

FIRE GRILLED STEAK

Blue Rare 130° · Rare 140° · Medium Rare 145° · Medium 160° · Medium Well 170° · Well Done 185°

STEAK TOPPERS

BC Mushrooms Sautéed in Garlic - 3 Succulent Pan-Fried Black Tiger Prawns - 6 Peppercorn Sauce - 3

THE NEW YORK

Our famous 10oz AAA New York steak done as you like it!
Served with baked potato, seasonal veggies and
your choice of soup or salad - 42

RIB EYE

12oz and boneless, topped with caramelized onions.
Served with baked potato, seasonal veggies
and your choice of soup or salad - 52

PUB FAVOURITES

Substitute Seasoned Wedge-Cut Fries, Onion Rings, Yam Fries or Caesar Salad - 3

MEATLOAF DINNER

½ pound of our perfectly seasoned ground beef and
pork meatloaf, topped with sweet caramelized onions and
drizzled with our own fresh herb and garlic sauce. Served
with baked potato, fresh seasonal veggies and salad - 30

STUFFED WILD SALMON FILLET

A 5-6oz wild salmon fillet with our own shrimp, real crab
and cheese blend topped with white wine sauce.
Served with salad, rice and fresh seasonal veggies - 33

SETTLER SCHNITZEL

A lightly seasoned and breaded pork cutlet
topped with sautéed BC mushrooms,
mozza cheese and homestyle gravy - 30
Add Peppercorn Sauce - 3

OLD SETTLER'S FAMOUS BBQ RIBS

A one-pound rack of tender baby back ribs
slow-roasted in Settler BBQ sauce. Served with
baked potato, fresh seasonal veggies and salad - 32

SPICY CHICKEN & BACON PENNE PASTA

Grilled 6oz chicken in a spicy cream sauce with bacon,
grape tomatoes, spinach, parmesan cheese and fresh herbs.
Served with salad and garlic focaccia - 31

CAJUN CHICKEN POWER BOWL

A chargrilled 6oz Cajun chicken breast, roasted butternut
squash, cauliflower, chick peas, crisp romaine lettuce,
avocado, pineapple and mango on top of jasmine rice
with sweet mayo and macadamia nuts - 25

SETTLER LITTLES

YOUR CHOICE \$14

(for kids 10 & under)
All kids plates served with your choice of
veggies & ranch dressing or fries

GRILLED CHEESE SANDWICH

3 cheeses! Parmesan, mozza and cheddar

KID'S BURGER

Basic burger with ketchup & mayo

PENNE PASTA

Penne noodles tossed with butter & parmesan cheese

DESSERTS

APPLE CRISP

A family recipe topped with caramel sauce
and a scoop of vanilla ice cream - 9

CARAMEL BROWNIE

A 'Cabin Fever Bakery' special...with ice cream! - 11

THE SETTLER PUB

DINNER

THESETTLERPUB.COM

APPETIZERS

Additional Dips, Sauces & Dressings - 2 each
Make it a Meal!
Add a Cup of our Tasty Soup or a Fresh Tossed Salad - 4

WINGS

One pound of wings slathered with your choice of
Hot, BBQ, Honey Garlic, Teriyaki, Montreal Spice,
Caribbean Jerk or Sweet & Spicy Jakarta sauce - 20

BRUSCHETTA

Our own pesto brushed flatbread topped
with tangy Settler tomato and herb bruschetta,
parmesan cheese and broiled to a golden brown - 17

SEAFOOD STUFFED MUSHROOM CAPS

Our shrimp and real crab seafood blend over
plump mushroom caps and baked with cheese.
Served with garlic toast - 18

CALAMARI

Lightly dusted tender calamari,
red onion and tzatziki for dipping - 20

QUESADILLA

Grilled seasoned BC chicken breast or Canadian NY steak
with melted cheese, ripe tomato, onions and sweet peppers.
Served with salsa and sour cream - 21

Add Guacamole - 3

NEW! PROTEIN PLATE

A tender fire-grilled 6oz BC chicken breast with
6 succulent pan-fried black tiger prawns
and sliced avocado - 21

CHICKEN TENDERS & FRIES

Crispy breaded BC chicken tenders with your choice
of plum or honey mustard sauce - 20

APPY PLATTER

A medley of selected Settler appetizers featuring
Hot Wings, Zucchini Sticks, Potato Wedges,
Onion Rings, Spring Rolls, Carrots, Celery and
Broccoli with plum and ranch sauces for dipping - 24

FRENCH ONION SOUP

The Settler's own recipe served with
grilled focaccia garlic bread - 14

HUMMUS AND FLATBREAD

A quick dip - Topped with parsley and
accompanied with Kalamata olives - 12

SETTLER NACHOS

Fully loaded with diced tomatoes, black olives, green onions,
jalapeños, banana peppers and our 3-cheese blend on
crisp tortilla chips. Served with salsa and sour cream - 22

Add Taco Beef or Grilled BC Chicken - 6

Add 4oz Guacamole - 5

Add 4oz Extra Nacho Cheese - 3

ENTRÉE SALADS

Dressings: Blue Cheese, Ranch,
1000 Island or Mango Vinaigrette

BLACK 'N BLUE STEAK SALAD

6oz Cajun New York steak on baby greens with
chopped tomatoes, roasted red pepper, red onion,
cucumbers, caramelized pecans and crumbled
blue cheese, then finished with a honey dijon vinaigrette.
Served with grilled garlic focaccia bread - 27

