



the Painted Turtle restaurant

Appys

Calamari

Panko breaded calamari rings, lightly deep fried. Served with tzatziki and red onion garnish. \$14.50

Thai Coconut Prawns

Prawns lightly sautéed in a creamy sauce of coconut milk, basil oil, cilantro & lime, served with garlic toast. \$16

Mussels Marinara

Mussels poached in a white wine, tomato, garlic and onion cream, topped with shaved Parmesan and garlic bagette. \$14.50

Chicken Wings

One pound of wings - your choice of Spicy Hot[®], Teriyaki, or Ginger Garlic. \$14.50

Scallops Provencal

Scallops poached in a white wine, garlic, basil, tomato & onion concasse, served on a bed of spinach with shaved Parmesan. \$16

Scotty Fries

Home-cut fries smothered with gravy, cheddar & jalapenos. \$9

Grilled Pita

Served with tzatziki & hummus \$12

Salads

Main salads are served with garlic toast.

Artisan Mixed Greens with seasonal vegetables. Dressing choices: Balsamic Vinaigrette, Thousand Island, Italian, Blue Cheese or Ranch. \$13 Starter \$8

Greek Salad Tomatoes on the vine with mixed peppers, red onions and cucumber, tossed with Greek dressing, Feta cheese and Kalamata olives. \$15 Starter \$10

Strawberry Spinach Fresh strawberries tossed with spinach, red onions, spicy roasted pecans & goat cheese, served with a balsamic vinaigrette. \$16 Starter \$10

Caesar Crisp romaine with garlic crostini croutons and crisp bacon tossed in our own classic caesar dressing, topped with shaved Parmesan. \$13 Starter \$8

Add 8 prawns or chicken breast \$8 or Add 4 prawns or ½ chicken breast \$4



Salads can be served gluten free without garlic toast & croutons.
Please advise server of any allergies.

Kids Meals \$9.95

Chicken wings - plain, Teriyaki or ginger garlic

Pasta with garlic butter and Parmesan

Grilled Cheese & fries

Chicken Nuggets & fries

Mains

5pm-8:30pm daily



New York Steak

Cut in-house, chargrilled to your liking and topped with garlic pan-fried mushrooms, served with garlic toast. 8oz - \$32

Peppercorn Blue Cheese Steak

8 oz New York Steak dredged in crushed peppercorns, pan seared and finished in the oven. Topped with crumbled blue cheese and served with garlic toast. \$34

Chicken Neptune

Grilled chicken breast topped with four prawns and house-made hollandaise. \$29

Cedar Plank Wild BC Salmon

6oz fillet of Sockeye Salmon baked on a cedar plank & served with lemon-dill butter. \$29

Grilled Chicken Provencal

6oz chicken breast grilled and topped with a white wine, tomato, onion and basil concasse, with shaved Parmesan and served with garlic toast. \$28

BBQ Baby Back Ribs

Full rack of pork ribs, dry rubbed with in-house seasonings and then slow roasted with our homemade BBQ sauce. \$32 Half Rack \$25

All the above are served with seasonal fresh vegetables and your choice of the daily potato feature or rice pilaf.

Stir-fry *A seasonal mix of veggies, stir-fried, served with rice & garlic pita bread. \$20*

Add chicken, mussels or prawns \$8

Fish & Chips *Tempura battered cod, served with hand-cut fries, coleslaw, tartar sauce & fresh lemon. 2 piece \$20 / 1 piece \$15*

Southwest Black Bean Chili

A classic blend of onions, garlic, banana peppers, black beans, celery, green peppers & tomatoes, stewed with chili spices and served with salsa, guacamole and fried tortillas. \$18

Butter Chicken *Chicken breast pan-fried in a mildly spiced curry sauce, served on rice, with garlic pita bread & coleslaw. \$20*

Shepherds Pie *Traditional meat pie, topped with mashed potatoes & cheddar cheese, served with green salad & garlic toast. \$18*

Pasta of the Day *Served with garlic toast. Ask your server for today's feature. \$19*



Please advise if you are gluten intolerant or celiac when ordering.

Prices do not include applicable taxes or gratuity.

