

BREAKFAST

Breakfast Special

Choice of bacon, sausage or ham, with 2 eggs any style, hash browns and toast. ... \$6.95

Eagle

2 pieces of bacon, sausages, hash browns with 2 eggs any style and 2 pancakes or toast. ... \$6.95

Par

Bacon, sausage or ham with 1 egg any style with hash browns and toast. ... \$5.95

Healthy

1 poached egg, 1 slice of dry brown toast, fresh fruit and cottage cheese. ... \$5.95

Ham & Egg English Muffin

A toasted English muffin with a fried egg, cheddar cheese and smoked ham with hash browns. ... \$5.95

Pancakes

3 pancakes served with bacon or sausage. ... \$5.95

Eggs Benedict

Two poached eggs, smoked ham on top an English muffin smothered in Hollandaise sauce with hash browns. ... \$8.95

French Toast

Our French bread dipped in our own mix of egg, vanilla and freshly grated cinnamon will leave you wanting more. Grilled to golden brown and topped with warm syrup. \$5.95

THALASSA RESTAURANT

OMELETTES

Thalassa Greek Breakfast

Sautéed tomatoes & zucchini scrambled with 2 eggs and cooked to perfection. Served with home style potatoes and topped with Feta Cheese & oregano. ... \$7.95

Ham & Cheese

3 eggs, smoked ham and cheddar cheese served with home-style hash browns and toast. ... \$7.95

Vegetarian

3 eggs, onions, tomatoes, mushrooms and peppers cheddar cheese served with home-style hash browns and toast. ... \$7.95

Side orders

Scone or Muffin	\$1.75
Toast	\$1.50
Fresh Fruit Cocktail	\$3.50
Ham, Bacon or Sausage.....	\$2.50
Home-style hash browns ...	\$2.25

Watch for our "Just like home" Sunday Brunch on all long weekends and special Holidays Where at THALASSA, we are your dining room away from home ...

Oura. Kalli. Kvmon & Petros

LUNCH

From our Grill and Oven

Beef Dip

Freshly roasted beef sliced to perfection and served on a grilled bun with sautéed onions and au jus for dipping. ... \$ 9.95

Grilled Ham & Cheese

A classic not to be reckoned with, smoked ham and cheddar cheese, grilled on your choice of fresh bread. ... \$ 8.95

Triple Decker Clubhouse

Sliced turkey and grilled bacon served with crisp lettuce and tomatoes on your choice of fresh bread. ... \$9.95

Veggie Sandwich

Fresh seasonal veggies and cheese on a croissant or focaccia bread with a zesty mayo. ... \$8.95

Rueben Platter

Served open face, grilled corn beef with sauerkraut and melted Swiss cheese on our own Rye bread. ... \$ 9.95

Clubhouse Wrap

All of the traditional Clubhouse fixings, just rolled up in one. ... \$9.95

BLCT

Another Classic, served on your choice of bread with cheddar cheese for a "hole in one" taste. ... \$8.95

Hot Corn Beef

Grilled Rye bread with a light garlic kick with warm corn beef and Dijon mustard. ... \$ 8.95

THALASSA Special

Fresh baby shrimp and local crab mixed in a roast garlic mayo on top a warm croissant with crisp lettuce and tomato. ... \$9.95

Home Made Beef Burger

Our own home-made beef burgers with lettuce, tomato, red onions, our own homemade hamburger sauce and a pickle. ... \$7.95

Chicken Burger

A perfectly grilled chicken breast served with lettuce tomato, red onions, our own homemade sauce and a pickle. ... \$7.95

Chicken or Gyro Souvlaki Wrap

Grilled marinated chicken or our own special mix of beef gyro, with homemade tzatziki sauce, diced tomatoes and onions rolled in pita bread. ... \$9.95

6 oz New York Steak Sandwich

Grilled to your request, a tender New York Steak Sandwich with sautéed mushrooms and home made garlic bread. ... \$10.95

All of the above include soup of the day, wild baby green or home cut fries. Caesar Salad or Greek Salad can be added for \$1.50 each. Add cheddar or Swiss cheese, sautéed mushrooms or crisp bacon to any of the above for \$1.00 each.

PASTA

Spaghettini

With your choice of our own homemade meat sauce or tomato sauce. Steamed \$7.95 Baked \$8.95

Baked Lasagna

Our own meat sauce or tomato sauce simmered amongst perfectly cooked noodles and baked with mozzarella cheese. ... \$8.95

Fettuccini Alfredo

Julienne strips of ham and red bell peppers sautéed in a creamy garlic Alfredo sauce with freshly grated parmesan cheese. ... \$10.95

All of the above served with our own home made garlic bread and Caesar Salad.

