

Black Swift

BISTRO

• JOHNSTON CANYON •

APPETIZERS & SALADS



Great for sharing ...

TUNA TARTARE

16

Diced ahi tuna over a plateau of fresh avocado – lemon wedge, naturally

BAKED BRIE WITH FRUIT

16

As it reads with julienne fruits and crusted bread and oven baked brie.. lovely with wine. GF - no bread

BURBON STYLE PRAWNS

16

Six prawns gather together and party in a classic Burbon sautéed dish. GF

Great for sharing, don't be greedy!

SOUP OF THE DAY

7

Hearty chef's creation soup, made from scratch every day. GF - ask your server.

VEGGIE WRAP SUPREME

18

Tortilla wrap with tofu, sesame oil, and shredded slaw.

CLASSIC CAESAR SALAD

15

Crisp romaine with real chopped bacon bits, croutons, home crafted delicious dressing. GF - no croutons

CANYON FIELD GREENS SALAD

13

Spinach, tomato, field lettuces, nuts and berries, cucumber, carrots, & red onion.. can it get any healthier? In house dressing.

Add chicken to a salad \$6 Add ahi tuna or prawns \$8



ENTRÉES

And for your dining pleasure, may we present ...

FISH & CHIPS

18

Made in house, generous portion beer battered Basa with homestyle cut FRIES with cole slaw ... of course.

CANYON BURGER

18

Home made Alberta beef patty, melted cheddar or smoked gouda, lettuce, tomato, Canadian bacon, in house made tomato relish on a toasted bun with house salad or fries.

ROCKY MTN SIZZLING TROUT

32

A canyon "flavourite" Served butterflied sizzling on a bed of veg – choice of rice or baby herb pototo's -delish! GF

APPLE SMOKED BBQ RIBS

24

Rack of grilled ribs in a smoky apple barbecue sauce marinade / lip smack'n good! Fries or salad to accompany

RACK OF LAMB

36

Herbs and garlic add to this savoury dish, fresh mint sauce, mashed spuds. And veg join in on the dance.

TENDERLOIN MEDALLIONS

38

Triple AAA Alberta beef, elevated with a rich wild mushroom demi-glace. Over mashed spuds and veg of the day.

RIB EYE STEAK

36

Triple AAA of Alberta's finest, cooked to order and cut in house 8 oz – topped with rosemary medallion of butter. GF

Chefs daily pasta creation ...

BELLA FERRARI PASTA

ASK

Chef's creation daily. Please ask your server. "Bella Ferrari" is the only Italian I know...

The Black Swift is largest bird of the swift family and is an elusive little fellow that migrates all the way to Brazil and nests near waterfalls on canyon walls. The first known sighting in North America was in 1922 in Johnston Canyon. Cool huh.

Gratuity is not included – it is customary in Canada to add 15 - 20% gratuity to the bill. Groups of six or more will automatically have a gratuity of 15% added to the bill.

MOUNTAIN BURGERS & MORE



Ya gotta eat ... may as well be really tasty.

These hearty lunches come with choice of a canyon field green salad or homestyle golden french spuds. Substitute regular fries for onion rings, yam fries or poutine fries, add \$2.50

CANYON BURGER 18.50

Best in the Park – home made Alberta 10 oz. beef patty, hand cut cheddar or smoked gouda, smoked bacon, lettuce, tomato & onion – blessed with a home crafted zesty tomato relish. (the toasted bun makes it killer). GF – no bun

BISON & GOUDA BURGER 19.50

When in Canada ... lean and juicy Alberta raised Bison. Lettuce, onion, pickle & tomato – melted smooth Gouda and a dash of zesty tomato relish. Delish! GF - no bun

GRILLED CHICKEN BURGER 18.50

Tender chicken breast grilled with home crafted tomato basil relish, lettuce, tomato and onion on a grilled brioche bun. GF - no bun

Add cheddar or brie \$2

VEGGIE BURGER 17

Tasty and healthy got together for this dance ... Black bean, corn, tex mex spiced veggie patty, lettuce tomato and pickle on a grilled bun. GF – no bun

STEAK SANDWICH 23

AAA Alberta sirloin hand cut steak, grilled to your taste, sautéed mushrooms on a butter grilled French baguette. Comes with salad and fries. GF – no baguette

BUFFALO WRAP 18

Bill loves 'em! Caesar salad with frank hot sauced chicken, shredded cheese, diced tomato, diced cucumber with fries

ASIAN WRAP 17

Bang Yong Guk loves em! Tofu, shredded slaw, sesame oil in a tortilla wrap / rice... way too healthy

AHI TUNA MELT 19

Grilled cheese with seared Ahi tuna, smoked bacon, melted cheddar, avocado, lettuce and tomato, pickled onion. GF – no toast

LETTUCE WRAP 17

Romaine lettuce, asian slaw, rice.

Add Ahi Tuna or Chicken **ADD 7**

CHICKEN TENDERS & FRIES 16

Breaded and tender breast of chicken golden fried to perfection with french fried spuds

FISH & CHIPS 21

These are the real deal... made in house with beer battered basa fish, homestyle cut and complemented with bistro born tartar sauce. Lemon wedge - naturally

FIELD GREENS CANYON SALAD 15

Loaded with the good stuff. Spinach, tomato, field lettuces, nuts & berries, carrots, red onion. House made balsamic maple dressing. You're healthier just reading this! GF

CLASSIC CAESAR SALAD 15

Crisp romaine with real chopped bacon, croutons and house crafted garlic caesar dressing. GF – no croutons
Add chicken or ahi tuna to either salad \$7

SOUP & SANDWICH SPECIAL 17

Hearty chef's creation soup, with daily sandwich. GF – ask your server. Soup alone \$7

WINGS 15

Paul McCartney's favourite! Lb of wings, salt and pepper, BBQ, or hot sauce – carrots 'n celery

CHILDRENS MENU EACH 9

Kids are expensive – tasty food doesn't have to be. Chicken Fingers, or Grilled Cheese, or Hot Dog – all with FRIES.

