

SPECIALS

TRY OUR HOMEMADE PIZZAS AND PEROGIES



Kitchen: 250.722.2240
1866 Cedar Rd, Nanaimo, BC



BREAKFAST

Served 11am–12:30pm Monday–Friday, 11am–1pm Saturday, and 10am–1pm Sunday

- Your Choice** Bacon, ham or sausage, with 2 eggs, pan fries and toast. **\$11.75**
- Steak & Eggs** Two eggs any style with a 8oz steak, pan fries and toast. **\$16.75**
- French toast** With bacon, ham or sausage. **\$11.50**
- Wheaty Breakfast** Two bacon, two ham, two sausages, two eggs, pan fries and toast. **\$14.75**
- Ball Park Breaky** Eggs, bacon, ham, cheese, egg on a Kaiser served with pan fries. **\$10.25**

Sides

Toast: white, brown, rye, or sourdough. **\$2.75**

Bacon, ham or sausage. (3) \$4.50 | Hash browns \$3.25 | Sliced tomato (4) \$2.25

APPETIZERS

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| Basket of French Fries \$6.25 | Garlic Prawns (12) \$14.50 | Chicken Wings (12) \$15.25 |
| Add Gravy \$1.75 | Pan fried in garlic butter and served with veggie sticks and ranch dip | Served with veggie sticks and ranch dip. Your choice of: Franks Hot/ Honey Garlic/Caribbean Jerk/BBQ/ Sweet Hot/Dry Garlic/Dry Cajun/ Lemon pepper/ Salt & Pepper/Dry Curry/Sweet Chili Thai/Dry Hot/ Sriracha Hot/Blue moon (Hot & Blue) |
| Add Poutine \$4.00 | | |
| Sweet Potato Fries \$8.25 | Nobashi Prawns (6) \$12.50 | |
| Basket of Battered Rings \$7.75 | Served with veggie sticks, seafood sauce and Ranch dip. | |
| Wheaty Bites \$10.50 | Buffalo Chicken Bites (12) \$12.50 | Crazy Bread \$10.50 |
| Dry garlic boneless ribs with Honey Garlic dipping sauce and veggie sticks. | Served with hot sauce and bleu cheese for dipping & veggie sticks. | Fried pizza dough with garlic butter and parmesan cheese |
| Zucchini Parmesan (12) \$10.50 | Thai Chicken Spring Rolls (12) \$12.50 | House Nachos |
| Zucchini sticks dusted with Parmesan served with Ranch dipping sauce and veggie sticks. | Served with veggie sticks, Thai dipping sauce and Ranch dip. | ½ \$14.50 Full \$18.75 |
| Veggie Plate \$10.75 | Calamari \$14.50 | Corn tortillas smothered in cheese, green onions, black olives and tomatoes. With or without jalapenos |
| Carrots, celery, cucumber, mushrooms, broccoli, cauliflower, and tomatoes with Ranch dipping sauce. | Topped with green onion and tomato served with veggie sticks, Cusabi and Ranch dip. | Extras |
| Potato Skins \$12.50 | Mozzarella Sticks (8) \$12.50 | + Beef, Shrimp, or Chicken |
| Topped with cheese, green onion, and bacon bits, served with veggie sticks and Ranch dip | Served with veggie sticks, salsa and Ranch dip | ½ \$4.75 Full \$7.50 |
| | | 4oz Salsa or Sour Cream \$3.25 |

SOUP & SALADS

All Salads are served with Garlic Bread.

