

## Appetizers

Soup du Jour	16.00
Chicken Consommé with Vegetable Julienne	17.50
Lobster Bisque with Spinach Lobster Ravioli	22.50
Pan-Seared Tiger Prawns with Garlic and Basil Roasted Beet Salad with Baby Greens and White Balsamic Vinaigrette	23.00
Warm Grilled Vegetable Tart smoked Brome Lake Duck Breast, Taleggio Cheese in a Light Crust served with Mixed Greens and Balsamic Vinaigrette	19.50

## Salads

Special Salad Creation of the Day	23.50
Classic Caesar Salad Romaine Lettuce on a creamy Caesar Dressing	17.00
Ahi Niçoise Salad seared Ahi Tuna (rare), Green Beans, Tomatoes, Olives, hard boiled Eggs and Potatoes in Olive Oil and Balsamic Vinaigrette	23.50
Duck Confit with warm Green Bean Salad, Pine Nuts and Feta Dressing	24.00

## Home-made Burgers with choice of Home-made Fries or Salad

Grilled Post Burger Mushrooms and Swiss Gruyère Cheese	20.50
Pita Lamb Burger Lamb Patty in Pita Pocket with Feta Cheese and Tzatziki Sauce	21.00
Quinoa Veggie Burger with Sun-Dried Tomato-Arugula-Sour Cream Sauce	20.50

## Main Dishes

Pasta of the Day 24.00

### Traditional Eggs Benedict

Poached Eggs served on toasted English Muffin, Canadian Back Bacon,  
Hollandaise Sauce and Home-made French Fries 21.00

Smoked Salmon Eggs Benedict 22.00

### Croque Monsieur

Pain de Mie, Prosciutto Cotto, Gruyère Cheese, Béchamel Sauce  
served with House Salad 24.00

### Post Club Sandwich

toasted Sourdough Bread, grilled Chicken, Bacon, Avocado,  
Black Bean Mayonnaise and served with Home-made French Fries 24.00

### Calzone

grilled Chicken Breast, Feta Cheese, Spinach, Tomato and Mozzarella  
baked in Pizza Dough, served with Caesar Salad 24.00

### Mushroom-Spinach Crêpe

accompanied with Mixed Greens 23.50

### Sautéed Pacific Deep-Sea Scallops

served on Leek-Parmesan Risotto 25.00

### Grilled Chicken Breast marinated in Miso

with Fried Rice and Sake, Beurre Blanc 25.00

### Veal Bratwurst

with Onion Sauce, Seasonal Vegetables and Rösti Potato 25.00

### Grilled Fillet of Wild BC King Salmon

Creamy Fish Sauce with Morels,  
Black Lentils and diced Vegetables 37.00

### Alberta Range-Fed "Heritage Angus" Beef Tenderloin

Red Wine Sauce and Café de Paris Butter,  
served with Fresh Herb Gnocchi, Seasonal Vegetables 42.00