






# LUNCH & DINNER

GLUTEN FRIENDLY   
VEGAN FRIENDLY 

## APPIES

<b>CHEESY CAULIFLOWER</b> BATTERED CAULIFLOWER BITES, "MORNAY" ROMESCO SAUCE, CHILI OIL, SCALLIONS	\$13.50  	<b>CRISPY SHRIMP TACO</b> GRILLED FLOUR TORTILLA, GOCHUJANG CHILI, SESAME SLAW, CUCUMBER, PICKLED GINGER, WONTON BREADED SHRIMP, NORI FLAKES	\$7.00
<b>CHICKEN WINGS</b> BLACK CURRANT SWEET & SOUR, GARLIC SALT & PEPPER, LEMON PEPPER, BUFFALO	\$19.50	<b>STUFFED MUSHROOM CAPS</b> MARINATED MUSHROOM CAPS STUFFED WITH CRAB, CREAM CHEESE, SHALLOTS, GRANA PADANO, FRESH DILL, BREAD CRUMBS, BALSAMIC GLAZE	\$18.00
<b>STEAMED CLAMS</b> FRESH VANCOUVER ISLAND MANILLA CLAMS, SHALLOTS, GREEN ONIONS IN A WHITE WINE GARLIC BUTTER BROTH, SALSA FRESCA, FRESH LEMON, HOUSE-MADE FOCACCIA	\$25.00	<b>TOP NACHO</b> ORGANIC CORN CHIPS, JACK & CHEDDAR CHEESE, CUMIN-ROASTED ONIONS, BELL PEPPERS, FIRE-GRILLED CORN, BLACK OLIVES, AVOCADO CREMA, SALSA FRESCA ADD CHICKEN OR GROUND CHUCK \$7	\$19.50 
<b>LOCAL MUSSELS &amp; HOUSE FRIES</b> WHITE WINE CREAM SAUCE, LEEKS, PARSLEY, SCALLIONS, GARLIC, HOUSE-MADE FOCACCIA	\$25.00	<b>PACIFIC MUSHROOM TOAST</b> CREAMED GARLIC, TOASTED SOURDOUGH, WHITE TRUFFLE OIL, FRESH HERB SALAD ADD A POACHED EGG \$2	\$10.00 
<b>SOUP OF THE MOMENT</b> ASK YOUR SERVER ABOUT TODAY'S FEATURE	\$9.50	<b>FRIES</b> SIDE \$5.00 / BASKET \$8.00 ADD PARMESAN & TRUFFLE OIL \$5.00 ADD GRAVY \$3.50	 
<b>SURFS UP CHOWDER</b> BOWL \$16/ MEAL \$24 FULLY LOADED NEW ENGLAND STYLE SEAFOOD CHOWDER WITH SALMON, SCALLOPS, SHRIMP, COD, CLAMS, HOUSE-MADE FOCACCIA			

## SALAD

<b>BEACH READY BABY</b> CRISP KALE, PICKLED BEETS, WALNUTS, GOAT CHEESE, TOASTED QUINOA, HEMP HEARTS, GROUND FLAXSEED, FRESH GREEN APPLE, CIDER VINAIGRETTE	\$14.00  	<b>HOLA AMIGA</b> CRISP ROMAINE LETTUCE, GRILLED CORN, WHITE BEANS, SALSA FRESCA, FETA CHEESE, TOASTED CORN NUTS, SWEET POTATO, FRESH CILANTRO, AVOCADO CREMA, TOASTED CUMIN-LIME VINAIGRETTE	\$14.00  
<b>SERIOUSLY CAESAR</b> ROMAINE HEARTS, HOUSE-MADE CAESAR DRESSING, BACON LARDONS, GRANA PADANO, HOUSE CROUTONS	\$14.00	<b>ADD TO YOUR SALAD:</b> <b>GRILLED CHICKEN BREAST \$8</b> <b>GARLIC LEMON PRAWNS \$8</b> <b>PAN ROASTED LOIS LAKE STEELHEAD \$8</b> <b>CRISPY CAULIFLOWER BITES \$6</b>	

## CASUAL FARE

SERVED WITH YOUR CHOICE OF A SIDE SALAD OR HOUSE-CUT FRIES WITH SEA SALT & BLACK PEPPER

<b>SMASH BURGER</b> 6 OZ WESTERN CANADIAN GROUND CHUCK, LETTUCE, TOMATO, ONION, PICKLE, CHEDDAR CHEESE, SECRET SAUCE, BUTTER TOASTED BUN	\$19.00	<b>THE DIRTY BIRD</b> CRISPY BREADED CHICKEN BREAST, BREAD & BUTTER PICKLES, LETTUCE, TOMATO, HOUSE-MADE SAUCE, BUTTER TOASTED BUN	\$21.00
<b>HOUSE VEGGIE BURGER</b> VEGAN CHEESE, ROMA TOMATO, RED ONION, PICKLE, CONFIT GARLIC MAYO, TOASTED BUN	\$19.00	<b>GRILLED CHEESE</b> MELTED CHEDDAR & MOZZARELLA CHEESE ON GRILLED SOURDOUGH BREAD	\$16.00
<b>SEASCAPE BAJA TACOS</b> TWO GRILLED FLOUR TORTILLAS, AVOCADO CRÈME, CRISPY FRIED COD, CITRUS SLAW, PICO DE GALLO, CILANTRO, LIME	\$21.00	<b>2 PIECES ALE-BATTERED COD &amp; CHIPS</b> VANCOUVER ISLAND LAGER BEER BATTERED COD LOIN, HOUSE-MADE CHIPS, CREAMY TARTAR SAUCE, APPLE CIDER COLESLAW	\$25.00
<b>BACK YARD BBQ RIBS</b> HALF \$26/ FULL \$36 SLOW COOKED BRAISED DANISH PORK BACK RIBS SERVED WITH APPLE CIDER SLAW, CAESAR SALAD, CORN BREAD			



