

springmgrill

Breakfast

- SERVED ALL DAY -

SPRINGS START YOGURT PARFAIT 7

Layers of yogurt and berries topped with crunchy granola

AVOCADO TOAST 9 *gf*

Sourdough toast topped with avocado, alfalfa sprouts, chilli oil and signature aioli sauce.

2-PUTT BREAKFAST 14 *gf*

2 Eggs, served with hash browns, choice of toast (white, whole wheat, rye, or sourdough) and choice of meat (bacon, ham, or sausage).

BREAKFAST SANDWICH 12 *gf*

2 Eggs, choice of toast (white, whole wheat, rye or sourdough) and choice of meat (bacon, ham, or sausage).

BREAKFAST BURRITO 13

Scrambled eggs, tomato, green onion, bell peppers, cheese, and choice of bacon, ham or sausage wrapped in whole wheat tortilla served with salsa.

PANCAKES 14

3 pancakes topped with your choice of blueberries, strawberries or bananas. Served with bacon, ham, or sausage and real maple syrup.

LOOKING TO SINK A HOLE-IN-ONE?

There are two par-3 holes on each of our nines. Elbow 4 sees the most hole-in-ones at Elbow Springs. The least achieved hole-in-one is on Springs 5, if you're looking for a challenge!

Our members have sunk over 180 hole-in-ones since 1992

"Golf balls are like eggs. They're white, sold by the dozen, and a week later you have to buy some more."

OMELETTES

Served with hash browns, choice of bacon, ham or sausage and choice of whole wheat, white, rye or sourdough toast.

EGG WHITES ONLY: ADD \$1

LOADED OMELETTE 17 *gf*

Fresh cracked egg omelette loaded with green onions, peppers, tomatoes, mushrooms and cheese.

AVOCADO OMELETTE 17 *gf*

Fresh cracked egg omelette with sautéed tomatoes, fresh avocado and alfalfa sprouts.

HAM & CHEESE OMELETTE 16 *gf*

Fresh cracked egg omelette with ham and cheese.

DID YOU KNOW...

Elbow Springs Golf Club opened with 18 holes in 1992. Our Mountain and Elbow nines opened first, followed by the Springs nine, added in 1996.

Our 27-hole course now spans over 200 acres of pristine land in the Elbow River Valley with 15 spring-fed ponds.

gf: Some of our menu items can be made gluten free. However, our kitchen fryers and grills are used to make meals containing gluten and not all ingredients are listed, please advise your server about severe allergies.

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Starters & Salads

NACHOS TO SHARE **20**
House-made tortilla chips, topped with nacho cheese, green onions, bell peppers, diced tomatoes, jalapenos, and black olives. Served with salsa and sour cream.
ADD CHICKEN 5 | ADD GUACAMOLE 3.5

PARMESAN FRIES **8.5^{gf}**
House-cut potato fries generously seasoned with Parmesan cheese, roasted garlic, salt and pepper. Served with chipotle mayo.

CHICKEN TENDERS **13**
Juicy breaded chicken tenders served with your favourite dipping sauce. ADD FRIES 4

SPINACH & ARTICHOKE DIP **16**
Spinach, artichoke and mushrooms in a creamy dip, served warm with sliced bread and tortilla chips.

CHILI CHICKEN BITES **14**
Breaded chicken pieces tossed in sweet chili sauce. Served with crispy wontons and green onions with sesame seeds.
ADD RICE 4

DRY RIBS **16**
Salt and Pepper pork dry ribs served with our jalapeno aioli.

PAR 4 PLATTER **42**
A platter of our favourites for sharing.
Wings, dry ribs, parmesan fries & spinach dip.

QUESADILLA **15**
Grilled chicken quesadilla with tomatoes, cheese, peppers, and green onions swerved with sour cream and salsa. Served with fries. *Request to add jalapeños.

CAULIFLOWER BITES **12**
Battered Cauliflower pieces tossed in your favourite wing sauce, served with celery and carrots and a side of ranch.

CHICKEN WINGS **16^{gf}**
Basket of wings deep-fried and drenched with your choice of sauce. Served with carrot and celery and a side of ranch.

