

LUNCH & DINNER

Available between 11 am - 11 pm Daily

SKÅL Restaurant

Starters

Soup of the Day

Daily soup feature. Ask your server for today's creation.

6.00

Roasted Tomato Bruschetta ^V 17.50

Roasted grape tomatoes* and fior di latte tossed with basil and olive oil, finished with a balsamic reduction on sourdough toast. Served with parmesan crostini.

SKÅL Signature Wings

25.00

Choice of house-breaded or naked wings tossed in your choice of sauce. Served with crudités and ranch.

Sauces & Seasonings: Hot, Mild, Cajun, Sweet Chili, Korean BBQ, Lemon Pepper, Honey Garlic, BBQ, Honey Dill, or Salt & Pepper

Thunder Oak Poutine ^V

14.50

French fries and local cheese curds* topped with Québec-style poutine sauce.

Calamari Fritti

19.00

Lightly dusted calamari rings and tentacles served with lemon and black pepper dip.

Valhalla Nachos ^V

24.50

Yellow corn tortilla chips baked with cheddar, mozzarella, bell peppers, pickled jalapeños, tomatoes, and scallions. Served with salsa and sour cream.

ADD BEEF OR CHICKEN \$6

ADD BACON \$5

Asiago & Artichoke Flatbread ^V 15.50

A baked blend of mozzarella, asiago, and cream cheese with spinach, tomatoes, and artichokes, topped with roasted garlic on flatbread.

Scandinavian Cheese Bake ^V 15.50

A blend of cheeses, caramelized onions, and leeks baked with Norwegian Jarlsberg. Served with flatbread and tortilla chips.

Boreal Mushroom Toast ^V 14.50

Roasted button, cremini, portobello, and oyster mushrooms with fior di latte on toasted sourdough, finished with hot honey and sprouts*.

V = Vegetarian | VG = Vegan | GF = Gluten Free

Prices do not include taxes or gratuities.

*Local Producers: Thunder Oak Cheese Farm / East Coast Lobster / Big Lake Pasta / Heartbeat Hot Sauce Co / Shaw Bakery / Veg-e-Tate Market Garden / Current River Bakery / Roma Bakery / Maltese Grocery

LUNCH & DINNER

Available between 11 am - 11 pm Daily

SKÅL Restaurant

Salads

Add Chicken for \$8, Salmon for \$12, or Steak for \$12.

Asiago Caesar Salad 12.50

Romaine tossed in asiago Caesar dressing, topped with parmesan, bacon, garlic confit, and housemade focaccia* croutons, served with a lemon wedge.

Garden Greens & Gouda ^V 13.50

Field greens with tomato, cucumber, red pepper, carrot, and shredded gouda, finished with housemade focaccia* croutons, sprouts*, and buttermilk ranch.

Three Sisters Salad ^{VG} 13.00

Brown, white, and wild rice blended with toasted barley, topped with charred corn, pickled onions, green beans, butternut squash, and roasted chickpeas. Served with an apple cider-herb vinaigrette.

Handhelds

All handhelds are served with your choice of French fries, daily soup, or garden salad.
Upgrade to Caesar Salad for \$3 or Poutine for \$4.

Chicken & Bacon Panini Club 22.00

Slow-roasted chicken and bacon layered on a toasted panini with apple mayonnaise, greens, and tomato.

Spicy Korean BBQ Chicken Burger 22.50

Grilled chicken breast on brioche with spicy Korean BBQ sauce, cucumber, sesame, greens, and honey-miso mayonnaise.

SKÅL Burger 25.50

Beef patty* on toasted brioche with cheddar, bacon, onions, sprouts*, tomato, and signature SKÅL sauce.

Crispy Honey-Dill Turkey Sandwich 21.50

Katsu-style turkey cutlet on focaccia* with red cabbage, cranberry, and apple slaw, finished with honey-dill sauce.

New York Steak Stack 34.50

6 oz grilled New York striploin on ciabatta with mushrooms, pickled onions, gouda*, sprouts*, and Heartbeat Camp mayonnaise*.

Mediterranean Falafel Wrap ^V 15.50

Falafel wrapped in a tortilla with tzatziki, rice pilaf, pickled onions, sprouts*, greens, tomatoes, and lemon-za'atar dressing.

V = Vegetarian | VG = Vegan | GF = Gluten Free

Prices do not include taxes or gratuities.

