

LUNCH & DINNER

GLUTEN FRIENDLY 

VEGAN FRIENDLY 

APPIES

CHEESY CAULIFLOWER	\$13.00
BATTERED CAULIFLOWER BITES, "MORNAY" ROMESCO SAUCE, CHILI OIL, SCALLIONS	 
CHICKEN WINGS	\$19.00
BLACK CURRANT SWEET & SOUR, GARLIC SALT & PEPPER, BUFFALO	
TOP NACHO	\$19.00
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	
LOCAL MUSSELS & HOUSE FRIES	\$23.00
WHITE WINE CREAM SAUCE, LEEKS, PARSLEY, SCALLIONS, GARLIC, SWEET ROLL	
SOUP OF THE MOMENT	\$9.50
ASK YOUR SERVER ABOUT TODAY'S FEATURE	
SURFS UP CHOWDER	\$16.00/\$24.00
FULLY LOADED NEW ENGLAND STYLE SEAFOOD CHOWDER.WITH SALMON, SCALLOPS, SHRIMP, COD, AND CLAMS HOUSE MADE FOCACCIA BREAD	
PACIFIC MUSHROOM TOAST	\$10.00
CREAMED GARLIC, TOASTED SOURDOUGH, WHITE TRUFFLE OIL, FRESH HERB SALAD	
ADD A POACHED EGG \$2	

SNACKS

for the not so hungry

TOASTED CORN NUTS

CUMIN, CINNAMON, ORANGE,
GARLIC, CHILI
\$5.00



TRUFFLE PARMESAN POPCORN

\$5.00



PORK CRISPS

MAPLE BACON SALT





\$5.00

CHIPS AND SALSA

\$6.00



SALAD


BEACH READY, BABY	\$13.50	SERIOUSLY CAESAR	\$13.50
CRISP KALE, PICKLED BEETS, WALNUTS, GOAT CHEESE, TOASTED QUINOA, HEMP HEARTS, GROUND FLAXSEED, FRESH GREEN APPLE, CIDER VINAIGRETTE	 	ROMAINE HEARTS, HOUSE MADE CAESAR DRESSING, BACON LARDONS, GRANA PADANO, HOUSE CROUTONS	
MANCHURIAN SESAME SLAW	\$13.50	HOLA AMIGA	\$13.50
NAPA CABBAGE SLAW, BABY BOK CHOY, ROASTED CASHEWS, SLICED RED CHILI, GOLDEN WONTON CRISPS, FRESH CILANTRO, SOY GINGER VINAIGRETTE		CRISP ROMAINE LETTUCE, GRILLED CORN, WHITE BEANS, SALSA FRESCA, FETA CHEESE, TOASTED CORN NUTS, SWEET POTATO, FRESH CILANTRO, AVOCADO CREMA, TOASTED CUMIN-LIME VINAIGRETTE	 

GRILLED CHICKEN BREAST \$7 / GARLIC LEMON PRAWNS \$7 / PAN ROASTED LOIS LAKE STEELHEAD \$8
GARLIC CONFIT MUSHROOMS \$6 / GROUND BEEF \$7 / CRISPY CAULIFLOWER BITES \$6

HAND HELDS

HAVE THESE WITH A SIDE SALAD...

ALL RIGHT, FINE! HAVE THEM WITH OUR HOUSE-CUT TRIPLE-COOKED FRIES WITH SEA SALT & BLACK PEPPER.

SMASH BURGER	\$18.50	THE DIRTY BIRD	\$18.50
6 OZ WESTERN CANADIAN GROUND CHUCK, LETTUCE, TOMATO, ONION, PICKLE, CHEDDAR CHEESE, SEASCAPE SPECIAL SAUCE, BUTTER TOASTED BUN		CRISPY BREADED CHICKEN BREAST, BREAD AND BUTTER PICKLES, LETTUCE, TOMATO, DIRTY BIRD SAUCE, BUTTER TOASTED BUN	
HOUSE VEGGIE BURGER	\$18.50	GRILLED CHEESE	\$15.50
VEGAN CHEESE, OVEN-DRIED TOMATO, CARAMELIZED ONION, PICKLE, CONFIT GARLIC MAYO, TOASTED BUN		A SEASCAPE CLASSIC, MELTED CHEDDAR CHEESE, MOZZARELLA, ON GRILLED SOURDOUGH BEAD	

MAINS

GLUTEN FRIENDLY 

VEGAN FRIENDLY 

YES, THESE PLATES ARE THE MAIN ATTRACTION TODAY, STARRING ALL OF YOUR FAVOURITES.

AAA SIRLOIN

\$38.00

7 OZ STEAK, WHIPPED POTATO,
SEASONAL VEGETABLES, DEMI GLACE
ADD SKILLET GARLIC PRAWNS \$7


CHICKEN POT PIE

\$23.00

FLAKY BUTTER PASTRY, LOCAL CHICKEN,
VEGETABLES, PETITE HERB SALAD WITH
MUSTARD DRESSING


LOIS LAKE STEELHEAD

\$33.00

SLOW ROASTED DILL & HONEY CARROTS,
AROMATIC SMASHED POTATOES, SAUTEED
KALE, LEMON BURRE BLANC 



TRUFFLE MUSHROOM RIGATONI

\$24.00

PACIFIC MUSHROOMS, TRUFFLE CASHEW
"CREAM" SAUCE, PANGRATTATO, AROMATIC
HERB SALAD 

CAULIFLOWER STEAK

\$22.00

ROASTED SPICED CAULIFLOWER, BASMATI
RICE WITH PEAS, SEASONAL VEGETABLES,
BOMBAY COCONUT CURRY BROTH, ONION
BAHJI, CILANTRO  

2 PIECES ALE-BATTERED COD & CHIPS

\$25.00

APPLE CIDER-DRESSED SLAW, HOUSE
TARTAR SAUCE

SWEET TREATS

it can't be a perfect meal if it doesn't end with dessert

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 SAUCES. TOPPED WITH SLICED
ALMONDS, WHIPPED CREAM, & A CHERRY ON TOP!

\$9.50

BEVERAGES

when you're thirsty

SPARKLING WATER

SAN PELLEGRINO
\$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

COFFEE \$3.00

ESPRESSO \$3.00

AMERICANO \$3.50

CAPPUCCINO \$4.50

HOT TEA \$4.50

HOT CHOCOLATE \$4.50

signature cocktails

FAIR WINDS AND SEA

BEEFEATER GIN, ABSINTHE,
LEMON JUICE, SIMPLE SYRUP,
BLUEBERRY JUICE, SODA
2 OZ / \$13.00

HERE COMES THE SUN

SUNSHINE LIQUEUR, TRIPLE SEC,
SIMPLE SYRUP, LEMON JUICE
2 OZ / \$13.00

FAVOURITE SWEATER

EMPRESS GIN, ELDERFLOWER,
BLACKBERRY SYRUP, SODA
2 OZ / \$14.00