

SALADS

KnockanBack Caesar

Chicken or Prawn sauteed with green & red bell peppers and zucchini in BBQ sauce, white wine and a touch of spice. Served warm over a chilled caesar salad. 11.99

Fresh Market Salad

Apple, goat cheese, maple glazed walnuts, currants & croutons over spring greens tossed with our apple cider vinaigrette. 13.49 - 1/2 order 9.99

BBQ Chicken Salad

BBQ chicken over mixed greens tossed in a tequila orange vinaigrette, topped with a couple of jalapenos, roasted corn, salsa, sour cream and tortilla chips. 12.99

Steak Salad

Roasted garlic, sauteed button mushrooms and spring greens tossed with an apple maple vinaigrette. Topped with crumbled blue cheese & maple glazed walnuts. 15.99

Seafood Salad

Prawns, mussels & baby shrimp blanched in a tequila orange vinaigrette. Served over spring greens with fresh cilantro, green onions and orange slices. 14.99

PASTA

All of our pasta sauces are made with only the freshest of ingredients and served over whole wheat linguini noodles.

Rich Tomato

Spicy tomato sauce with red wine, sauteed garlic & mushrooms and blackened onions. 10.99
add Turkey chorizo sausage 2.99 Baked with cheddar & mozzarella 1.99

Pescatore

Salt Spring Island mussels, jumbo prawns and shrimp in a rich tomato cream sauce. 17.99

The Beacon

Beacon IPA cheese sauce, sauteed mushrooms, diced tomato & green onions. 10.99 add Double smoked bacon 1.99

Mediterranean

Tomato, black olives, garlic, fresh parsley & herbs tossed in olive oil and topped with fresh grated parmesan cheese. 10.99 add Grilled Chicken 2.99 add Grilled Prawns 4.99

Grilled Steak

Tender, Flat Iron steak with sauteed mushrooms in a peppercorn cream sauce. 14.99