"ΘΑΛΑΣΣΑ" meaning ...
Ocean or Sea

All menu items subject to applicable taxes ~~~ Prices subject to change without notice

Call us for Reservations or Catering ... 250-594-1150

DINNER

Beef or Chicken Souvlaki Dinner

Marinated Beef or Chicken served on a bed of rice with oven roasted baby potatoes and Greek Salad. ... \$14.95

Moussaka Dinner

Grilled zucchini, eggplant and potatoes layered and then topped with lean beef and baked to perfection with a béchamel sauce. Served with Greek Salad, rice and oven roasted baby potatoes. ... \$14.95

Roast Lamb Dinner

New Zealand Lamb marinated and cooked to perfection served with rice, oven roasted baby potatoes and Greek Salad. ... \$15.95

Chicken Cordon Bleu

Chicken breast stuffed with Swiss cheese & ham and coated in our breading and topped with a mushroom wine sauce. ... \$14.95

Chicken or Veal Parmesan

Breaded and pan fried chicken or veal then baked in the oven with tomato sauce Swiss cheese and diced tomatoes. Topped with freshly grated parmesan cheese. ... \$14.95

Alberta New York Steak

100% Albertan Angus Beef served with sautéed mushrooms.

8oz ... \$14.95

10oz ... \$16.95

Add grilled prawns ... \$5.95

BBQ Spareribs

A full rack of ribs basted in a delicious BBQ sauce. ... \$17.95

Veal Cutlets

Tender veal breaded and pan fried and topped with sautéed onions and gravy served with mashed potatoes. ... \$11.95

Liver and Onions

Served with bacon and mashed potatoes. ... \$11.95

THALASSA RESTAURANT SEAFOOD

Halibut Steak

Fresh local halibut cooked to perfection in our oven with fresh herbs. ... \$ 17.95

Filet of Salmon

Wild salmon poached and then glazed with a lemon cream cheese sauce. ... \$ 15.95

Halibut Fish & Chip

Served with coleslaw, tartar sauce and home cut fries.

2 piece ... \$15.95

1 piece ... \$11.95

Tiger Prawn Dinner

Succulent prawns cooked in garlic, white wine and butter. ... \$ 17.95

..... Where all our seafood is fresh from the **THALASSA**

*All of the above entrees include your choice of baked potato or rice and steamed veggies with home made garlic bread.
Double stuffed potato add \$2.95*

PASTA

Fettuccini a la Thalassa

Mussels, swimming scallops, clams and prawns in a white wine cream sauce with zesty tomatoes. ... \$ 15.95

Baked Lasagna or Spaghetti

Select your choice of pasta and then add it to our delicious meat sauce and baked to golden brown in our oven. ... \$ 10.95

Chicken and Snow Peas

A juicy chicken breast and snow peas in a creamy wine sauce on a bed of fettuccini. ... \$12.95

New Orleans

Sausage, chicken and prawns in a garlic cream or zesty tomato sauce served on fettuccini noodles. ... \$ 14.95

Fettuccini or Tortellini Alfredo

Our own garlic cream Alfredo sauce with freshly grated parmesan cheese. ... \$10.95

Add on to our pasta ...

Grilled Chicken ...\$ 3.95

6 prawns ...\$ 5.95

Grilled Seasonal Vegetables ...\$ 3.95

All of the above pastas come with Caesar salad and home made garlic bread.

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APPETIZERS

Kalamari

Cooked to a golden brown and served with home made tzatziki sauce....
For 1 ... \$7.95 For 2 ... \$9.95

Chicken Fingers

Served with celery and carrot sticks with your choice of dipping sauce. ...\$8.95

Pan Fried Oysters

Local Oysters, pan fried to golden brown and served with our own cocktail sauce. ... \$8.95

Dry Garlic Ribs

Boneless dry ribs, tossed in garlic salt with honey garlic sauce. ... \$8.95.

Chicken Wings

Served with celery and carrot sticks, pick one of our great flavors (Hot, Honey Garlic, Teriyaki or Thalassa). ... \$9.95

Thalassa Dip Trio

When you can't decide, try our trio of Greek Classics, Homus, Tzatziki and Hepeti with pita bread. ... \$8.95

Saganaki

Another Greek Classic, pan fried cheese served hot and drizzled with lemon juice. ... \$9.95

Escargots

Fresh garlic butter and home made garlic butter bring out the classic favorite of this delicious starter. ... \$6.95

Spanakopita

Freshly chopped spinach and our own selection of herbs make this Greek classic one to desire. Served with tzatziki sauce. ... \$7.95

