

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

Tagarashi Seared Asian Steak Tataki

wasabi aioli, shiitake pickles, daikon & toasted rice \$12.00

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

Fried Brussels sprouts

miso honey butter & garlic brioche crumbs \$8.00

Yam Fries

smoked tomato aioli \$6.00

Caesar Salad, big bowl or small bowl

ficelle crouton & house made dressing
small \$8.00
large \$11.00
add chicken \$3.50

Salt & Pepper Style Calamari

jalapeno & red onion, togarashi pepper, poblano avocado ranch \$9.50

Sticky Chili Pork

crisp boneless pork, spring onion, peanuts & thai mustard \$8.00

Sriracha Honey Chicken Wings

toasted garlic & smoked blue cheese dip \$9.00

big bowl salads

♥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, boiled egg, tomatoes, blue cheese, avocado & a light mustard dressing \$16.00

♥Sautéed Prawn & Scallop Salad

artisan lettuce, basil, avocado, strawberries, feta with a chardonnay & ginger vinaigrette \$16.00

♥Broiled Salmon Salad

sweet potato, kale, black beans, radish, sprouts, pickled cranberry and maple dressing \$20.00

the fresh burger

Build Your Burger

100% beef chuck, chicken breast or veggie patty toasted brioche bun, smoked tomato mayonnaise, caramelized onions & provolone cheese \$13.00

with Yukon Gold fries with thyme salt or green salad
change to a small Caesar salad
or yam fries for an additional \$1.50

add bacon \$1.50
add garlic butter sautéed mushrooms \$1.50
add a fried egg \$2.00

♥indicates a lower fat option

flat bread pizza

Pepperoni & Mushroom

tomato sauce & cheese \$12.00

Bocconcini & Artisan Tomatos

artisan tomatoes & black olives \$13.00

The Carnivore

pepperoni, salami & mortedella, tomato sauce & cheese \$15.00

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 & fresh basil \$15.00

Chicken Breast Piccata with

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

♥indicates a lower fat option

entrees

make your entrée a 3 course meal, add a caesar salad or bowl of soup & a chocolate salted caramel mousse for dessert \$8.00

Heirloom Tomato Frittata

swiss cheese, crisp breakfast potato with green salsa \$14.00

Korean Steak Street Tacos

bulgogi marinated rib eye, toasted sesame, onions, cilantro, flour tortillas, kimchee tofu salad & gochujang sauce \$15.00

Crisp Milk Braised Pork Shoulder

farro risotto, salsa verde & feta, natural jus \$16.00

♥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 potatoes \$18.00

♥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

8 oz. "CAB" California Cut Striploin Steak

Yukon Gold fries with thyme salt, steakhouse tomato & green peppercorn sauce \$31.00

Lamb Rack with Dijon & Brioche Crust

garlic rosemary jus & smoked mashed potatoes \$31.00