

# Bella Coola Valley Inn



## Appetizers & Shared Platters

- Boss of the Sea** mussels, clams & scallops sautéed with tomatoes, red onions & garlic butter
- Salmon Spread** smoked salmon, cream cheese, red onions & asparagus served on a baguette
- Sautéed Jumbo Prawns** served with peppers and parmesan cheese
- Calamari** topped with green onion and served with tzaziki dip
- Chicken Fingers** served with fries, salad or cup of soup
- Valley Inn Platter** cheese sticks, jalapeno poppers, coconut shrimp and yam fries
- Spinach & Artichoke Dip** with tortilla chips
- Yam Fries & Chipotle Dip** fried until golden and crispy and served with chipotle dip
- Valley Nachos** tomatoes, bell peppers, red onions and mixed cheese
- \*Add taco beef or grilled chicken

Onion Rings

Poutine

Fries

Fries

Gravy

## Soups & Salads

- Soups** delicious homemade soups served with garlic toast
- Tossed Garden Salad** fresh tossed greens served with your favorite dressing
- Caesar Salad** crisp romaine with parmesan cheese and garlic toast
- House Salad** peppers, red onions, tomatoes, cucumber, olives and feta cheese
- Seafood Caesar** garlic sautéed mussels, prawns, scallops and baby shrimp with garlic toast
- California Salad** fresh greens, real crab meat, garlic prawns and pineapple

## Quesadillas

\*You may substitute Onion rings, Caesar salad, or Poutine

**Veggie Quesadilla** bell peppers, onions, mushrooms and tomatoes with tortilla shell

**Chicken Quesadilla** grilled chicken, bell peppers, mushrooms and onions with tortilla shell

## Pastas

- Traditional Fettuccini** with a creamy white wine sauce topped with freshly grated parmesan
- Chicken Alfredo** tender chicken breast, mushrooms, and red onions
- Seafood Alfredo** topped with sautéed mussels, scallops, prawns and clams
- Vegetarian Primavera** sun-dried tomatoes, bell peppers, onions with special seasoning
- Chorizo Sausage Penne** with sautéed bell peppers, mushrooms and garlic
- Spaghetti with Meat Balls** with our famous homemade sauce

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## Sandwiches & Gourmet Burgers

- \* All burgers and sandwiches are served with your choice of fries, green salad, or cup of soup
- \* You may substitute Onion rings, Caesar salad or Poutine
- \* Please ask for cheese, bacon or mushrooms for extra toppings

**Veggie Sandwich** tomato, lettuce, swiss cheese, cucumber, avocado and mayonnaise

**Grilled Cheese** cheddar cheese with your choice of bread

**Clubhouse Triple Decker** roasted turkey, bacon, tomato, lettuce and cheddar cheese

**Seafood Triple Decker** baby shrimp, avocado, bacon, tomato, lettuce and cream cheese

**Rueben** grilled corned beef with swiss cheese, sauerkraut and Dijon mustard

**Philly Beef** roast beef with melted swiss cheese, fried onions, mushrooms served with aujus

**Bulogogi Sandwich** marinated beef with onions, mushrooms, mustard and mayonnaise

**The Legendary 'Valley Inn' Burger** 2 patties, mushrooms, cheddar cheese and smokey

**Deluxe Burger** served with lettuce, tomato and onions

**Chicken Deluxe Burger** with lettuce, tomatoes and mayonnaise

**Chicken Caesar Burger** with caesar dressing, bacon and parmesan cheese

**Veggie Burger** a 100% pure veggie patty with lettuce, tomato, onions and mayonnaise

**Chicken Caesar Wrap** breaded chicken served with caesar dressing wrapped in tortilla

## Seafood

**Garlic Prawn Dinner** prawns in garlic butter served with vegetables, choice of rice or potato

**'Bella Coola' Spring Salmon Filet (Seasonal)**

fresh local salmon, grilled with lemon & dill, served with fresh vegetables, with your choice of rice or potatoes

**Fish & Chips**

fresh cod prepared with our own beer batter, served with our home made tartar sauce

## Meats

- \* Choice of potato or rice and includes fresh vegetables of the day
- \* Add garlic prawn skewer to your meal
- \* Starter Green salad or Caesar salad
- \* Garlic Toast