# MAINS

<p><b>AAA SIRLOIN</b>          7 OZ STEAK, SMASHED POTATO,          SEASONAL VEGETABLES, DEMI GLACE          ADD SKILLET GARLIC PRAWNS \$7</p>	<p>\$38.00</p>	<p><b>CAULIFLOWER STEAK</b>          ROASTED SPICED CAULIFLOWER, BASMATI          RICE WITH PEAS, SEASONAL VEGETABLES,          BOMBAY COCONUT CURRY BROTH, ONION          BAHJI, CILANTRO</p>	<p>\$22.00   </p>
<p><b>CHICKEN POT PIE</b>          FLAKY BUTTER PASTRY, LOCAL CHICKEN,          VEGETABLES, PETITE HERB SALAD WITH          MUSTARD DRESSING</p>	<p>\$23.00</p>	<p><b>SALMON PUTTANESCA</b>          SEARED SALMON, GARLIC, CAPERS, BLACK          OLIVES, ARTICHOKE HEARTS, ANCHOVIES, CHILI          FLAKES, LINGUINI PASTA IN A TOMATO BASIL          SAUCE; TOPPED WITH PARMESAN, FLAT LEAF          PARSLEY, HOUSE-MADE FOCACCIA</p>	<p>\$29.00</p>
<p><b>SEARED ALBACORE TUNA</b>          SAMBAL MARINATED PACIFIC ALBACORE TUNA          LOIN, SWEET POTATO MEDALLIONS, CONFIT          MUSHROOM, WILTED KALE SAUTÉ WITH A          MISO &amp; HONEY REDUCTION</p>	<p>\$38.00  </p>	<p><b>LOIS LAKE STEELHEAD</b>          SLOW ROASTED DILL &amp; HONEY CARROTS,          AROMATIC SMASHED POTATOES, SAUTEED KALE,          LEMON BURRE BLANC</p>	<p>\$33.00  </p>

## PIZZA TRAY

12 SLICES \$29.00

### GET HIM TO THE GREEK

ZUCCHINI, ROASTED RED PEPPER, ROASTED GARLIC,  
 BLACK OLIVES, PICKLED ONIONS, ARTICHOKE  
 HEARTS, TOMATO SAUCE, MOZZARELLA & FETA

### RISKY BUSINESS

SPICY CAPPICOLLO, BANANA PEPPERS, JALAPENOS,  
 ROASTED GARLIC, RED ONION, TOMATO SAUCE &  
 MOZZARELLA

### HAWAII FIVE - O

HONEY HAM, JULIENNE RED ONIONS, GRILLED  
 PINEAPPLE, MOZZARELLA, TOMATO SAUCE,  
 TOPPED WITH BBQ SAUCE & GREEN ONIONS

### THE JOE FROMAGEO

LOADED WITH MOZZARELLA, MONTEREY JACK,  
 FETA & PARMESAN CHEESES, TOMATO SAUCE,  
 BASIL PESTO

# SWEET TREATS

### HOT CHOCOLATE FUDGE BROWNIE

WITH ICE CREAM, OF COURSE  
 \$8.50

### WARMED CARAMEL APPLE PIE

YES, IT COMES WITH VANILLA ICE CREAM  
 \$8.50

### EVERY DAY IS LIKE SUNDAE!

VANILLA, CHOCOLATE, & STRAWBERRY ICE  
 CREAM, DRIZZLED WITH CHOCOLATE,  
 CARAMEL & STRAWBERRY SAUCE, SLICED  
 ALMONDS, WHIPPED CREAM  
 & A CHERRY ON TOP  
 \$9.50

# BEVERAGES

### SPARKLING WATER

SAN PELLEGRINO 500 ML  
 \$4.00

### CAN POP

PHILLIPS ROOT BEER, PHILLIPS  
 COLA, PHILLIPS ORANGE CREAM,  
 FENTIMANS GINGER BEER  
 \$3.00

### JUICE

ORANGE, APPLE, CRANBERRY,  
 PINEAPPLE, TOMATO  
 \$4.00

### FOUNTAIN POP

PEPSI, DIET PEPSI, 7-UP, ICED  
 TEA, GINGER ALE, ROOT BEER  
 \$3.00

### *coffee and tea*

<b>COFFEE</b>	\$3.00
<b>ESPRESSO</b>	\$3.00
<b>AMERICANO</b>	\$3.50
<b>CAPPUCCINO</b>	\$4.50
<b>HOT TEA</b>	\$4.50
<b>HOT CHOCOLATE</b>	\$4.50