*Local Producers: Thunder Oak Cheese Farm / East Coast Lobster / Big Lake Pasta / Heartbeat Hot Sauce Co / Shaw Bakery / Veg-e-Tate Market Garden / Current River Bakery / Roma Bakery / Maltese Grocery

LUNCH & DINNER

Available between 11 am - 11 pm Daily

SKÅL Restaurant

Entrées

Campanelle ai Funghi ^V 24.00

Wild and cultivated mushrooms sautéed with garlic, shallots, and spinach, tossed in a butternut squash cream sauce with campanelle pasta*. Served with garlic toast.

Braised Brisket Pappardelle 33.50

Slow-braised beef brisket with red wine and sofrito tossed with pappardelle pasta* and gremolata.

Heartbeat Power Bowl ^{V GF} 19.50

Brown and white rice blend topped with roasted corn, black beans, pico de gallo, jalapeño gouda*, and habanero hot sauce*. ADD CHICKEN \$8 | ADD SALMON \$12 | ADD STEAK \$12

Thunder Oak Chicken 36.00

Buttermilk-fried chicken breast topped with gouda* and mozzarella. Served with spaghetti pomodoro and seasonal vegetables.

Chicken al Peperone ^{GF} 39.00

Marinated chicken breast served with roasted red pepper cream sauce and vegetable parmesan risotto.

North Shore Pickerel Meunière 43.00

Pan-seared lemon-herb pickerel fillet with vegetable rice pilaf, seasonal vegetables, and brown butter meunière sauce.

Lemon & Panko-Crusted Salmon 38.50

Pan-seared Atlantic salmon* with honey-lemon glaze and herb-panko crust, served with rice pilaf and seasonal vegetables.

Beer-Battered Fish & Chips 19.50

House beer-battered haddock (2 pieces) served with French fries, apple slaw, a lemon wedge, and Danish tartar sauce.

ADDITIONAL PIECE OF HADDOCK \$8

Barbacoa Brisket Chili ^{GF} 15.50

Slow-braised barbacoa-style beef brisket and three-bean chili, served with tortilla chips, pico de gallo, and sour cream.

10 oz New York Striploin ^{GF} 44.50

AAA grade Canadian striploin served with Yukon Gold mashed potatoes, torched carbonara butter, glace de viande, and seasonal vegetables.

Crispy Chicken Tenders 22.00

Fried chicken strips served with French fries and plum sauce.

All-Day Breakfast 20.00

Two eggs any style, served with breakfast potatoes, toast, preserves, and your choice of bacon (4) or sausage (3).

V = Vegetarian | VG = Vegan | GF = Gluten Free

Prices do not include taxes or gratuities.

*Local Producers: Thunder Oak Cheese Farm / East Coast Lobster / Big Lake Pasta / Heartbeat Hot Sauce Co / Shaw Bakery / Veg-e-Tate Market Garden / Current River Bakery / Roma Bakery / Maltese Grocery

LUNCH & DINNER

Available between 11 am - 11 pm Daily

SKÅL Restaurant

Sides *(\$6 each)*

Daily Soup

Poutine

Rice Pilaf

Caesar Salad

French Fries

Seasonal Vegetables

Garden Salad

Yukon Gold Mash

Sautéed Mushrooms

Desserts

Nordic Apple Crumble

12.50

Apples and cinnamon baked with streusel crumble, served warm with housemade English toffee ice cream and caramel sauce.

Blueberry Vanilla

12.00

Cheesecake

Whipped vanilla cheesecake on a brown sugar oat crust, served with blueberry-lemon compote.

Ice Cream of the Month

10.00

Crafted in-house. Ask your server for this month's feature.

Pumpkin Crème Brûlée

12.00

French custard infused with autumn spices and pumpkin, finished with a caramelized sugar crust.

Sally Anne

11.00

*** A THUNDER BAY CLASSIC ***

White sponge cake filled with vanilla buttercream coated in chocolate crèmeux and served with raspberry coulis.

V = Vegetarian | VG = Vegan | GF = Gluten Free

Prices do not include taxes or gratuities.

*Local Producers: Thunder Oak Cheese Farm / East Coast Lobster / Big Lake Pasta / Heartbeat Hot Sauce Co / Shaw Bakery / Veg-e-Tate Market Garden / Current River Bakery / Roma Bakery / Maltese Grocery