WING SAUCE CHOICES

Hot | Mild | Teriyaki | Honey Garlic
Sweet Chili | BBQ

SOUTHWEST CHICKEN SALAD **19^{gf}**
A fresh bed of artisan greens mixed with black beans, feta, corn, avocado, dates, crispy tortilla strips and a Cajun chicken breast. Tossed with our house-made peanut lime vinaigrette.

CAESAR SALAD **12**
Crisp Romaine tossed in creamy Caesar dressing, topped with parmesan cheese, bacon bits, and crunchy croutons. Served with cornbread.

GREEN SALAD **14^{gf}**
Fresh mixed greens, topped with crumbled feta, dried cranberries, and sweet and spicy pecans. Served with our in house made poppy seed dressing and cornbread.

STRAWBERRY SALAD **16**
Fresh mixed greens topped with quinoa, fresh strawberries, julienne carrots, sweet and spicy pecans, and avocado.

SALAD ADD ONS 5

CAJUN OR GARLIC CHICKEN
PRAWNS | SALMON | TUNA

Soups

SOUP DU JOUR
SMALL BOWL – 6 LARGE BOWL – 10

SOUP AND SANDWICH **13.50**
Small bowl of our soup du jour and a honey glazed ham sandwich with lettuce, tomato, and cheddar cheese.

CHILI **14**
Our hearty chili served with shredded cheese, diced tomatoes, sour cream, and cornbread.

*1 out of every 10 Canadians play golf
for a total of 6 million golfers
nationwide. This participation rate is
more than double that of the United
States.*

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Sandwiches, Wraps & Burgers

CHOICE OF SIDE:

CAESAR OR HOUSE SALAD | FRIES | SIDE SOUP
ADD BACON \$4 | ADD CHEESE \$1.5
GOUDA, SWISS OR CHEDDAR
ADD GUACAMOLE \$3.50

BUFFALO CHICKEN WRAP 19

Crispy breaded chicken tossed in hot sauce wrapped in a whole wheat tortilla, with crisp bacon, lettuce, tomato, shredded cheese and ranch.

CLUBHOUSE 19 *gf*

Double decker with seasoned chicken breast, applewood smoked bacon, cheddar cheese, lettuce, tomato and mayo. Choose Wrap or Sandwich.

CAJUN CHICKEN SANDWICH 19 *gf*

Cajun chicken breast, cheddar cheese, lettuce, tomato, and chipotle mayo on a soft ciabatta bun.

REUBAN SANDWICH 20 *gf*

Montreal smoked meat and sauerkraut, with melted swiss, and grainy dijon mustard on marble rye bread.

ELBOW RIVER BEEF DIP 17 *gf*

Shaved AAA Alberta Beef. Served on a warm bun. Topped with onions, sautéed mushrooms and horseradish mayo with a side of au jus for dipping.

STEAK SANDWICH 23 *gf*

6oz premium steak served with crispy onions on a grilled French baguette

WESTCOAST BURGER 17

Our classic patty topped with melted swiss, sautéed mushrooms and jalapenos. Bun or Lettuce wrapped.

MOUNTAIN VIEW BURGER 15

Classic in house made patty on a calabrese bun, with lettuce, tomato, onion and pickle.

VEGGIE BURGER 17 *gf*

Black Bean patty topped with grilled zucchini, red pepper, red onion on a calabrese bun with lettuce and tomato.

CHICKEN BURGER 19 *gf*

Chicken breast topped with apple chutney, smoked gouda cheese and chipotle mayonnaise. Garnished with red onion, lettuce, and tomato.

Bowls & Pasta

BOWL ADD ONS 5

CAJUN OR GARLIC CHICKEN
PRAWNS | SALMON | TUNA

TERIYAKI BOWL 16

Jasmine rice, sautéed broccoli, carrots, cabbage, bell peppers, and zucchini, topped with green onions, wonton strips, sprouts, sesame seeds and teriyaki sauce.

FIESTA BOWL 16 *gf*

Jasmine rice, black beans, corn, bell peppers, spinach, and avocado, topped with mozzarella, tortilla strips, salsa, and cilantro lime vinaigrette.

BUDDHA BOWL 16 *gf*

Jasmine rice, topped with fresh, carrots, cucumber, avocado, zucchini, crispy wontons, green onions, edamame beans and a spicy peanut sauce

CHICKEN PENNE 20

Tender pieces of marinated chicken and fresh vegetables in a creamy pesto sauce. Served with garlic bread.