SETTLER CHICKEN SALAD

A chargrilled 6oz chicken breast on top of
baby greens, avocado, tomato, blueberries and
feta cheese with our own citrus mango vinaigrette.
Served with grilled garlic focaccia bread - 24

CLASSIC CAESAR

Crisp romaine, homestyle croutons,
garlic Caesar dressing and parmesan cheese
with grilled garlic focaccia bread.
Full Order - 18 | Half Order - 14

Add a Fire-Grilled 6oz BC Chicken Breast or
Sautéed Black Tiger Prawns - 6

TACO SALAD

Mexi-spiced Canadian ground beef or a
grilled 6oz BC chicken breast on seasonal
market-fresh greens with cheese, olives,
jalapeños, banana peppers, green onions and
ripe tomatoes with sour cream and salsa.
Served with homemade tortilla strips - 24

Add Guacamole - 3

WEST COAST GREENS

A grilled 4oz wild salmon fillet on top of
baby greens, roasted red peppers, dried figs,
artichoke hearts and feta cheese with
toasted sesame soy dressing. Served with
grilled garlic focaccia bread - 25

SETTLER BOWLS

THAI COCONUT CURRY RICE BOWL

Seasonal veggies delicately cooked and blended with
our own mildly spicy creamy coconut curry sauce, tossed
together and served on a piping hot bowl of rice - 23

Add Chicken or Prawns - 6

MONGOLIAN NOODLE BOWL

Tender NY steak strips, seasonal veggies tossed in
sesame seed oil, fresh garlic, ginger and our own spicy hoisin
sauce. Served on top of steaming chow mein noodles - 29

BURGERS

All of our burgers are served with crisp lettuce,
sweet red onion, ripe tomato, pickle and mayo
with your choice of fries or soup or salad.

Substitute Seasoned Wedge-Cut Fries,
Onion Rings, Yam Fries or Caesar Salad - 3

DARE TO DOUBLE!

Double the Patty, Double the Toppings for an Additional - 6

THE LOADED BURGER

Our best seller! All-Canadian beef patty with melted
cheddar cheese, crisp bacon and sautéed mushrooms piled
high with our own tangy Settler hamburger sauce - 24

BLACKENED CAJUN CHICKEN BURGER

A fire-grilled 6oz Cajun spiced BC chicken breast
topped with cool, creamy ranch dressing - 25

SPICY BLUE CHEESE BURGER

A 5oz all-Canadian beef patty dressed with our Settler
mild spicy jalapeño blue cheese sauce - 24

SETTLER LAMB BURGER

A homemade chargrilled 6oz lamb patty topped with
cheddar cheese, tomato, crisp arugula, mint mayo
and our own Settler burger sauce - 24

GARDEN BURGER

Garden vegetable patty made with brown rice and soya protein
with our own tangy Settler hamburger sauce - 23

Add Cheese - 2 Add Mushrooms - 2 Add Avocado - 3

FLATBREADS

MEDITERRANEAN

Grilled zucchini, roasted red pepper, artichoke hearts,
sun-dried tomato pesto, garlic and feta cheese
on top of our own tomato sauce - 18

PESTO CHICKEN

Grilled chicken, pesto, caramelized onions,
fresh grape tomatoes and feta cheese topped
with arugula and a tangy balsamic glaze - 19

THE ITALIAN

Capicollo, chorizo sausage and mushrooms
with a blend of mozza and Edam cheeses
on top of our own tomato sauce - 19

CHEESE

Back to basics -
Mozza cheese and house tomato sauce - 15

SETTLER FISH & CHIPS

Two pieces of wild Pacific cod served with crisp golden fries,
creamy tartar sauce and lemon wedges - 29

SANDWICHES

Served with fries or soup or salad.

Substitute Seasoned Wedge-Cut Fries,
Onion Rings, Yam Fries or Caesar Salad - 3

MEATLOAF SANDWICH

A perfect blend of ground beef and pork atop a
soft ciabatta bun with garlic aioli, sweet caramelized onions
and topped with crisp arugula - 22

REUBEN SANDWICH

Thinly sliced corned beef piled high, topped with
sauerkraut, mozzarella cheese and mustard
served on grilled rye bread - 22

BEEF DIP

Thin tender slices of slow-roasted Canadian beef
on an oven-baked ciabatta bun with horseradish mayo
and served with homemade au jus and fries - 22

PULLED PORK

Slow-roasted tender pork seasoned to perfection
with our own homemade coleslaw topped with spicy
chipotle mayo on a grilled ciabatta bun - 21

MEDITERRANEAN CHICKEN

A tender fire-grilled 6oz BC chicken breast
with sweet roasted red pepper and melted feta cheese.
Served on a fresh ciabatta bun with grilled zucchini
and our own pesto mayo sauce - 23

PUB CLUB

Served on two toasted country slices of bread
with a fire-grilled 6oz BC chicken breast, bacon,
crisp lettuce, ripe tomato and mayo - 24

Add Cheese - 2

PHILLY MELT

Slow-roasted Canadian beef with our own
Settler Philly sauce on grilled parmesan sourdough
with melted jack cheese, onions and peppers - 22

Ask your server for the Gluten Free Menu.