

Welcome to

# Salmon n' Bannock Bistro

www.salmonandbannock.net

## BANNOCK

- Bannock (ban-ik - unleavened bread - baked in house) 2.5
- Gluten Free Bannock 3.50
- Side Berry Jam 0.5
- Side Cedar Jelly 1

## APPETIZERS - SALADS - SOUPS

- House Cured Salmon (wild sockeye) - *crème fraiche, bannock crackers* 14
- Mushrooms on Toasted Bannock - *bison gravy and brie* 12
- Game Sausage, sage-blueberry preserve (1 link) 10
- Boar Meatballs (2 pieces) - *served with peppercorn bison demi-glace* 10
- BBQ Salmon Mousse - *served with bannock crackers* 8
- Candied Salmon - *candied and smoked wild chum salmon, maple drizzle* 8
- Salmon Sampler (charged per portion): *Wild salmon prepared 3 different ways, bannock crackers* 10
- Game Sampler (charged per portion): *A selection of 3 different types of game* 12  
*served with berry preserve, cedar jelly, smoked cheese and bannock crackers*

## Salads - Daily vinaigrette

- Organic Mixed Greens - *garden salad*
- Warm Roasted Sunchoke Salad, Sunflower Vinaigrette

### Add on for salads

- Wild Sockeye Fillet (6oz) - 12 / In-House Cured Salmon (4oz) - 10 / Game Sausage (1) - 10 / Candied Salmon - 8 / Goat cheese or Brie - 3

Small

9

11.5

Large

13

15.5

## Soups - House made stock, non dairy, gluten free - Large soups are served with bannock

- |  | Small (12oz) | Large (18oz) |
|--|--------------|--------------|
| • Fish soup of the day   | 10           | 14           |
| • Game soup of the day   | 11           | 15           |
| • Vegetarian House made Chili (vegan) - <i>add cheese +1 / add sour cream +1</i> | 8            | 12           |

## MAINS

*Served with bannock, daily vegetables and potatoes - Substitute daily potatoes for Ojibway wild rice pilaf +4, gluten free bannock +2*

***Add a side organic green salad or soup and dessert to any main for only \$10***

- |  |              |
|--|--------------|
| • Feature Game Sausages (2 links)  | 26           |
| • Birch Glazed Wild Sockeye Salmon (6oz/168gr)                                   | 27           |
| • Braised Free Range Bison Back Ribs (2 bones) - <i>Home made barbecue sauce</i> | 35           |
| • Daily Feature - Game or Fish of the day  | MARKET PRICE |
| • Boar Meatballs au jus  | 24           |

## FLATBREAD - *gluten free +2*

- Medicine Wheel Bannock Flatbread - *Roasted Peppers, Sautéed Mushrooms, Spaghetti Squash, Parsnips on Sunflower and Fresh Herb Pesto* 19  
Add Boar Bacon +2.50

## BANNOCK BURGERS - *gluten free bannock +2*

Burgers are served with your choice of organic mixed greens or baked sweet potato wedges

Substitute salad or wedges for a side soup +4 / Half salad, half sweet potato wedges +2

- Salmon n' Bannock Burger - *Sage smoked wild sockeye fillet, house made pickles, lemon-garlic mayo, kale* 17
- Game Burger - Free Range Bison or Elk: *Dijon mayo, organic mixed greens, tomato, cheddar cheese, house made pickles* 18  
Add Boar Bacon +2.50 / Mushrooms +2 / Substitute regular cheddar for double smoked cheddar, goat cheese or brie

## BANNOCK TACOS - *gluten free bannock +2*

- House made chili on bannock with shredded organic greens, diced tomatoes, red onions, cheese, side sour cream  
Vegetarian - 14 / Bison - 16 / Elk - 16 / Game sausage - 17

## SIDES

- Daily Vegetables - 5 / Daily Potatoes - 6 / Sweet Potato Wedges - 8 / Ojibway Wild Rice Pilaf - 10

## DESSERTS - Daily selection of home baked treats

7.5