



FRESH FOOD FROM HERE AND THERE

SOUPS

Seasonal Soups *cup* \$4.50
made from scratch. *bowl* \$7.50

Smoked Wild Salmon & Arctic Surf Clam Chowder,
with roasted garlic, roasted red peppers *cup* \$5.00
and fresh dill in a creamy fish broth. *bowl* \$8.50

Vancouver Island Clams & Mussels
in a fennel tomato broth with grilled bread \$14.00

SALADS

Asian Salad
Organic greens, organic carrots, jicama,
sugar snap peas, red peppers, sunflower
sprouts, sesame seeds in a soy ginger dressing \$7.00

Roasted Beet & Okanagan Goat Cheese Salad
with organic greens, toasted walnuts
in a port wine vinaigrette \$9.00

Spicy Grilled Caesar Salad
with fried polenta croutons \$10.00

Seared Tapenade Crusted Albacore Tuna
with organic greens, dried tomatoes, egg, potatoes,
onions with a champagne tarragon vinaigrette \$12.00

SIDES

Warm Cornbread \$2.00

ALL FISH WILD CAUGHT IN B.C.
ALL POULTRY PASTURE RAISED ON VANCOUVER ISLAND

STARTERS

Oysters!

Raw Pacific Beach Oyster with Mignonette *each* \$2.50

Miso-mayo slathered Broiled Pacific Oyster
with salmon bacon. *each* \$3.00

Fiery Hemp Seed Crusted Oyster
with avocado ice *each* \$3.00

Sushi Rice Tofu Pockets

with smoked wild salmon or shiitake
mushrooms with avocado, sunflower
sprouts, wasabi mayo and sesame seeds. *each* \$4.00

Forest Mushroom Risotto Cakes

with Asiago cheese and chives \$8.00

Broiled Pacific Octopus

served with pickled cucumber, pea shoots
and a Chinese style tomato relish. \$11.00

Killer Fish Taco

crisp blue corn tortillas, filled with wild local fish
and topped with fresh fruit salsa. Served with
organic greens in a citrus vinaigrette \$11.00

Cayenne & Tequila Drenched King Shrimp

on lettuce leaves and blue cheese dipping sauce \$12.00

Shrimp Cake layered with Dungeness Crab,

avocado puree and a tomatillo salsa \$13.00

MAINS

Smoked Chicken & Exotic Mushroom Enchiladas

with pinto beans, avocado and organic
grains in a chipotle cream sauce. \$23.00

Hand Made Pappardelle Pasta

with duck confit, caramelised onions
and gorgonzola cheese \$23.00

Hand Made Vegetable Ravioli

with mushroom & herb broth \$20.00
with King shrimp \$26.00

Cedar Planked Wild Salmon

Local wild salmon on organic grains, red peppers
and greens, sautéed in a Port wine vinaigrette. \$24.00

Mediterranean Seafood Stew

Dungeness crab, wild fish, clams, mussels,
shrimp, roasted potatoes, leeks and wild fennel
in a saffron tomato broth \$27.00