.75** or Half: **\$10.95**

### PESTO PRIMAVERA

Roasted zucchini, red peppers, red onion and artichokes tossed with a penne pasta and pesto, topped with Parmesan cheese.

Full: **\$17.75** or Half: **\$12.95**

### **Extra! Extras!**

Grilled chicken breast	<b>\$6.95</b>
Garlic shrimp skewer	<b>\$6.95</b>
Flame grilled steak	<b>\$10.50</b>
Pan seared salmon	<b>\$8.95</b>
Sautéed garlic mushrooms	<b>\$2.95</b>
Cheese toast (instead of garlic toast)	<b>\$2.95</b>

### **Fun Fact!**

*Do you know Mike Wiegele Helicopter Skiing was the birthplace of the **fat ski**? Mike Wiegele approached Atomic's Chief Ski Designer and Engineer Rupert Huber with the idea of the "fat skis" (later known as the Atomic Powder Plus). The first prototypes were sent to Blue River for testing in the early 1990's.*

## Burgers

All burgers are served with crisp fries or green salad. Ask your server about our gluten-free bun option.

### DIAMOND HEAD BURGER **\$17.95**

A housemade ¼ lb chuck patty, with our signature relish and sauce, crisp bacon, Monterey Jack cheese, buttermilk battered onion rings, lettuce and tomato topped with a sliced pickle on a brioche bun.

### DUFFY'S BURGER **\$14.95**

A housemade ¼ lb. beef patty, special sauce, relish lettuce tomato, red onion and a sliced pickle on a brioche style bun.

### RED SANDS BURGER **\$17.95**

Marinated chicken topped with our bourbon BBQ sauce, Monterey Jack cheese, crisp bacon with chipotle mayo, lettuce and tomato on a brioche bun.

### ST. ANNES BURGER **\$15.95**

A housemade veggie burger with roasted garlic aioli, mixed greens, cucumber, tomato and red onion on a brioche style bun.

### WHITE WATER BURGER **\$17.95**

A 3 oz salmon fillet pan seared with our housemade roasted garlic aioli, lettuce and tomato and avocado on a brioche bun.

### **Extra! Extras!**

Flame-grilled beef patty	<b>\$7.50</b>
Sautéed mushrooms	<b>\$2.95</b>
Crispy bacon	<b>\$2.95</b>
Avocado	<b>\$2.95</b>
Monterey Jack cheese	<b>\$2.95</b>
Caesar or Saddle Mountain salads	<b>\$2.50</b>
Poutine <u>or</u> onion rings	<b>\$3.50</b>

## Sandwiches

All sandwiches are served with crisp fries or green salad.

### CLUB HAUS **\$17.25**

Turkey breast layered with crisp bacon, Monterey Jack, lettuce, tomato and avocado on toasted multigrain or sourdough.

### B.L.A.T. **\$15.95**

Crisp bacon, lettuce, tomato and avocado, with chipotle mayo on sourdough or multi grain bread.

### FALAFEL DONAIR **\$15.95**

Authentic housemade chickpea falafel, cucumber, tomato and red onion wrapped in a soft Greek pita with tzatziki dressing

### STEAK SANDWICH **\$21.95**

A 6 oz steak heaped with sautéed mushrooms and tobacco-style onions on grilled garlic bread with fresh arugula.

### **Extra! Extras!**

Caesar Salad or Saddle Mountain Salad	<b>\$2.50</b>
Poutine <u>or</u> onion rings	<b>\$3.50</b>

### **Fun Fact!**

*Mike Wiegele Helicopter Skiing is the resort that holds the world record for most **vertical** feet skied in a day. The record currently stands at: **353,000 feet in 16 hours** made by Dominique Perret, Robert Reindl, Luke Sauder, Edi Podivinsky and Chris Kent, in April of 1998.*

## Dinner Menu

Available after 5:00 pm

**GF** AAA STRIP LOIN STEAK **\$28.95**

A juicy and tender 8 oz baseball cut sirloin, served with roasted potatoes and seasonal vegetables topped with a red wine jus and pearl onions.

**GF** HERB CRUSTED SALMON **\$26.95**

Fresh 6 oz herb crusted salmon fillet pan seared and served with our roasted baby potatoes and seasonal vegetables with a lemon butter sauce.

**MIKE'S SCHNITZEL** **\$23.95**

House breaded pork cutlet served with roasted potatoes, seasonal vegetables, braised red cabbage and a beef demi glaze.

**GF** OVEN ROASTED CHICKEN **\$26.95**

Herb marinated chicken breast, oven roasted with roasted potatoes, seasonal vegetables and pan gravy.

**GF** PORK BACK RIBS

Your choice of either dry rubbed, bourbon BBQ or honey garlic (not gluten-free). Served with our oven roasted potatoes, seasonal vegetables and coleslaw.

Full: **\$27.95** or Half: **\$20.95**

### **Extra! Extras!**

Sautéed mushrooms or garlic toast **\$1.95**

Skewered grilled prawns **\$5.95**

## Dessert

**FRESH BAKED HOUSEMADE PIE** **\$8.00**

Chef's choice of the day housemade slice of blueberry, strawberry-rhubarb and apple pie, served with whipped cream.

**V** POWDER MAX BROWNIE **\$8.95**

A warmed chocolate brownie with housemade salted caramel ice cream, toffee sauce and streusel.

**GF** CHOCOLATE MOUSSE **\$8.95**

A martini glass filled with our housemade chocolate mousse topped with whipped cream and fresh seasonal fruit.

**V** KEY LIME PIE **\$8.95**

A key lime curd on an Oreo wafer crust topped with baked Italian meringue.

**GF** **V** SORBET OF THE DAY **\$8.50**

3 Scoops of sorbet garnished with seasonal fruit and a waffle wafer.

### **Extra! Extras!**

A scoop of vanilla or salted caramel ice cream. **\$2.50**

### **Fun Fact!**

Mike Wiegele Helicopter Skiing's tenure is 1.5 million acres and includes the Cariboo, Monashee and the Rocky Mountain ranges.



## Saddle Mountain Restaurant

# KID'S MENU

*All kids' meals are \$10.50 + tax each and include  
1 scoop of vanilla ice cream and 1 soft drink, milk or juice.*

### GROM BURGER

100% beef patty, ketchup on a brioche bun, served with fries and veggie sticks.

### SPAGHETTI

Spaghetti noodles tossed in your choice of Bolognese or tomato sauce,  
served with veggie sticks.

### CHICKEN FINGERS

3 pieces of chicken served with crispy fries and veggie sticks.

### CHEESE PIZZA

Stone-baked house made crust with tomato sauce and mozzarella,  
served with veggie sticks.

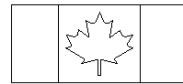
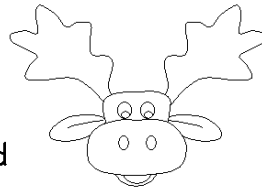
*For kids 12-years-old and under.*

# Canada Word Search

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snowman  
syrup  
Wild rose



Ottawa

