

SALADS

Knockan Caesar

Chicken or Prawns sauteed with green & red bell peppers and zucchini in BBQ sauce, white wine and a touch of spice. Served warm over a chilled caesar salad. 13.00

Fresh Market Salad

Apple, goat cheese, maple glazed walnuts, currants & croutons over spring greens tossed with our apple cider vinaigrette. 14.00 1/2 order 10.00

Cajun Taco Salad - Chicken or Halibut

Over mixed greens tossed in a tequila orange vinaigrette, topped with a couple of jalapenos, red onion, house made salsa, sour cream and tortilla chips. 13.00

Steak Salad

Roasted garlic, sauteed button mushrooms and spring greens tossed with an apple maple vinaigrette. Topped with crumbled blue cheese & maple glazed walnuts. 16.00

Caesar Salad full 9.00 half 4.00

Tossed Salad full 9.00 half 4.00

Add Chicken or Chilled Shrimp 4.00

Add Salmon, Halibut or Prawns 5.00

PASTA

Rich Tomato

Spicy, red wine tomato sauce with sauteed garlic & mushrooms and blackened onions tossed with linguine noodles. 11.00
add spicy beef 4.00 Baked with cheddar & mozzarella 3.00

Roasted Garlic Alfredo

Served over linguine. 11.00 add Chicken 4.00 add Grilled Prawns 5.00

Mediterranean Linguine

Tomato, black olives, garlic, fresh parsley & herbs tossed in olive oil and topped with fresh grated parmesan cheese 11.00 add Chicken 4.00 add Grilled Prawns 5.00

Grilled Steak Pasta

Tender, AAA Flat Iron steak with sauteed mushrooms in a peppercorn cream sauce over linguine noodles. 15.00

Pescatore

Salmon, jumbo prawns and shrimp in a tomato cream sauce over linguine noodles. 18.00