

Black Swift

BISTRO

• JOHNSTON CANYON •



APPETIZERS & SALADS

Great for sharing ...

TUNA TARTARE

18

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

BAKED BRIE WITH FRUIT

17

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

BOURBON STYLE PRAWNS

17

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

Great for sharing, don't be greedy!

STUFFED SEAFOOD MUSHROOM CAPS

17

Crab, shrimp, cream cheese and an exquisite sauce.

SOUP OF THE DAY

9

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

VEGGIE WRAP SUPREME

18

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

CLASSIC CAESAR SALAD

16

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

CANYON FIELD GREENS SALAD

16

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

Add chicken to a salad \$8 Add ahi tuna or prawns \$9



ENTRÉES

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

FISH & CHIPS

23

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

CANYON BURGER

22

Home made Alberta beef patty, choice of cheese, lettuce, tomato, Canadian bacon, in house made tomato relish on a toasted bun with house salad or fries.

ROCKY MTN SIZZLING TROUT

33

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

SMOKED BBQ RIBS

26

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

GRILLED WEST COAST SALMON

36

Lightly grilled salmon with a topping of lemon butter.

TENDERLOIN MEDALLIONS

38

Triple AAA Alberta beef, elevated with a rich mushroom demi-glace.

RIB EYE STEAK

36

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

All entrées arrive with daily vegetables and choice of rice or potato

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 23

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

BISON & SWISS BURGER 24

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

STEAK SANDWICH 27

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

GRILLED CHICKEN BURGER 20

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

GRILLED FISH BURGER 20

Grilled basa fish with shredded lettuce and home-made tartar sauce. With french fries and cole slaw. GF – no bun

VEGGIE BURGER 23

Tasty and healthy got together for this dance... with lettuce, tomato, pickle, and choice of cheese on a grilled bun. GF – no bun

ASIAN WRAP 19

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

AHI TUNA MELT 24

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

LETTUCE WRAP 19

Romaine lettuce, asian slaw, rice.

Add Ahi Tuna or Chicken **ADD 9**

CHICKEN TENDERS & FRIES 18

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

FISH & CHIPS 24

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

FIELD GREENS CANYON SALAD 18

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

CLASSIC CAESAR SALAD 17

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 21

Hearty chef's creation soup, with daily sandwich. GF – ask your server. Soup alone \$9

WINGS 18

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

CHILDRENS MENU EACH 12

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	5.00
Coke, Diet Coke, Ginger Ale, Sprite, Iced Tea	4.00
Coffee / Tea / Hot Chocolate	4.00
Lemonade, Iced Tea	5.00
Juice - orange, apple, cranberry	5.50
Cappuccino / Americano	6.00
Latte	6.50
Espresso	single 4.00 double 5.00

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THE CLASSICS



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

<p>TWO EGGS 15</p> <p>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</p> <p>STEAK AND EGGS 23</p> <p>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</p> <p>3 EGG OMELETTE 18</p> <p>Chefs daily choice. Really fresh good stuff with home fries and choice of toast. GF – no toast</p> <p>BREAKFAST SANDWICH 14</p> <p>Fried egg, lettuce and tomato, bacon on toast of choice with real home fries.</p>	<p>STACK O' PANCAKES 15</p> <p>Otherwise known in the west as flapjacks. These giant jacks are fluffy stacked and arrive with real maple syrup from Quebec. Très YUM!</p> <p>Add Blueberries or Strawberries ADD 4</p> <p>FRENCH TOAST 16</p> <p>Classic thick cut, golden grilled with mixed wild berry compote and whipped cream... whoa!</p> <p>BACON / SAUSAGE / BEYOND MEAT VEGGIE SAUSAGE ADD 5</p> <p>TOAST & JAM 4</p> <p>Ever heard of it? Comes... toasted... Choice of rye, multigrain, white.</p>
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OTHER BREKKIE THINGS

Dont go bacon my heart...

<p>GRANOLA, YOGURT & FRESH FRUIT 9</p> <p>You already feel healthier just reading that. Fresh FRUIT on a generous heap of goodness.</p> <p>FRESH FRUIT PLATE 8</p> <p>Daily creation of the season's fresh fruit to make your whole body grin! Your personal trainer be proud. GF</p> <p>SMOOTHIES ALL 10</p> <p>Super delicious and extra healthy – giv'er!</p> <p>STELLA BY STARLIGHT</p> <p>Strawberries, pineapple, banana, orange juice, greek yogurt (spinach optional) flaxseeds.</p> <p>WALTER BY MIDNIGHT</p> <p>Pineapple, spinach, grapes, orange juice, one banana and ice.</p> <p>NEVIS SUNRISE</p> <p>Peaches, mango, one banana, orange juice, ginger & turmeric.</p>	<p>COFFEE 4</p> <p>Organic Columbian, strong "HELLO!"</p> <p>TEA 4</p> <p>English Breakfast and other yoga inspired team of tea leaves.</p> <p>JUICE 5.50</p> <p>Choice of orange, apple, grapefruit and cranberry.</p> <p>SPARKLING MINERAL WATER 6</p>
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CAPPUCCINO / AMERICANO	6
Double shot	
LATTE	6.50
ESPRESSO	SINGLE 4 DOUBLE 5

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COCKTAILS



all 2 oz.

CLASSIC CAESAR

Vodka, clamato, worcestershire, Tabasco, lime.

15

VIRGIN CAESAR

Same as above without the vodka, rocket fuel.

10

TOM COLLINS

Gin, lemon, sugar, soda.

15

OLD FASHIONED

Whisky, bitters, ice, orange rind.

15

LIQUEURS, SCOTCH, BRANDY

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

Double 2 oz over ice or neat

16

Single shot

9

SANGRIA / GLASS

15

JUG - Approximate 4 healthy glasses

46

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

SPIRITS

HIGHBALLS with soda of choice (all 2 oz)

15

Single shot

9

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

PREMIUM SPIRITS with soda of choice (all 1 oz)

12

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

9

Big Rock micro brewery - Traditional, Grasshopper

10

INTERNATIONAL

Stella, Corona, Carib

10

DRAFT ON TAP

Big Rock Session IPA, Pilsner

Pint 10

CIDERS

Strongbow apple cider, Smirnoff Ice

10

Peach cider

9

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

Chateaufeuf du Pape Raymond

75

Cono Sur / Chardonnay

32

Glass of house white 9 oz

14

Half litre

26

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

14

Half litre

26

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DESSERT



You can't buy happiness... but you can buy dessert... which is kinda the same thing. ...Stella

ALL DESSERTS

13

WARMED APPLE PIE

Walters favourite. Freshly baked warm apple pie topped with maple walnut ice cream.

STRAWBERRY / RHUBARB PIE

A Canadian country traditional pie. Delicious and topped with soft ice cream.

CREME BRULÉE CHEESECAKE

Original New York style cheesecake with decadent French custard all baked together in a Buttery vanilla crust... whoa!

WARM GINGER CARAMEL SPICE CAKE

Diced apples mingled with moist ginger spice cake and topped with caramel sauce.

GRAN MARNIER BANANA BREAD

Fresh baked warm banana bread on an exquisite sweet layer of Gran Marnier topped with whipped cream. It has bananas in it so its kinda healthy...

