

# TRANSFER BEACH GRILL

FRESH FOOD MADE FROM SCRATCH

The Transfer Beach Grill opened its doors in October 2008 in the picturesque town of Ladysmith on beautiful Vancouver Island.

Since then Chef/Owner Georgios Liaros and his family have been serving wonderful, professionally-cooked food using fresh local ingredients, prepared in his favourite southern Greek island style.



Our hours are:

- \* Monday to Friday: Lunch 11am to 2pm
- \* Monday to Saturday: Dinner 4pm to close
- \* Sunday: Closed

*We accept cash, Visa and MasterCard. Prices do not include applicable taxes.*

We hope you enjoy your meal.

Chef Owner  
George Liaros

**Transfer Beach Grill**  
422 Esplanade, Ladysmith, B.C. V9G 1B3  
(250) 245-1211  
[www.transferbeachgrill.com](http://www.transferbeachgrill.com)

# STARTERS - MEZETHES

## **Calamari and Tzatziki | \$9**

Tender squid deep-fried to perfection, finished with fresh lemon juice and our own spice mix. Served with home made tzatziki!

## **Pita and tzatziki or Hummus | \$7**

Semolina warm pita wedges served with either our own tzatziki (made with real Balkan yogurt, fresh lemon juice, extra virgin olive oil, fresh crushed garlic and spices) or home made hummus (made with chickpeas, sesame paste, extra virgin olive oil, fresh lemon juice and fresh crushed garlic and spices).

## **Spanakopita and Tzatziki | \$9**

Fresh baby spinach, Patros feta cheese, green onions, fresh baby dill, free-range eggs, extra virgin olive oil, fresh lemon juice and spices, wrapped in phyllo pastry, baked until golden brown! Served with our homemade tzatziki.

## **Moroccan Styled Sizzling Prawns and Honey Yogurt Sauce | \$12**

Fresh local prawns, sautéed in olive oil and butter, with a Moroccan spice mix and crushed garlic, finished with fresh lemon. Served with honey yogurt sauce!

## **Chicken Nuggets and Dip | \$7**

Home made grilled strips, with local raised chicken, served with hand cut fries and any of our dips.

## **Battered Onion Rings | \$5**

McCain-battered onion rings, deep-fried, served with ketchup!

## **TBG Poutine | \$8**

Fresh hand cut fries with Monterey Jack and mild Cheddar cheese mix, topped with trans fat-free gravy!

## **Baba Ghanouj with Roasted Home Made Bread | \$8**

Baked eggplant meat, crushed garlic cloves, tahini (sesame seed paste), fresh lemon juice, extra virgin olive oil, fresh parsley and spices pureed together, served with roasted slices of our home made bread.

## **Transfer Beach Grill Bruschetta | \$12**

Marinated red peppers, capers, fresh tomatoes, Greek mizithra and feta cheeses, dry krinos oregano, Mediterranean sea salt, freshly ground pepper, balsamic vinegar and extra virgin olive oil, on hand-stretched pita bread, toasted to perfection in our oven.

*We strive daily to use fresh local produce, meats, and seafood. We are proud to work with Russell Farms, Bouma Meats, Albion Fisheries and Fresh Point Produce to help us achieve our daily selections.*

# ENTREES - *YEVMATA*

## **Classic Chicken Parmesan | \$18**

Oven baked free range local chicken cutlet, topped with fresh homemade tomato sauce, mozzarella, Parmigiana cheese, served with lemon-roasted potatoes, and seasonal vegetables or Greek or Caesar salad.

## **Pork Baby Back Ribs | half order \$15 | full order \$19**

Local pork ribs, oven braised in our own brandy marinade, basted with barbecue sauce, served with lemon-roasted potatoes, and seasonal vegetables or Greek or Caesar salad.

## **Spaghetti Bolognese | steamed \$12 | baked \$15**

Mixed local pork and beef ground meat, cooked in our classic basil sauce, served over spaghetti, topped with fresh Parmigiana and a slice of home made bread.

## **Transfer Beach Grill Hummus Spaghetti | \$14**

Spaghetti cooked *al dente*, tossed in warm hummus sauce, red Spanish onions, ripe tomatoes, black olives, topped with either Greek mizithra or crumbled feta cheese, served with hand-stretched warm pita wedges.

## **Fresh Halibut and Hand Cut Fries | \$14**

Fresh local halibut fillet, buttered in our very own light batter, deep-fried in trans fat-free vegetable oil, served with fresh hand cut fries, home made coleslaw and tartar sauce.

## **Grilled Fresh Halibut Fillet | \$16**

Fresh local halibut fillet lightly floured, grilled in extra virgin olive oil with herbs and spices, finished with fresh lemon juice, served with risotto, and seasonal vegetables or Greek or Caesar salad.

