



Lunch & Snack Menu

The old C.V.Station Pub has been re-invented. With a new feel, a new look and a great new direction with our food, we are happy to present ourselves to you as the **Station Pub Bar & Grill**, the best eatery in the Cowichan Valley.

In keeping with the 'Bar & Grill' tradition we will offer excellent food, fairly priced and served with a smile. We will offer your favourite beverages as they should be. Beer will be cold and the drinks will be carefully mixed to your liking. Wine's by the glass will be served in oversize glasses. And the prices on all of our drinks will be as they are listed, with all taxes included so you don't have any hidden surprises like you may find elsewhere. Our food will be listed without taxes included as our customers have told us they prefer it that way.

BUTCHER'S BLOCK™

We serve only the finest steaks available: Butcher's Block Reserve, hand picked Canadian AAA Grade, grain fed beef from Alberta.

We also believe that you want your food prepared in a way that is more suited to a healthier diet, a way that looks after your heart as well as your taste buds. For this reason we use only '**ZERO Trans Fat**' oils for all of our cooking needs.

At all times we will be working as fast as we can to serve you. Please remember that good food takes time to prepare and when we are busy that may take a little longer than when we are not. So relax and enjoy the atmosphere and the company of your friends here in the **Station Pub Bar & Grill**.

Appetizers, Starters & Snacks

available all day (11am to close)

Baked Three Cheese & Artichoke Dip served warm with Nacho Chips	\$ 9
Baked Brie served warm with Apricot Glaze, Roasted Garlic and Rosemary & Kalamata Olive Baguette	\$ 10
Baked Nachos loaded with Cheese, Diced Tomato, Jalapenos and Black Olives * Served with 4 oz. of Sour Cream & Salsa* * Add 4oz. side of Guacamole \$ 3 * Extra Topping(s) 1/4 lb. Spicy Ground Beef or Cheese \$ 3 each* * 1/2 Chicken Breast (diced) \$ 5.50*	\$ 13
Calamari or Cajun Calamari house marinated, tossed with Flour or Cajun seasoned flour & flash fried. Served with Tzatziki or Ranch Dip	\$ 10
Chicken Strips with Honey Mustard, Plum or Sweet Thai Chilli *add your Choice of Fries, Green or Caesar Salad for only \$ 2*	\$ 9
Cold Vegetable Plate assorted fresh and seasonal bites served with ranch dip	\$ 7
Dry Garlic Ribs seasoned with garlic salt	\$ 7
Edamame simply steamed and tossed with sea salt	\$ 6
Chicken Wings - a full pound! (approx. 12) Lemon Pepper, BBQ, Hot, Honey Garlic, Dry Garlic, Sweet Thai Chilli or Teriyaki	\$ 9
Popcorn Shrimp with Tequila-Lime cocktail sauce	\$ 8
Potato Skins with crumbled Pancetta, green onions & cheese *add 1/4lb of Spicy Ground Beef or Baby Shrimp for only \$ 3*	\$ 8
Prawn Lollipops in garlic butter with Chipotle Aioli sauce to dip " Fantastic!! "	\$ 8
Prawns with White Wine & Caper Cream served on Rosemary Olive Toasts	\$ 10
Poutine served in the traditional style with Cheese Curds and gravy	\$ 8
Quesadilla Roll made with refried beans, cream cheese, diced tomatoes, sweet peppers & green onions served with sour cream and salsa	\$ 8
Zucchini Sticks (1/2 lb.) Breaded and served with Sour Cream Ranch Dip	\$ 7

Sides and Soups

Cheese Toast \$4.50	Garlic Toast \$3.50	French Fries \$ 4
Seafood Chowder	Cup \$ 5 Bowl \$ 7	Soup of the Day Cup \$ 3 Bowl \$ 5
Baked French Onion	Bowl \$ 7	

Salads

Asian Noodle Salad rice vermicelli topped with 6 prawns in Thai Peanut Sauce	\$ 10
Caesar Salad all fresh, all classic, all "Hail Caesar!"	\$ 7
Chef's Cobb Salad mixed greens, tomato, cucumber, Black Forest ham, roast beef, hard boiled egg & cheese <i>with your Choice of Dressing</i>	\$ 12
Vegetarian Cobb Salad mixed greens, tomato, cucumber, snow peas, sweet peppers, hard boiled egg & cheese <i>with your Choice of Dressing</i>	\$ 11
Mixed Green Salad with tomato, cucumber & Balsamic marinated red onions <i>with your Choice of Dressing or our House Raspberry Vinaigrette</i>	\$ 7
Spinach Salad with red onion, crumbled Pancetta, Mandarin oranges <i>served with a Warm Poppy Seed Dressing</i>	\$ 9

add two Prawn Lollipops or 1/2 Charbroiled Chicken Breast for \$ 5.50

add chilled Baby Shrimp for \$ 3

Lunch Entrees

available until 5 pm

Baja Style Seafood Soft Tacos (3) flour tortillas stuffed with Baja seasoned halibut, Chipotle aioli, shredded lettuce, diced tomato and served with salsa & sour cream	\$ 12
BBQ Chicken Quesadilla with black olives, green onions & tomatoes, served with salsa, sour cream and your choice of fries, green or Caesar salad	\$ 12
Curried ½ Chicken Breast & Baby Shrimp with toasted almond Jasmine rice, tomato, onion & tzatziki dressing	\$ 14
Ground Beef Soft Tacos (3) loaded with spicy ground beef, nacho blend Cheddar cheese, sour cream and salsa	\$ 11
Shepard's Pie with rich gravy and choice of fries, green or Caesar salad	\$ 11
Steak Sandwich a delicious 6 oz. "Butcher's Block Reserve" NY Strip topped with onions rings and served with your choice of fries, green or Caesar salad	\$ 14
Three Egg Omelet with ham, tomato & cheese, served with fries, green or Caesar salad	\$ 11

Pastas

all of our pasta dishes are served with garlic toast

Classic Baked Lasagna a customer favorite!! Home made and delicious	\$ 12
Linguine Alfredo the rich & traditional Alfredo sauce (with some great options!!) <i>** Add: sliced chicken breast \$4 or two prawn lollipops \$5.50 or 6 oz. salmon filet \$7 **</i>	\$ 10
Penne tossed with chili spiced olive oil, roasted pine nuts, diced tomatoes & green onions	\$ 11
Penne with prawns & sliced chicken breast in a light tomato cream sauce	\$ 14
Seafood Linguine with scallops, shrimp & smoked salmon in a delightful dill cream	\$ 14