Mains

SERVED WITH SEASONAL VEGETABLES

AND CHOICE OF:

ROAST POTATO | QUINOA RICE PILAF
GARLIC MASHED POTATOES

SCOTTY'S MEATLOAF 23

Our homemade signature Meatloaf. A pinwheel style meatloaf stuffed with spinach, feta and sundried tomatoes, served with a tomato and red wine reduction and mashed potatoes.

CHICKEN MADEIRA 20 *gf*

Sautéed chicken breast topped with melted mozzarella and fresh mushroom madeira sauce.

STRAWBERRY SALMON 23

Baked Salmon Topped with Fresh Strawberries and Black Pepper in a Honey and Soya Reduction.

NY STEAK 30 *gf*

8oz AAA NY steak cooked how you like it. Served with a green peppercorn sauce

BRAISED SHORT RIB 28 *gf*

Bone in short rib slow cooked in a delicious tomato and red wine reduction

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Children's Menu

Available for children under 12 years

KIDS PANCAKES **5**
Pancakes served with strawberries and maple syrup.

KIDS GRILLED CHEESE **6**
Grilled Cheese sandwich served with fries, carrots and celery. White, whole wheat or gluten free bread.

KIDS CHICKEN TENDERS **10**
3 Chicken tenders served with fries, carrots and celery.

FAMILY NIGHT

Every Saturday night after 5pm
9 holes with carts for 2 adults plus 2 children
& Pizza

Dessert

CHOCOLATE BROWNIE **5**
Served warm with vanilla ice cream

DOUGHNUT **5**
3 doughnuts served with whipped cream, chocolate and caramel sauce

HOMEMADE APPLE CRUMBLE **5**
Served warm with vanilla ice cream

BANANA SPLIT **8^{gf}**
Fresh banana and strawberries, served with vanilla ice cream and chocolate sauce topped with whipped cream

Wines

RED WINE	GLASS	BOTTLE
DELLA CASA – BLEND	8	32
J-BOUCHON – MERLOT	9	35
IRIS – MALBEC	9	35
WILLIAM HILL – CAB. SAUV.	9	35
SMASHBERRY RED	10	38
GUENOC – PETITE SIRAH	10	38
BALLARD LANE – PINOT NOIR	11	42
BALLARD LANE – CAB. SAUV.	11	42
ITS GO TIME – CAB/MERLOT	11	42
CAMPAGNOLA	11	42
VALPOLOCELLA – RIPASO		
WHITE WINE		
DELLA CASA – BLEND	8	32
XOXO – PINOT GRIGIO	8	32
J-BOUCHON – SAUV. BLANC	9	35
MOUNT RILEY – SAUV. BLANC	10	38
CAMPAGNOLA – PINOT GRIGIO	10	38
BALLARD LANE – CHARDONNAY	11	42
SANTA MARGHERITA – PINOT GRIGIO	11	42
WAYNE GRETZKY – CHARDONNAY	11	42
ROSE AND SPARKLING		
PINK PINOT GRIGIO	8	32
SANGRIA	8	32
LONG WEEKEND – ROSE	10	38
FAGGETO – PROSECCO	-	35

Beer & Coolers

BEER & COOLERS	CANS	
KOKANEE		7
BUDWEISER		7
COORS LIGHT		7
COORS BANQUET		7
KEITHS		7
SLEEMAN HONEY BROWN		7
STELLA		9
CORONA		9
GUINNESS		9
SCHOFFERHOFER		9
LEMON SHANDY		8
MOUNTAIN MULE		8
WARDS HARD CIDER		8
WARDS CHERRY CIDER		8
HEY Y'ALL ICED TEA		8
BAREFOOT SPRITZER ROSE – WINE COOLER		8
BAREFOOT SPRITZER MOSCATO – WINE COOLER		8
NON – ALCOHOLIC		5
BUDWEISER PROHIBITION		
DRAUGHT BEER	GLASS	PITCHER
KOKANEE GOLD	7.5	25
SAPPORO	7.5	25
TRADITIONAL ALE	7.5	25
BELTLINE BLONDE	7.5	25
LAST BEST IPA	7.5	25

LADIES 9 & WINE

TUESDAY NIGHTS AFTER 6PM – 9 HOLES, PULL CART AND GLASS OF WINE