

OLD SETTLER

GLUTEN-FREE GUIDE

14oz RIB STEAK

A juicy 14oz AAA Canadian Rib Steak cooked as you like. For the GIANT appetite. \$32.99

10oz NEW YORK STEAK

Grilled just the way you like it. Served with baked potato, seasonal veggies, and a garden salad. \$28.99

STUFFED WILD SALMON FILLET ^{NEW}

A 5oz wild salmon fillet with our own shrimp, real crab and cheese blend topped with white wine sauce. Served with salad, rice and fresh seasonal veggies. \$25.99

HONEY GARLIC BACK RIBS

A one-pound rack of tender baby back ribs slow-roasted in Settler BBQ sauce. Served with baked potato, seasonal veggies and a garden salad. \$24.99

CAJUN CHICKEN BREAST

A juicy 6oz Cajun-spiced BC chicken breast served like a burger, wrapped in lettuce and served with a side salad. \$17.99

JAKARTA RICE BOWL

Seasonal veggies tossed in Jakarta Sauce served in a piping hot bowl of rice. \$17.99
Add chicken or prawns for \$5.99

BLACK 'N BLUE STEAK SALAD

New York Steak on baby greens mixed with chopped tomatoes, roasted red pepper, cucumbers, red onion, caramelized pecans and crumbled blue cheese, then finished with a honey Dijon vinaigrette. \$18.99

WEST COAST GREENS

A grilled 5oz wild salmon fillet on top of baby greens, roasted red peppers, dried figs, artichoke hearts and feta cheese with mango vinaigrette. \$17.99

SETTLER CHICKEN SALAD

A chargrilled 6oz chicken breast on top of baby greens, avocado, tomato, blueberries and feta cheese with our own mango vinaigrette. \$17.99

GLUTEN-FREE DRESSINGS

Ranch
Mango Vinaigrette
Honey Dijon Vinaigrette
Thousand Island



VEGGIES & DIP

A basket of seasonal market-fresh veggies served with your choice of our gluten-free dressings for dipping. \$12.99

SETTLER CORN CHIPS NACHOS

Fully loaded with diced tomatoes, black olives, green onions, jalapeños, banana peppers and our 3-cheese blend on crisp tortilla chips. Served with homemade fire-roasted salsa and sour cream. \$18.99

NACHO EXTRAS

Add 4oz guacamole for \$4.99
Add grilled BC chicken for \$5.99
Add extra nacho cheese for \$2.99

SEAFOOD DIP

Our shrimp and real crab seafood blend baked with cheese and served with crisp tortillas for dipping. \$12.99

SEAFOOD STUFFED MUSHROOM CAPS

Our shrimp and real crab seafood blend over plump mushroom caps and baked with cheese. \$12.99

PLEASE NOTE



Please notify your server of any allergies or intolerance when you order. Old Settler Pub will not assume any liability for adverse reactions to food consumed or items one may come in contact with while eating in our establishment.

