

APPETIZERS

Chicken Wings - Minimum per order per flavour is ten. Choose from Louisiana, red hot and blue, honey & hot sauce, sweet Thai chili, BBQ, teriyaki, honey garlic, salt & pepper, lemon pepper & dry Cajun. \$1/ea.

1 lb. Dry Garlic Pork Ribs - With sweet Thai chili sauce. 14

Deep Fried Calamari - Hand battered in seasoned flour & served with tzatziki, diced red onion & lemon. 13

Nachos - Hand cut tortilla chips, topped with bell peppers, jalapeños, onions, tomatoes & two cheeses. Served with salsa & sour cream. Sm. 14.5 Lg. 18
Add: Guacamole 4 Spiced beef 6 Chicken 7

Signature Crab Cakes - Served with lemon aioli. 15

Quesadillas - Bell peppers, onions, spices & cheese, baked in a tortilla. Served with salsa & sour cream. Choice of spiced beef, chicken, pulled pork, veggie or shrimp. 13

Vegetable Spring Rolls - Eight spring rolls served with spicy Thai sauce. 11

Chicken Satay - Two 3oz. chicken skewers served with a house made peanut sauce. 11

SALADS

House Salad - Lettuce, carrots, radish, purple cabbage, tomatoes, cucumber, asiago cheese & tamari seeds. Sm. 6 Lg. 12

Chef's Salad - Fresh greens with tomatoes, cucumber, roasted turkey, black forest ham, tamari seeds, two cheeses and a hard boiled egg. 15

Baby Spinach Salad - Baby spinach, diced onion, sliced mushrooms, bacon bits and a hard boiled egg with your choice of dressing. 15

Classic Caesar - Fresh romain, asiago cheese, croutons & creamy Caesar dressing. Sm. 8 Lg. 13

Greek Salad - Cucumber, feta, tomatoes, peppers, onions, kalamata olives. Sm. 8 Lg. 13

Add to any salad:
sautéed prawns 7 baby shrimp 7
chicken 7

SALAD DRESSINGS

Strawberry Balsamic,
Honey poppy seed,
Thousand Island,
Blue Cheese,
Ranch

SOUPS

Soup of the Day
Cup 5 Bowl 8

Seafood Chowder
Thick & creamy, filled with clams, salmon, halibut, shrimp, baby scallops, potatoes & vegetables. Cup 7 Bowl 10

West Coast Seafood Stew
Halibut, salmon, 3 tiger prawns & scallops with fennel, fresh vegetables, tomatoes & herbs. 19

COMES WITH BREAD

SANDWICHES & WRAPS

All sandwiches & wraps include your choice of fries or green salad or caesar salad or coleslaw. Substitute a side of fruit, Greek salad or yam fries or chowder. 2

Clubhouse - Roast turkey, cranberry mayo, lettuce, tomatoes, cheddar cheese & bacon stacked high between three slices of toast. 13

Baron - Roast beef on a cheese hoagie bun served with au jus. 13

Ultimate Baron - Roast beef with mushrooms, onions & Swiss cheese on a cheese hoagie, served with au jus. 15

Veggie Wrap - Veggie patty, button mushrooms, tomatoes, onions, bell peppers, rice & Swiss cheese. 12

The Reuben - Triple decker with smoked meat, ham & sauerkraut with dijon & Swiss cheese on grilled marble rye bread. 13

Pulled Pork Sandwich - House smoked pork shoulder, BBQ sauce topped with coleslaw on a kaiser. 13

Cordon Blue Wrap - Crispy chicken & black forest ham, mayo, lettuce, tomatoes & Swiss cheese. 13

Cobra Crispy Chicken Wrap - Lettuce, tomato & red hot & blue cheese sauce. Spicy! 14

Shirley's Caesar Wrap - Our house Caesar salad with crispy chicken wrapped in a tortilla. 12

Fajita - Lettuce, tomatoes, onions, bacon, mushrooms, bell peppers & two cheeses wrapped in a tortilla. Your choice of seasoned chicken or sirloin strips or shrimp. 14

SENIORS SPECIAL SELECTIONS

Sandwiches
9

Comes with soup or salad. Choose multi grain or sourdough or marble rye.

Egg Salad Sandwich
Fresh hard boiled eggs mixed with mayo, celery and green onion.

BLT
Hot crisp bacon, lettuce and fresh sliced tomatoes with mayo.

Grilled Cheese
Golden brown, cheddar and mozzarella.

Traditional
11

Bangers & Mash
Two juicy bangers with gravy, mashed potatoes & vegetables. Need we say more?

Salsbury Steak
6oz. well done lean ground beef, smothered in gravy and onions served with seasonal vegetables & mashed potatoes or fries.