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| Soup of the Day | Tossed Salad | Greek Salad |
| Cup \$4.75 Bowl \$6.75 | ½ \$6.75 Full \$10.50 | ½ \$8.75 Full \$12.75 |
| Baked French Onion Soup | Crisp greens and an assortment of veggies and garlic toast with your choice of dressing: Ranch, Blue cheese, 1000 Island, Raspberry Vinaigrette, Italian, Creamy Dill, Oil and Vinegar, or Balsamic Vinaigrette. | Fresh tomato, olives, green peppers, onion and Feta Cheese tossed in a Greek dressing with garlic toast. |
| Cup \$5.50 Bowl \$7.75 | | EXTRA |
| Caesar Salad | | Add Chicken or Shrimp to your Caesar or tossed salad. \$7.25 |
| ½ \$6.75 Full \$10.50 | | |
| Crisp Romaine tossed in a creamy Caesar dressing with croutons and garlic toast. | | |



WRAPS & SANDWICHES

All Wraps and Sandwiches are served with Green or Caesar salad or French fries..

Ranch Chicken Wrap \$13.95 Shredded lettuce, tomatoes, Cheddar cheese, chicken, topped with Ranch dressing.	Clubhouse \$14.25 Triple decker with smoked turkey, bacon, lettuce, tomato, processed cheese.
Veggie Wrap \$12.25 Lettuce, tomato, cucumber, onion, olives, and Feta cheese topped with a creamy Dill dressing.	Traditional Beef Dip \$14.25 Thin sliced baron of beef served on a grilled sub bun served with au jus for dipping.
Crispy Buffalo Chicken Wrap \$13.95 Crispy buffalo chicken, lettuce and Cheddar cheese topped with a Blue cheese dressing.	Wheaty Dip \$15.25 Thin sliced Baron of beef sautéed onions and peppers topped with Monterey Jack cheese served on a sub bun with au jus for dipping.
Clubhouse Wrap \$13.95 Smoked turkey, lettuce, tomato, bacon, and Cheddar cheese topped with mayonnaise.	Monte Cristo \$12.75 Grilled egg dipped French bread topped with ham, turkey, Swiss cheese.
Chicken Caesar Wrap \$13.95 Crisp romaine tossed in creamy Caesar dressing with chicken	Steak Sandwich \$14.75 Charbroiled 8oz strip loin done to your likeness, topped with 3 onion rings and served on grilled garlic bread.
Pulled BBQ Pork Sandwich \$12.75 Pulled pork covered in a tangy BBQ sauce topped with Monterey Jack cheese served up on a fresh toasted Kaiser.	The Reuben \$13.95 Thin sliced Montreal smoked beef, grilled sauerkraut, melted Swiss cheese all on grilled Marble rye bread.

Classic B.L.T. \$12.75 Four slices of bacon, tomato and lettuce.	Corned Beef \$12.75 Thin sliced Montreal smoked beef piled on grilled Marble rye bread.
Open Faced Hot Beef or Chicken \$13.75 Sliced beef or chicken piled high on toast topped with gravy.	Substitutes Onion Rings \$4.25 Soup of the Day \$4.25 Sweet Potato Fries \$4.75 Greek Salad \$5.25

DID YOU KNOW

Have you ever wondered about the volume of ingredients the Wheatsheaf kitchen uses during a year?

- Currently we go through:
- 528 kgs of Onion Rings
 - 770 kgs of Ham
 - 1,040 lbs of Romaine Lettuce

BURGERS

All burgers are served with your choice of Green or Caesar Salad or French fries.

Deluxe Burger \$12.25 7oz Sirloin beef patty served on a fresh toasted Kaiser with mustard, mayonnaise, relish, lettuce and tomato.	Chicken Cordon Bleu Burger \$13.75 6oz chicken breast topped with Black Forest ham and Swiss cheese, lettuce and tomato.	Build-Your-Own Burger \$12.25 7oz Sirloin beef patty served on a fresh toasted Kaiser with mustard, mayonnaise, relish, lettuce and tomato.
Lumberjack Burger \$13.25 Charbroiled 7oz Sirloin beef patty with fried onions, processed cheese and 1000 Island dressing sandwiched between two pieces of garlic bread.	Veggie Burger \$11.75 6oz veggie burger topped with lettuce, tomato and onion.	Burger Toppings \$1.75 Bacon, mushrooms, swiss cheese, Jack cheese, cheddar cheese, fried onions.
Texas Burger \$13.25 Charbroiled 7oz Sirloin burger topped with fried onions, Monterey Jack cheese and a tangy BBQ sauce.	Halibut Burger \$15.25 Battered Halibut topped with Cheddar cheese served on a Kaiser bun with tartar, lettuce and tomato.	Gluten-Free Bun \$3.00
Substitute Onion Ring \$4.25 Soup of the Day \$4.25 Sweet Potato Fries \$4.25 Greek Salad \$5.25		

