



## STARTERS

### Riblets

Succulent pork ribs with lemon pepper seasoning and tzatziki dip 14

### Prawns

Chipotle cream sauce with red peppers, red onion and fresh cilantro

or

Garlic butter and fresh basil with focaccia

or

Peanut satay and fresh cilantro

14

### Spanakopita

Spinach, artichoke and feta filo roll-ups, served with tzatziki 14

### Nest Flatbread

Mozza, parmesan and feta cheese, with pesto, sundried tomato, roasted garlic and balsamic reduction 12

### Quesadilla

Chicken, red peppers and cheddar, served with salsa and sour cream 12

### Yam Fries

With two aioli, pesto and chipotle 9

### Crispy Halibut Taco

Flour tortilla, purple cabbage slaw, spinach and fresh cilantro with tartar sauce 13

### Chicken Wings

Hot, lemon pepper, jazzed BBQ, sweet chili, peanut satay, salt n' pepper or honey garlic 14

## SALAD

### Mediterranean Spinach Salad

Fresh spinach and red peppers in balsamic vinaigrette, topped with candied pecans and goat cheese 12 (side 7)

### Caesar Salad

Crisp romaine and kale, tossed with croutons and fresh parmesan 12 (side 7)

### Garden Salad

Mixed greens, fresh vegetables and balsamic vinaigrette 12 (side 7)

**Add chicken, prawns or salmon**

## MAINS

Served with rosemary potatoes and fresh vegetables

### 8oz AAA New York Striploin

Montreal seasoned, flame grilled 26  
With sautéed garlic prawns 30

### BBQ Ribs

Fall off the bone and basted with our special house BBQ sauce 24

### BBQ Combo

1/2 rack ribs, 1/2 lb chicken wings 23

### Salmon

Pan-seared wild sockeye filet with caper dill cream sauce 22

## PASTA

### Chicken or Veggie Parmesan

Crispy panko, marinara and parmesan crusted, served with penne alfredo and fresh vegetables 20

### Chicken Chorizo Penne

Chicken, chorizo sausage, red onion and mushrooms in a chipotle cream sauce 19

### Beef Marinara Linguini

Seasoned ground beef tossed with classic marinara sauce 17

### Pesto Prawn Linguini

Creamy pesto sauce, red peppers and onions 20

### Madras Penne

Fresh vegetables in spicy tomato curry sauce, topped with tzatziki 17

## BURGERS

Served with salad or fries

Yam fries, cheddar, bacon or mushrooms \$2

### The Nest Burger

Beef and a hint of chorizo with red onion, tomato, spinach and burger sauce 14

### Mediterranean Chicken

Grilled chicken breast, red peppers, feta cheese and spinach with pesto mayonnaise 16

### Cajun Chicken Burger

Seasoned breast with provolone cheese, chipotle mayo, spinach and red onion. 16

### Wild Salmon Burger

Pan-seared sockeye filet with red onion, spinach and tzatziki sauce 17

### The Nest Veggie

Black bean, roasted corn, red pepper, mozza and garlic patty 15



## PIZZA

All pizza crusts are handmade and baked in house.  
Gluten-free crust \$3

Small 16 Medium 20 Large 24

### The Nest

Seasoned ground beef, fresh tomato, roasted garlic, red onion, mushrooms and goat cheese

### Meat-za

Capicola, pepperoni, ham, chorizo and bacon

### The Inferno

Madras curry tomato sauce, chicken, onion and fresh cilantro

### The Garibaldi

Pesto sauce, sundried tomato, black olive, artichoke and feta cheese

### Joe's Special

Ham, pineapple, mushroom and green pepper

### Pesto Mushroom

Pesto sauce, mushrooms, spinach and red pepper

### The Godfather

Capicola, banana peppers, roasted garlic and parmesan cheese

### BBQ Chicken

Jazzed BBQ sauce, chicken, red pepper, red onion and provolone cheese

### Veggie

Spinach, mushroom, red onion, red pepper and tomato

### Chicken Peanut Satay

Spicy peanut sauce, chicken, red peppers and fresh cilantro

### Hawaiian

Ham and pineapple

### Margherita

Fresh basil, fresh tomato and provolone cheese

## BUILD YOUR OWN

Choose a crust and sauce, then add your favorite toppings!  
Sauce – Tomato, BBQ, madras curry, pesto, creamy alfredo, peanut satay

Dipping Sauce – Ranch, hot sauce, tzatziki, bleu cheese, pesto, chipotle \$1

### Just Cheese:

Small 15 Medium 18 Large 21

### Cheese

Cheddar, feta, goat, provolone, parmesan

### Meat

Ham, pepperoni, chorizo, chicken, capicola, bacon, ground beef

Small 1.5 Medium 2 Large 2.5

### Veggies

Tomato, mushroom, red pepper, roasted garlic, spinach, onion, sundried tomato, green pepper, banana peppers, pineapple, artichoke, jalepenos, capers, black/green olives

Small 1 Medium 1.5 Large 2

## KIDS MENU (7)

Kids cheese pizza

Chicken strips & fries

Penne - Cheese sauce, marinara or butter & parmesan

Cheese quesadilla with cucs and tomato

Fresh veggie plate with ranch

Kids Caesar salad

## DESSERT

New York Cheesecake

Chocolate Cake a la Mode  
(GF)

Creme Brulee  
8

Chocolate Pecan Sundae