

The Historic Lund Hotel

The Gateway to Desolation Sound



Soups

Fisherman's Chowder

Assortment of fresh local seafood simmered with fresh herbs & cream
Cup \$5.25 ~ Lund size \$6.25
Toasted bread bowl - add \$3.50

House Daily Soup

always home-style
Cup \$4.25 ~ Bowl \$5.25
Add a roll & butter \$1.50
Garlic toast \$1.75 ~ Cheese toast \$1.95

Salads

Available in either starter or meal-sized portions
Add : old shrimp or chicken breast \$3.50
baked halibut \$5.50 ~ grilled 4-prawn skewer \$4.50

House Mixed Greens \$5.95/9.95

Seasonal mixed greens & fresh garden vegetables, with your choice of dressing served on the side.

Lund Caesar Salad \$5.95/9.95

Crisp romaine tossed with creamy dressing, freshly grated Parmesan cheese & homestyle croutons.



Halibut & Chips

Hand-cut Halibut filets, lightly-battered and deep fried to crispy golden brown on the outside, tender & juicy on the inside. Served with tartar sauce & fresh lemon.

one piece \$11.95
two pieces \$14.95 ~ three pieces \$17.95
Add a mixed green or Caesar salad for \$3.95

APPETIZERS

Frenchy's Oysters \$10.95
A Lund classic. Seasoned & crispy-fried local oysters served with fries, our own cocktail sauce & fresh lemon.

Calamari Lund-Style \$10.95
Crispy-fried and topped with red onion, served with cool Tzatziki sauce & lemon.

Curried Mussels \$13.95
Steamed mussels in a tasty coconut curry sauce, finished with white wine & cream. Served with garlic toast.

Scallops in Bacon \$9.95
Tender sea scallops wrapped in bacon, baked & served with lemon, seasoned butter and garlic toast.

Skillet Prawns \$9.95
6 prawns sautéed with garlic, white wine, tomato & scallions, and served in a sizzlin' hot cast iron skillet with a slice of garlic toast. Your choice of spicy hot or not.

Buffalo Shrimp \$10.95
Crispy-fried zesty shrimp served with fries, cocktail sauce & fresh lemon

Dry Garlic Ribs \$9.75
Seasoned pork ribs served with sweet plum sauce

Chef's Dozen Chicken Wings \$9.25
1 lb. portion ... your choice: bbq, honey garlic, Thai, or teriyaki. Only one sauce choice per order, please.

1 Lb. Hot Wings with Bleu Cheese Dip \$9.75

Baked Nachos \$10.95
Green onions, tomatoes, olives, banana peppers, Cheddar & Monterey Jack cheeses, served with salsa & sour cream. Add guacamole \$2.00 (reg) / \$3.95 (lg.)

Chicken Filets \$9.95
Tender, breaded chicken filets served with honey mustard dipping sauce & seasoned fries.

Cheddar & Jack Mojos \$9.50
Spicy potato wedges covered with Cheddar & Monterey Jack cheeses, crispy bacon bits & scallions, served with a ranch dip.

Sweet Yammy Fries \$5.50
A basket of golden yam fries served with ranch dip.

Basket of Seasoned Fries \$4.50
Add gravy \$2.00 Small fries \$3.25

Onion Rings \$4.50
Garlic Toast \$1.75/piece ~ \$4.95/basket (3 pc)
Cheese Toast with a Cheddar & Jack combo ~ \$1.95/piece ~ \$5.95/basket (3 pc)

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THE GRILL

Burgers

Unless otherwise noted, burgers are trimmed with lettuce, tomato, sweet red onion, our own roasted garlic sun-dried tomato mayo, & served on a toasted bun

Additional toppings available at \$1.25 each:
~sautéed mushrooms, bacon, Cheddar or Swiss cheese

<i>Classic Lund Burger</i> 6 oz beef patty	\$10.95
<i>Bay Burger</i> The classic Lund burger with Cheddar, bacon & mushrooms.	\$11.95
<i>Mushroom Chicken Burger</i> Grilled chicken breast topped with Swiss cheese & mushrooms.	\$11.95
<i>Naked Halibut Burger</i> Seasoned halibut filet, grilled and served with tartar sauce & lemon.	\$11.95
<i>Halibut & Shrimp Burger</i> Grilled halibut filet, topped with shrimp & Swiss cheese, served with tartar sauce & lemon.	\$13.25

Grilled Paninis

<i>Beefeater's Panini</i> Roast beef, cheddar cheese, tomato, red onions & grainy Dijon mustard-mayo.	\$11.95
<i>Vegetarian Panini</i> Sautéed mushrooms, red onion, sweet red peppers topped with swiss cheese, tomatoes and pesto mayo	\$10.95

The Sandwich Board

All our Sandwich Board & Grill items are served with your choice of soup, green salad, fries or onion rings...

Substitute fisherman's chowder, sweet yam fries or caesar salad for an additional \$2.00

<i>Shrimp & Cream Cheese</i> Fresh baby shrimp, crisp bacon, cream cheese tomato slices and lettuce.	\$11.95
<i>Beef Dip</i> Thinly sliced beef on a garlic hoagie bun, served with au jus for dipping.	\$11.95
<i>Steak Sandwich</i> Tender 8 oz New York steak garnished with onion rings & served with garlic toast.	\$14.95
<i>B.L.T.C.</i> Mouthwatering strips of crispy bacon, crisp lettuce, freshly sliced tomatoes, & Cheddar cheese.	\$9.95

Pasta

Served with freshly grated Parmesan cheese and garlic toast ~available in full or half portions~

<i>Fettuccine Alfredo</i> Parmesan cream sauce with a hint of pesto & garlic. Add chicken or shrimp for an additional \$3.50	\$13.95/8.95
<i>Seafood Fettuccine</i> Prawn tails, shrimp, mussels, scallops, diced tomato & scallions in your choice of pesto cream sauce, marinara sauce, or Sambuca cream sauce.	\$19.95/13.95
<i>Pesto Chicken Penne</i> Fresh spinach, grilled chicken & mushrooms sautéed in a garlic & pesto cream sauce.	\$16.95/11.95

ENTREES

(Served from 5 pm on daily)

Beef

<i>Charbroiled New York Steak</i> 8 oz. striploin grilled the way you like it.	\$21.95
Add pan-fried mushrooms	\$3.25
Add a 4-prawn skewer	\$4.50
Add peppercorn brandy sauce	\$2.95

Chicken

<i>Roasted Rosemary Chicken</i> Roasted tender breast of chicken with a lemon rosemary au jus	\$17.95
<i>Trade Winds Chicken & Shrimp Curry</i> Sautéed chicken breast & shrimp topped with a mild curried cream sauce.	\$19.95

Seafood

<i>Filet of Salmon "Crimson Sunset"</i> Baked filet of wild salmon with a caramelized cranberry salsa topping.	\$20.95
<i>Halibut & Seafood au Gratin</i> Prawns, scallops & shrimp baked with juicy halibut in a cream sauce, tucked under a crunchy, three-cheese topping.	\$23.95