

Lunch Menu Served from 11am to 2pm

small plates, snack & share

- Smoked Salmon Chowder** ficelle croutons 6.50
Market Fresh Soup chef's creation 5.00
Crisp Phyllo Prawns kimchee aioli 11.00
The 1 lb of Steamed Mussels white wine, garlic butter & lemon or green basil coconut curry, served with a parmesan garlic toasted focaccia 14.00
Yam Fries smoked tomato aioli 6.00

big bowl salads

Caesar Salad

ficelle croutons, parmesan & our house made dressing
small bowl 8.00 large bowl 11.00, add chicken 3.50

♥**Cool Green Salad** artisan lettuce, avocado, fresh berries, tomato, sunflower seeds, cucumber & feta with a blackberry balsamic vinaigrette 11.00

Chicken Cobb chicken scaloppini, artisan lettuce, crisp bacon, egg, tomatoes, blue cheese, avocado & a light mustard dressing 16.00

♥**Sautéed Prawn & Scallop Salad** artisan lettuce, basil, avocado, strawberries, feta & ginger vinaigrette 16.00

Broiled Salmon Salad sweet potato, kale, black beans, radish sprouts, pickled cranberries & maple dressing 20.00

big bowl pastas & sautés

big bowls come with garlic & parmesan toasted focaccia

B.C. Bowl prawns, scallops, mussels, clams & wild salmon with peas, fennel, egg noodles & cream 16.00

Whole Wheat Spaghetti & Meat Balls marinara sauce veal & prosciutto meatballs & basil 15.00

Chicken Breast Piccata, Whole Wheat Spaghetti capers, mushroom, white wine, lemon & parsley 17.00

♥**Prawn Bowl** large tiger shrimp, egg noodles, black olives, marinara sauce & parmesan 17.00

Sweet Potato Buddha Bowl spiced chick peas, baby kale, brown basmati rice, broccolini, pickled shiitakes, toasted coconut & maple tahini sauce 15.00

the fresh burger

Yukon Gold fries with thyme salt or green salad, change to a small Caesar salad or yam fries for 1.50

Build Your Burger 13.00
100% beef chuck, chicken breast or veggie patty
toasted brioche bun, smoked tomato mayonnaise, caramelized onions & provolone cheese
add bacon or mushrooms 1.50 add a fried egg 2.00

flat bread pizza

The Pizza Duo half pizza & side cool green salad 13.00
or change to a small Caesar or yam fries for 1.50

more small plates

- Salt & Pepper Style Calamari** jalapeno & red onion, togarashi pepper, poblano avocado ranch 9.50
Sriracha Chicken Wings toasted garlic & smoked blue cheese dip 9.00
Fried Brussels Sprouts miso honey butter & garlic brioche crumbs 8.00

sandwiches

with Yukon Gold fries with thyme salt, green salad or daily soup.

Change to a small Caesar salad or yam fries for 1.5

Grilled Chicken Breast Ciabatta Club

pesto mayonnaise, prosciutto, provolone, lettuce & tomato 12.00

Baked Meatball Grinder veal & prosciutto meatballs sourdough baguette, tomato sauce & cheese 11.00

♥**Avocado & Kale** on sourdough baguette, basil pesto, provolone & lemon vinaigrette 10.00

Prime Rib Beef Dip shaved slow roasted prime rib on a sour dough baguette, swiss cheese & a rosemary garlic au jus 12.00

entrees

Heirloom Tomato & Corn Frittata swiss cheese, crisp breakfast potato with green salsa 14.00

Korean Steak Street Tacos bulgogi marinated rib eye, onions, cilantro, flour tortillas, kimchee tofu salad & gochujang sauce 15.00

♥**The Skinny Chicken** grilled breast, brown basmati rice, pickled shiitakes, kale lemon salad & umami sauce 17.00

Roasted Chicken Breast, Grainy Mustard Pan Sauce carrots & smoked mashed potato 18.00

Stir Fry Boneless Chili Garlic Pork broccoli, shiitakes & peanuts, brown basmati rice 14.00

♥**Wild Cedar Planked Salmon** warm Asian vinaigrette, wok veggies & shiitakes toasted coconut rice, prawn chip 20.00

Cod Fish & Chips Yukon Gold fries, thyme salt, dill pickle aioli & slaw 16.00

Prime Rib & Shiitake Stir Fry rosemary & horseradish cream demi-glace, served in a large Yorkshire pudding 18.00

8oz "CAB" California Cut Striploin steak Yukon Gold fries with thyme salt, steakhouse tomato & green peppercorn sauce 31.00

♥indicates a lower fat option

flat bread pizza

- Pepperoni & Mushroom** tomato sauce, cheese 12.00
Bocconcini & Artisan Tomatoes
black olives & basil 13.00
The Carnivore pepperoni, salami & mortadella 15.00