Mushroom Caps

Stuffed with crab and baked with our perfect blend of cheese and home made garlic bread will leave you breathless. ... \$9.95

Thalassa Mix

A seafood medley of scallops, clams and mussels in a light tomato broth, with fresh garlic and home made garlic bread will leave nothing behind. ... \$10.95

Chicken Satay with Peanut Sauce

Marinated chicken breast grilled to perfection and served with our own home made peanut sauce. ... \$9.95

Spinach and Artichoke Dip

A warm dip with fresh garlic and cream cheese mixed with spinach and artichokes and baked to perfection. Served with tortilla chips. \$8.95

Zucchini Sticks

Served with home made tzatziki sauce ... \$6.95

SOUP & SALADS

The Classic Caesar Salad

For 1 \$6.95 For 2 ... \$8.95
Add Grilled Chicken/prawns ...\$3.95

Thalassa Greek Salad

For 1 \$6.95 For 2 ... \$8.95
Add Grilled Chicken/prawns ...\$3.95

Chicken or Beef Tex Mex Salad

Grilled chicken or beef on top of a crisp bed of lettuce, tomatoes, onions and cheddar cheese in our own home made shell ... \$8.95

Spinach Salad

Toasted almonds, warm bacon and sliced mushrooms served with a raspberry dressing
Salad \$7.95
Add Grilled Chicken/prawns ...\$3.95



Thalassa Seafood Chowder

Salmon, clams, shrimp and crab in a creamy white broth reminiscent on the Cretan seaside. ... \$4.95

Soup of the Day

... \$3.95

Baked French Onion

... \$4.95

LIQUOR MENU

From the Vineyard

By the Bottle

White Wine

Retsina – Tsantali - GR (1)	\$ 23.95
Makedonikos – GR (0)	\$ 22.95
Barefoot – Chardonnay – BC (1)	\$ 21.95
Painted Turtle – SauvBlanc – BC (1)	\$ 21.95
Corbrtt Canyon - Zinfandel – USA (2)	\$ 19.95
Gray Monk L50 – Chardonnay BC (1)..	\$ 26.95
Jackson Triggs – Pinot Grigio – BC (0)	\$ 22.95

Red Wine

Makedonikos – GR (0)	\$ 23.95
Grey Fox – CabSauv – USA (0)	\$ 18.99
Chianti - Ruffino – ITALY (0)	\$ 37.95
Painted Turtle – Shiraz – BC (1)	\$ 21.95
Fish Eye – Shiraz – USA (1)	\$ 19.95
Gray Monk L50 - BC	\$26.95
Jackson Triggs – Shriaz – BC (0)	\$ 22.95

Our House Wines

Local Wine

Naked Grape

Pinot Grigio, Chardonnay or Merlot

Glass	\$ 4.95
½ Liter	\$12.95
Liter	\$22.95

Import Wine

Lindeman's Bin 45 – Cabernet Sauvignon

Lindeman's Bin 85 – Chardonnay

Glass	\$ 5.95
½ Liter	\$15.95
Liter	\$25.95

From the Brewery

Draft Beer – Islander

Jug	\$13.95
12 oz glass	\$ 2.50
16 oz sleeve	\$ 3.50
20 oz mug	\$ 4.50

Draft Beer – Pipers, Herman's, Vitoria Pilsner

Jug	\$14.95
12 oz glass	\$ 2.95
16 oz sleeve	\$ 3.95
20 oz mug	\$ 4.95

Bottled Selection

Bottles of Beer - Domestic	\$ 4.75
Bottles of Beer – Import	\$ 5.75
Ciders	\$ 4.95
Coolers (Barcardi Breezers)	\$ 5.75

From the Distillery

High Balls	\$ 4.75
Cocktails	\$ 5.25
Bellini's & Caesars to just name a few.	

Martini's (always 2 ounces)	\$ 7.25
Coffee Drinks	\$ 5.75

Premium beverages & Liqueurs ... \$5.50

Crown Royal, Ouzo, Tanquery, Bailey's just to
name a few.

Select beverages & Liqueurs\$6.95

Chivas Regal, Glenlivet, Grey Goose just to
name a few.

THALASSA RESTAURANT

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Lounge Specials

Monday: Hail Caesar \$4.50

Tuesday: Bottles of Bud \$4.00

**Wednesday: Islander Jugs of Draft
\$12.95**

Thursday: Highballs \$4.00

THALASSA RESTAURANT

**Friday: Buckets of 5 Corona
\$23.95**

**Saturday: Martini's
"Crantini, Thalassa, Cosmo"
\$ 5.50**

**Sunday: Special Coffees \$4.95
Thalassa or Bailey's**