## **Baked Fresh West Coast Salmon Fillet | \$15**

Fresh salmon fillet, marinated in brown sugar, baked in our oven, finished with fresh herb butter, served with risotto, and seasonal vegetables or Greek or Caesar salad.

# GREEK PLATTERS

*All platters are served with a choice of our signature Greek or Caesar salad, lemon-roasted potatoes, home made tzatziki, and warm hand stretched pita wedges.*

## **Roasted Leg of Canadian Lamb Platter | \$24**

Roasted lamb stuffed with garlic cloves, rubbed with extra virgin olive oil, oregano, sea salt, and cracked black pepper. Dressed with authentic Greek lemon oil sauce!

## **Natural Chicken Breast Oregano Style Platter | \$17**

Oven baked natural chicken breast, marinated with oregano-garlic rub, finished with authentic Greek lemon oil sauce!

## **Calamari Platter | \$16**

Tender squid, deep-fried to perfection, tossed in fresh lemon juice and our signature spice mix.

## **Beef and Pork Mixed Donair Platter | \$16**

Local lean beef and pork donair meat slices, prepared in-house, topped with diced red Spanish onions, fresh lemon juice and sweet paprika.

## **Spanakopita Platter | \$16**

Fresh baby spinach, sautéed with crushed garlic and leeks in extra virgin olive oil, mixed with fresh baby dill, fresh lemon juice, chunks of feta cheese, free range eggs, sea salt and cracked black pepper, folded in triple phyllo pastry, baked to perfection in the oven.

## **Greek Vegetarian Platter | \$16**

Home made hummus and our signature lentil soup, grilled seasonal vegetables marinated in balsamic vinaigrette.

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# BURGERS

*All burgers are served with hand cut fries, or a cup of lentil soup, or garden salad. Substitute for Greek or Caesar salad, or roasted potatoes and vegetables for \$3 extra.*

## **TBG Local Beef Burger | \$10**

Grilled local beef burger, served with mayo, green lettuce, fresh ripe tomato and red onion slices on a toasted bun.

## **TBG Local Chicken Burger | \$10**

Grilled local free-range chicken burger, served with mayo, green lettuce, fresh ripe tomato and red onion slices on a toasted bun.

## **Local Halibut or Salmon Burger | \$12**

Grilled local fish burger, served with home made tartar sauce, green lettuce, fresh ripe tomato and red onion slices on a toasted bun.

## **TBG Vegetarian Burger | \$10**

Grilled home made vegetarian burger, served with fresh pesto mayo, green lettuce, fresh ripe tomato and red onion slices, Greek feta cheese on a toasted bun.

### **Add-ons for sandwiches and burgers (\$2 extra each):**

- o Local Canadian bacon
- o Monterey Jack/Cheddar-mix or Feta cheese
- o Mushrooms

# WRAPS

*All wraps are served with hand cut fries, or a cup of lentil soup, or garden salad. Substitute for Greek or Caesar salad, or roasted potatoes and vegetables for \$3 extra.*

## **Chicken Delight | \$12**

Grilled local free-range chicken burger wrapped in whole wheat tortilla shell, mozzarella and Cheddar cheeses, lettuce, tomato and mayo.

## **Chicken Gyros with Tzatziki | \$12**

Grilled local free range chicken breast, wrapped in warm semolina pita bread, fresh tomatoes, Spanish onions and cucumbers, and home made tzatziki sauce.

## **Mediterranean Coast with Spinach and Feta | \$12**

Wrapped in whole wheat tortilla shell, fresh baby spinach tossed in fresh lemon juice, tomato slices, crumbled Greek feta cheese, Spanish onions, home made oregano dill and olive oil mayonnaise.

## **Beef and Pork Donnair | \$12**

Wrapped in warm semolina pita bread, home made local lean beef and pork, prepared in house with fresh tomatoes, tzatziki or hot sauces, Spanish onions and cucumbers.

## **Roasted Veggie Pesto | \$12**

Wrapped in whole wheat tortilla shell, roasted red pepper and zucchini, local blackberry or balsamic vinegar, mozzarella and Cheddar cheeses, and home made pesto sauce.

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# SOUPS & SALADS - SOUPA KEH SALATES

## **Vegetarian Lentil Soup | cup \$4 | bowl \$6**

Our household favorite! Brown lentils simmered in water and extra virgin olive oil with a whole garlic head, bay leaves and spices, finished with crumbled feta and a dash of balsamic vinegar! Served with a slice of our home made bread.