MAY WE SUGGEST

Steak & Prawns \$21.50 8oz steak with (6) skewered Garlic prawns served with choice of rice or baked potato and seasonal veggies.	With your choice of fries, caesar or tossed salad. Honey Mustard, Plum, or BBQ sauce.	Chicken or Beef Quesadilla \$14.50 Served with fries, caesar or tossed salad. With or without jalapenos.
Pork Cutlets \$15.25 Two lightly breaded cutlets grilled till golden brown topped with gravy and served with choice of rice or baked potato and seasonal veggies.	Fish & Chips 1 Piece \$12.25 2 Pieces \$15.25	Pizza Sub \$13.75 Ham, pepperoni and salami, topped with Mozzarella and baked in the oven. Served with fries, caesar or tossed salad.
Baked Lasagne \$15.25 Homemade lasagne baked in our pizza oven served with garlic bread.	Halibut & Chips 1 Piece \$15.75 2 Pieces \$18.75	
Chicken Strips & Fries \$13.75	3 Piece Chicken \$13.75 Served with fries, caesar salad or tossed salad	

SELECT PIZZAS

All our dough is made fresh daily. Purchase **medium** select pizza at regular price and receive a second medium select for **\$12.00**. Purchase any **large** select pizza at regular price and receive a second large select for **\$14.00**. **No Substitutions on select pizzas.**

Pepperoni & Mushroom S \$13.50 M \$17.75 L \$20.50	Vegetarian S \$14.25 M \$18.75 L \$21.50 Mushrooms, onion, green peppers, tomatoes and 3 cheeses.	Toppings to choose from: Pepperoni, salami, ham, beef, Italian sausage, bacon, onions, green, red, or yellow peppers, tomato, pineapple, black olives, Banana peppers, mushrooms, or red onion.
Hawaiian S \$13.50 M \$17.75 L \$20.50	Greek S \$14.25 M \$18.75 L \$21.50 Beef, green pepper, onion, tomato, olives, Feta cheese.	Premium Toppings Feta cheese, shrimp or chicken S \$2.95 M \$3.50 L \$4.00
Wheatsheaf Special S \$14.25 M \$18.75 L \$21.50 Salami, pepperoni, mushroom, pineapple and onion.	BBQ Chicken S \$14.25 M \$18.75 L \$21.50 BBQ chicken, onion, green pepper, red pepper, yellow pepper, tomato, Feta cheese and pineapple.	Extra Toppings S \$2.25 M \$3.00 L \$3.50
Meat Eater S \$14.25 M \$18.75 L \$21.50 Beef, pepperoni, salami, ham, bacon and Italian sausage.	Any 5 Toppings S \$14.25 M \$18.75 L \$21.50 (Not Including Premium Toppings)	Extra Cheese S \$2.75 M \$3.25 L \$3.75
Supreme S \$14.25 M \$18.75 L \$21.50 Pepperoni, mushroom, beef, onion, green peppers.	Basic Cheese S \$11.75 M \$14.75 L \$18.25	

PEROGIS

Made in house and pan fried with bacon and onions.

Potato & Cheddar ½ \$9.75 (4) Full \$15.50 (6)	Shrimp & Cream Cheese ½ \$10.75 (4) Full \$16.50 (6)	2 of each \$10.25 3 of each \$16.00 Add a fried smokie \$4.50
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