BEVVIES

Sparkling Natural Mineral Water	4.00
Coke, Diet Coke, Ginger Ale, Sprite, Iced Tea	3.25
Coffee / Tea / Hot Chocolate	3.50
Lemonade, Iced Tea	4.50
Juice - orange, apple, cranberry	5.00
Cappuccino / Americano	5.00
Latte	6.00
Espresso	single 3.00 double 4.00

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THE CLASSICS

Something to read while you try to wake up. Have a cappuccino ... look at you.

TWO EGGS 14

Created the way you desire (fried, scrambled, sunny or poached) Grilled tomato, real home fries (yes fried in butter), choice of toast. GF – no toast

STEAK AND EGGS 21

Two eggs, grilled tomato, real home fries, AAA Alberta New York Steak cooked to your liking, choice of toast. You're in the mountains. Eat something. GF – no toast

3 EGG OMELETTE 16

Chefs daily choice. Really fresh good stuff with home fries and choice of toast. GF – no toast

BREAKFAST SANDWICH 13

Fried egg, lettuce and tomato, bacon on toast of choice with real home fries

STACK O' PANCAKES 14

Otherwise known in the west as flapjacks. These giant jacks are fluffy stacked and arrive with real maple syrup from Quebec. Très YUM!

Add Blueberries or Strawberries **ADD 3**

FRENCH TOAST 15

Classic thick cut, golden grilled with mixed wild berry compote and whipped cream ... whoa!

BACON / SAUSAGE **ADD 4**

TOAST & JAM 4

Ever heard of it? Comes ... toasted ... Choice of rye, multigrain, white.



OTHER BREKKIE THINGS

And for your dining pleasure, may we present ...

GRANOLA AND FRESH FRUIT 7

You already feel healthier just reading that. Fresh FRUIT on a generous heap of goodness.

FRESH FRUIT PLATE 8

Daily creation of the season's fresh fruit to make your whole body grin! Your personal trainer be proud. GF

SMOOTHIES **ALL 9**

Super delicious and extra healthy – giv'er

STELLA BY STARLIGHT

Strawberries, pineapple, banana, orange juice, greek yogurt (spinach optional) flaxseeds

WALTER BY MIDNIGHT

Pineapple, spinach, grapes, orange juice, one banana and ice

NEVIS SUNRISE

Peaches, mango, one banana, orange juice, ginger & turmeric

COFFEE 3

Organic Columbian, strong "HELLO!"

TEA 3

English Breakfast and other yoga inspired team of tea leaves.

JUICE 5

Choice of orange, apple, grapefruit and cranberry.

SPARKLING MINERAL WATER 5

CAPPUCCINO / AMERICANO 5

Double shot

LATTE 6

ESPRESSO **SINGLE 3 DOUBLE 4**

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COCKTAILS



all 2 oz.

CLASSIC CAESAR

Vodka, clamato, worcestershire, Tabasco, lime

14

VIRGIN CAESAR

Same as above without the vodka, rocket fuel

9

TOM COLLINS

Gin, lemon, sugar, soda

14

OLD FASHIONED

Whisky, bitters, ice, orange rind

14

LIQUEURS, SCOTCH, BRANDY

Baily's, Gran Marnier, Saint Remy, Glenfiddich, Johnny Walker, Kahlua

Double 2 oz over ice or neat

16

Single shot

8

SANGRIA / GLASS

14

JUG - Approximate 4 healthy glasses

44

Red spanish wine, brandy, triple sec, orange juice, pomegranate, sugar, orange slices, apple slices, blackberries

SPIRITS

HIGHBALLS with soda of choice (all 2 oz)

14

Single shot

8

Rum (white, dark, spiced), Vodka, Rye Whisky

PREMIUM SPIRITS with soda of choice (all 1 oz)

10

Rum dark - English Harbour

Vodka - Absolut

Rye - Crown Royal



BEER & CIDERS

Suds for the tired hiker... it is important to stay hydrated

DOMESTIC

Kokanee, Keiths, Moosehead - bottles

8

Big Rock micro brewery - Traditional, Grasshopper

8.5

INTERNATIONAL

Stella, Corona, Carib

9

DRAFT ON TAP

Big Rock Session IPA, Pilsner

Pint 9

CIDERS

Strongbow apple cider, Smirnoff Ice

9

Peach cider

8.5

Picker's Hut cider

11

WINES



A curated selection

WHITE

Canadian

Lugi Bosca / Chardonnay

39

Township 7 / Sauvignon Blanc

42

Lake Breeze / Pinot Gris

45

Blasted Church / Pinot Gris

48

International

Chateaufneuf du Pape Raymond

75

Cono Sur / Chardonnay

32

Glass of house white 9 oz

12

Half litre

24

RED

Canadian

Twist of Fate / Shiraz-Cab

29

Sandhill / Syrah

42

Blasted Church / Merlot

48

Burrowing Owl / Malbec

62

France

Bouchard Bourgogne

48

Cote du Rhone Villages

52

Glass of house red 9 oz

12

Half litre

24