## **Real Greek Salad | small \$8 | large \$10**

Vine ripe tomatoes, cucumbers, bell peppers, Spanish onions, Greek feta cheese, kalamata black olives, mixed with extra virgin olive oil, and dry krinos oregano, sprinkled with Mediterranean sea salt, fresh ground pepper and paprika.

## **Caesar Salad | small \$6 | large \$9 (add grilled chicken | \$5)**

Crisp romaine lettuce and home roasted croutons mixed in our very own home made creamy Caesar dressing, topped with freshly grated Parmigiana Regiano.

## **Transfer Beach Grilled Chicken Spinach Salad | \$14**

Fresh baby spinach, white onions, cucumber, and fresh dill, tossed in extra virgin olive oil and fresh lemon juice, garnished with grilled local blackberry vinegar marinated, red peppers strips and zucchini coins, sprinkled with crumbled feta cheese, topped with home garlic backed local free range chicken fillets. Served with home made bread.

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# SANDWICHES

*All sandwiches are served with hand cut fries, or a cup of lentil soup, or garden salad. Substitute for Greek or Caesar salad, or roasted potatoes and vegetables for \$3 extra.*

## **Greek Style Roasted Lamb Sandwich | \$13**

Roasted lamb slices, fresh home made tzatziki, fresh ripe tomatoes, red Spanish onions, thin romaine lettuce and Greek feta cheese on your choice of bread.

## **English Egg | \$9**

Grilled free range egg with Canadian bacon, Cheddar cheese and ripe tomato slices on a toasted bagel.

## **Roasted Vegetarian | \$10**

Roasted pepper strips and zucchini coins marinated in balsamic vinaigrette, fresh ripe tomato slices, fresh English cucumber, fresh red Spanish onions, and basil cream cheese spread with your choice of fresh bread.

## **Mediterranean Tuna | \$10**

Hard-boiled free range egg, red onions, fresh apple cubes, chopped walnuts, water packed tuna, fresh thin sliced romaine lettuce, fresh lemon juice, extra virgin olive oil, balsamic vinegar, Mediterranean sea salt and fresh cracked black pepper, served with your choice of bread.

## **Chicken Club Sandwich | \$12**

Canadian bacon, fresh ripe tomato slices, red onion, thin sliced romaine lettuce, extra virgin olive oil and local free range chicken meat on your choice of bread. (three slices)

## **Grilled Cheese | \$5**

Cheddar cheese slices grilled on your choice of bread.

# HAND-STRETCHED PITA PIZZAS

## **Greek Donnair | \$12**

Made with fresh tomatoes, red onions, green peppers, Kalamata black olives, feta cheese, over our home made local beef and pork donnair mix, a bed of blended mozzarella, Cheddar cheese and aioli sauce made from scratch. SPICE IT UP BY SAYING, “HOT GREEK!”

## **Kotopoulos BBQ (chicken) | \$12**

Natural chicken filets, red onions, mushrooms, red peppers, over mozzarella and Cheddar cheeses with BBQ sauce.

## **Spanakopita | \$12**

Fresh baby spinach, red onions, dill, feta cheese, free-range egg, olive oil and fresh lemon juice, tossed and cooked over aioli sauce, and topped with fresh Parmigiano Regiano, mozzarella and Cheddar cheeses.

## **TBG Mediterranean | \$12**

Fresh baby spinach, red onions, marinated zucchini and red peppers, fresh tomatoes, feta and mozzarella and Cheddar cheeses on a bed of basil pesto sauce.

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# DRINKS & HOME MADE DESSERTS

## Imported Wines

White:

Frontera (Chile) | glass \$7.25 | half-litre \$19.75

Retsina (Greece) | glass \$7.00 | half-litre \$18.00

Red:

Frontera (Chile) | glass \$7.50 | half-litre \$21.50

## Domestic Wines

White:

Toscana Bianco | glass \$6.50 | half-litre \$17.95

White Zinfandel | glass \$5.95 | half-litre \$16.25

White:

Toscana Rosso | glass \$7.25 | half-litre \$19.75

## Specialty

Ouzo and Metaxa 5 Star | \$5.25

## Imported Beer

Heineken, Guinness, Corona | \$6.25

## Domestic Beer and Cider

Kokanee | \$5.50

Budweiser | \$5.50

Strongbow Cider | \$6.25

## Gourmet ground premium roast coffee

Italian Dark Roast, 100% Colombian | \$2

## Higgins & Burke Assorted Teas

English Breakfast, Orange Pekoe, Earl Grey | \$2

We also have herbal teas, Island Farms 2% milk, assorted juices, pop and water.

## HOME MADE DESSERTS

Baklava | \$5.25

Chocolate Mousse | \$6.25