Chicken Pot Pie
Chicken and gravy, filled with vegetables and covered with puff pastry. Served with green salad or fries.

Favourites
13

Veal Cutlet
Pan fried veal topped with beef gravy & served with fresh vegetables & mashed potatoes.

Hot Beef or Turkey Sandwich
On garlic bread smothered in gravy & served with fresh vegetables & mashed potatoes.

Liver & Onions
4oz. breaded liver topped with fried onions, bacon & gravy served with fresh vegetables & mashed potatoes.

DAILY COCKTAIL SPECIALS

4

Sunday - Caesars

Wednesday - Martinis

Monday - Margaritas

Thursday - Daiquiris

Tuesday - Screwdrivers

Friday - Paralyzers

Saturday - Sea Breeze

JBIFAVORITES

JBIF Steak Sandwich - 28 day aged AAA 6oz. sirloin steak topped with onion rings served on garlic bread with your choice of fries or green salad, caesar salad or coleslaw. 17

Chicken Strips - Five crispy chicken tenders with BBQ, honey mustard, plum sauce or sweet Thai chili. Served with your choice of fries or soup or salad or coleslaw. 14

Halibut & Chips - Breaded in our house batter & deep fried golden. Served with fries, coleslaw and tartar sauce. One pc. 17 Two pc. 20 Additional pc. 9

Stir Fry - Stir fried fresh vegetables over rice, in our house made teriyaki sauce. Veggie 13 Chicken breast or AAA sirloin cubes or prawns. 18

PASTAS

Seafood Linguine

Tiger prawns, baby shrimp & scallops sautéed with shallots & garlic in a rich tomato parmesan cream sauce. 19

Beef & Blue Cheese Fettuccine

Strips of beef, mushrooms, onions & garlic in a rich blue cheese cream sauce. 19

Classic Fettuccine Alfredo

Melted butter, cream, salt and pepper with fresh herbs & asiago cheese. 16

Pasta of the Day 16

Add to your pasta

Baby shrimp or chicken or sautéed prawns. 7

ADD TO ANY MEAL

| | | | | | |
|--------------|---|-----------|-----|---------------------|-----|
| Garlic Toast | 2 | Coleslaw | 3 | Mashed potatoes | 2 |
| Onion rings | 8 | Yam fries | 8 | Roasted potatoes | 3 |
| Fries | 6 | Gravy | 2 | Extra dressing | .50 |
| Rice | 2 | Extra dip | .50 | Seasonal vegetables | 5 |
| Sour Cream | 1 | Salsa | 1 | Guacamole | 3 |

JAMES BAY INN

PUB & RESTAURANT

DINNER MENU FEATURES

Available 4:30 - 9pm daily.

All dinners include a starter salad or soup & fresh bread.

Mango Lamb Shank

Braised slow cooked lamb with mango, onions, carrots and celery in coconut milk and Indian spice, served with creamy mashed potatoes & fresh vegetables.

23

Teriyaki Salmon

5oz. salmon fillet served with julienne vegetables & jasmine rice.

21

5oz. Lemon Pepper Halibut

served with julienne vegetables & jasmine rice.

23

Chicken Cordon Blue

Rolled & breaded chicken breast stuffed with dijon black forest ham & Swiss cheese, served with mashed potatoes with gravy & seasonal vegetables.

21

Striploin

8oz. striploin grilled your way with a wild mushroom demi glaze served with mashed potatoes & root vegetables.

23



BURGERS

All burgers are topped with fresh lettuce, tomatoes, red onion & dill pickle on a kaiser bun with honey mustard mayo and includes your choice of fries or green salad or caesar salad or coleslaw. Substitute a side of fruit, Greek salad, yam fries or chowder. 2

Lean Sirloin - 6oz handmade patty chargrilled well done. 13

Chicken - Grilled BC chicken breast, regular or Cajun spiced. 13

Halibut - Local 5oz. halibut grilled & served with tartar sauce. 18

Grilled 5oz. Wild Sockeye Salmon - With tartar sauce. 16

Panko Breaded Fanny Bay Oysters - With tartar sauce. 14

BBQ Crispy Chicken - Crispy chicken tenders, BBQ sauce, Swiss cheese & honey mustard on a hoagie bun. 13
Cobra Style - Red hot & blue cheese. Spicy! 15

Veggie Burger - Garden vegetable patty dressed with Swiss cheese, mushrooms & Mayo. 13

BURGER EXTRAS

Add your favourite toppings 2

Canuck

Bacon & cheddar

B.M.C.

Bacon, mushroom & cheddar

Cheddar & Swiss Cheese

Black & Blue

Blue cheese & Cajun spices

Swiss Mushroom

Emmental & sautéed mushrooms

HELPING YOU TO RELAX Since
1911

Please alert your server of any allergies. Gluten Free options available.