**Crème Brie Chicken** stuffed chicken breast with apples and brie cheese

**Curried Chicken** with peppers, onions served with a pompadour cracker

**Salisbury Steak** a homemade patty with fried onions, mushrooms and beef gravy

**8oz. Rib Eye Steak** with fresh seasonal vegetables and sautéed mushrooms

**8oz New York Steak** with fresh seasonal vegetables and sautéed mushrooms

**10oz New York Steak** with fresh seasonal vegetable and sautéed mushrooms

**Pork Cutlets** with mushroom gravy sauce and fresh vegetables

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## Tempura

**Vegetable Tempura** deep fried assorted fresh vegetables

**Assorted Tempura** deep fried assorted vegetables with 2pc prawns

**Prawn Tempura** 7pc deep fried prawns

## Noodles

**Udon** Japanese style noodle soup

**Tempura Udon** Japanese noodle soup with 2pc prawn tempura

**Beef Yakisoba** noodle, beef, mushroom, onion, cabbage and yakisoba sauce

**Veggie Yakisoba** noodle, mushroom, onion, cabbage, carrot, broccoli, and yakisoba sauce

**Chicken Yakisoba** noodle, chicken, mushroom, onion, cabbage and yakisoba sauce

## Hot Plates

\* Ask your server for Starter Green Salad or Caesar Salad

\* All Hot Plates come with a side of rice \*

**Bulgogi** sweet marinated beef mixed with mushrooms and onions with fresh vegetables

**Spicy Chicken Bulgogi** spicy marinated chicken and onion served with vegetables

**Spicy Pork Bulgogi** spicy marinated pork and onions served with fresh vegetables

**Vegetable Mix** mixture of daily fresh vegetables with special sauce

**Beef & Vegetable** AAA boneless beef rib, with fresh vegetables

**Seafood & Vegetable** prawns, mussels, scallops and clams with special sauce

**B.B.Q Ribs** beef tenderloin ribs marinated in special Korean B.B.Q sauce

## On Rice

**Chicken Teriyaki** chicken, mushrooms, onions and cabbage, green & red peppers

**Beef Teriyaki** beef, mushrooms, onions and cabbage, green & red peppers

**Vegetable Teriyaki** onions, cabbage, green beans, carrot, mushrooms, green & red peppers

**Oyako Don** chicken, mushrooms, onions, cabbage, egg with donburi sauce

**Veggie Don** onions, cabbage, carrots, mushrooms, green & red peppers, egg with donburi sauce

**Beef Don** beef, mushrooms, onions, cabbage, egg with donburi sauce

**Ten Don** 4pc vegetable tempura, mushrooms, onions, cabbage, with teriyaki sauce

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## Sushi Rolls

### California

crab meat, cucumber and avocado

### Dynamite

prawn tempura, crab meat, cucumber, avocado, tobiko

### Chicken

grilled chicken, cucumber

### Chopped Scallop

chopped scallop and tobiko

### Unagi

B.B.Q.Eel

### Kappa

cucumber

### Avocado

avocado

### California Gold

crab meat, cucumber, avocado topped with tobiko

### Alaska

crab meat, cucumber, avocado and smoked salmon

### Beef

grilled beef, cucumber

### Vegetable

lettuce, cucumber, avocado, red & green pepper, cabbage and mushroom

### Inari

fried bean curd

### Yam Tempura

deep fried yam

### Tuna Roll

tuna

### Salmon Roll

sockeye salmon

### Spicy Tuna

tuna, green onion with hot sauce

### Spicy Salmon

sockeye salmon, green onion with hot sauce

## Special Rolls

### Capeta

2 prawns tempura, cucumber, topped with avocado and tempura crumbs

### Spider

soft shell crab, cucumber, avocado and crab meat topped with tobiko

### Boston

spicy scallop, crab meat, cucumber and avocado topped with tobiko

### Philadelphia

sockeye salmon, crab meat, cucumber, avocado, cream cheese and topped with smoked salmon

### Dragon

2 prawn tempura, cucumber and avocado topped with BBQ eel, avocado and tobiko

### Wandesu

tuna, tobiko, tempura crumbs and spicy sauce topped with wasabi tobiko

### Takumi

sockeye salmon, tobiko, tempura crumbs and spicy sauce topped with wasabi tobiko

## Appy's

### Edamame

steam green beans

### Agedashi Tofu

deep fried tofu with tempura sauce

### Kampung Chicken

deep fried chicken marinated in Korean hot sauce

### Gyoza

deep fried dumpling