

tapas

- bread sticks** 7
pink sea salt, black sesame seeds, roast garlic, almond & white bean hummus
- portabello mushroom** 11
crisp tortilla, fontina cheese, chili pepper jam, green onion & artichoke salad
- ahi tuna** 15
flash seared, saffron aioli, chorizo & black bean succotash
- warm goat cheese** 11
oven dried tomato, chipotle pepper, basil, naan bread
- seared scallops** 13
hazelnut butter, fennel, fresh orange
- salmon crab cakes** 13
citrus, cucumber lime relish, mango coulis
- ravioli** 11
sweet carrot & brie, maple onions, crème fraiche, beet chips
- burger trio** 14
bite size burgers, beef & applewood smoked cheddar, turkey & brie, lamb & gorgonzola
- bruschetta** 12
grilled fig, goat cheese & prosciutto, honey, organic apple bread

soups and salads

- west coast seafood chowder** 9
gold potato, lemon, housemade tabasco
- roast garlic soup** 9
parmesan, cauliflower, toasted almonds, truffle oil
- organic greens** 12
sun dried cherries, crumbled goat cheese, beet chips, white balsamic dijon vinaigrette
- caesar** 12
classic dressing, pancetta, shaved parmesan, croutons
- grilled chicken caesar** 17
classic dressing, pancetta, shaved parmesan, croutons, bread sticks
- noodle salad** 15
bbq pork, soba noodles, jalapenos, sprouts, peanuts, apple, daikon, hoisin, lime

lunch entrées

- fish tacos** 14
spiced basa, tzatziki slaw, soft tortillas, housemade tabasco
- angus beef burger** 14
applewood smoked cheddar, bacon, horseradish aioli, lettuce, tomato, pickled red onion, toasted bun
- falafel burger** 13
roast garlic chickpea patty, feta cheese, lettuce, tomato, pickled red onion, yogurt, organic bun
- chicken club** 15
grilled chicken breast, avocado, bacon, applewood smoked cheddar, lettuce, tomato, garlic aioli, whole grain bread
- pulled pork sandwich** 13
maple & jalapenos bbq sauce, pickled red onion, applewood smoked cheddar, in a combread waffle
- panini** 13
grilled zucchini, eggplant, poblano pepper, oven dried tomato, roast red onion, feta, almond & white bean hummus
- all of the above served with your choice of fries, yam fries, organic greens or Caesar
- flat iron steak** 16
sliced angus beef, peppercorn crust, tzatziki cabbage, pickled red onion, warm naan
- curry** 14
beef & lamb koftas, coconut marsala curry, yogurt, warm naan
- pad thai** 15
rice noodles, tamarind, shrimp, tofu, kaffir lime, egg, sprouts, thai chili, toasted cashews
- scallop & prawn pasta** 16
cajun, chipotle cream, fresh basil, asiago cheese
- short rib pasta** 15
slow cooked beef, roast garlic, sweet peas, morel mushrooms, mascarpone, chili oil
- breakfast items available until 2:00pm
- canadian breakfast** 14
two scrambled eggs, roast potatoes, bacon, canadian back bacon or signature breakfast sausage, choice of toast, includes coffee or tea
- baked egg tortilla** 12
two baked eggs, crisp tortilla, cheddar cheese, black bean & chorizo succotash, avocado, salsa