

SAUCE

RESTAURANT & LOUNGE

“We are living in a world today where lemonade is made from artificial flavours and furniture polish is made from real lemons.”
~Alfred E. Newman

Welcome to Sauce, a locally owned and operated restaurant specializing in world flavours made from fresh, local and sustainable ingredients we call ‘Canadian Fusion.’ Our dedication to quality starts by sourcing the finest ingredients. Nearly all of our food is made from scratch, in house, and all of our beef is Certified Angus, a designation only the top 4% of beef produced in Canada meets.

Here at Sauce we are also dedicated to taking care of the city around us. We have a comprehensive composting and recycling program that diverts more than 90% of our waste from landfills, and we focus a great deal of our charitable donations on causes bettering Victoria’s downtown community which we are so proud to be a part of.

okay, i’ve wasted enough of your time. you may turn the page now.

if you enjoy bad humour and spelling mistakes,
follow us on twitter @saucerestaurant

Appetizers

artisan plate

local, artisan meats & cheeses, marinated mushrooms & olives, roasted garlic bulb, red onion jam, crocantis ~ 15.⁹⁵

tuna tataki

albacore tuna, seared rare, spicy japanese mayo, ponzu sauce, sesame seeds ~ 11.⁹⁵

Sauce bread

hand cut fry bread, roasted garlic aioli herb marinated tomato salsa ~ 7.⁹⁵

calamari

crispy calamari, jalapenos, lemon caper aioli ~ 11.⁹⁵

sweet potato frites

house seasoning salt, parsley, creole aioli ~ 6.⁹⁵

bruschetta

vine ripened tomatoes, garlic, basil, balsamic & parmesan, sourdough crostini ~ 9.⁹⁵

Sauce tuna tartar

tequila & cilantro marinated chopped albacore, house cut tortilla chips ~ 9.⁹⁵

Sauce chicken strips

house marinated cowichan valley chicken breast, creole aioli ~ 9.⁹⁵

baked brie

phyllo wrapped baked brie cheese, red onion jam, roasted garlic aioli, hand cut fry bread ~ 10.⁹⁵

chef's meatballs

certified angus beef ground in house, cumin tomato sauce, goat cheese ~ 8.⁹⁵

puppy dawgs

european weiners, hand rolled buns, sauerkraut, mustard, ketchup ~ 5.⁹⁵

Sauce nachos

house made smoked cheddar nacho cheese sauce, house cut tortillas ~ 6.⁹⁵

Soups & Salads

add to any salad:

cowichan valley chicken breast	6. ⁹⁵
sesame tuna steak	7. ⁹⁵
wild salmon fillet	6. ⁹⁵

grilled tiger prawns	7. ⁹⁵
grilled certified angus sirloin 6 oz	7. ⁹⁵

soup of the moment

fresh house-made broths & stocks, market meats & vegetables ~ 5.⁹⁵

seafood chowder

fresh seafood, bacon, yukon gold potatoes, corn, cream, tarragon ~ 6.⁹⁵

Sauce caesar salad

garlic croutons, aged parmesan, classic house-made garlic dressing ~ 8.⁹⁵

cheddar & pecan salad

sliced apple, smoked cheddar, candied pecans, fresh greens, apple vinaigrette ~ 9.⁹⁵

goat cheese & walnut salad

goat cheese, house-pickled beets, spiced walnuts, mandarin oranges, fresh greens, mandarin fennel vinaigrette ~ 9.⁹⁵

strawberry & stilton salad

sliced strawberries, crumbled stilton cheese, sliced almonds, fresh greens, strawberry honey balsamic ~ 9.⁹⁵

oriental chicken noodle salad

grilled cowichan valley chicken breast, chow mein noodles, asian bbq sauce, sesame thai peanut dressing ~ 14.⁹⁵

Steaks

served with market vegetables & chef's potato

Our steaks are hand cut in-house from only the best quality Certified Angus Beef, then naturally aged to perfection for a minimum of 28 days, ensuring superior flavour and tenderness.



cuts

top sirloin 6 oz

the most flavourful cut ~ 15.⁹⁵

ny striploin 8 oz

best combo of flavour & tenderness ~ 22.⁹⁵

ny striploin 12 oz

the king of steaks! ~ 27.⁹⁵

toppers

grilled tiger prawns ~ 7.⁹⁵

bbq thai beef short ribs ~ 8.⁹⁵

peppercorn demi glace ~ 2.⁹⁵

blue cheese butter ~ 2.⁹⁵

chimichurri sauce ~ 2.⁹⁵

wine and garlic mushrooms ~ 3.⁹⁵

Entreés

except for the pasta, entreés are served with market vegetables and choice of chef's potato or coconut jasmine rice

sesame tuna steak

sesame crusted albacore, seared rare, bok choy, ginger sesame soy ~ 19.⁹⁵

Sauce fried chicken

authentic southern fried cowichan valley chicken, special herb & spice blend, home made coleslaw ~ 16.⁹⁵

curried vegetarian strudel

phyllo pastry, chick peas, mushrooms, peppers, onions, apricot chutney ~ 19.⁹⁵

Sauce beef short ribs

boneless certified angus beef, thai bbq sauce, crispy onion ring ~ 25.⁹⁵

wild salmon

baked ocean wise salmon served with house made lemon caper aioli ~ 18.⁹⁵

grape escape penne

house smoked cowichan valley chicken, brie cheese cream sauce, red grapes, focaccia ~ 17.⁹⁵

Casual fare

served with choice of soup, salad, fries, coconut jasmine rice, or chef's potato

blue buck fish & chips

ale battered ocean wise tilapia, house made tartar, 1 pc ~ 10.⁹⁵ 2 pcs ~ 15.⁹⁵

tuna steak sandwich

sesame crusted albacore, seared rare, wasabi aioli, ginger sesame soy, sourdough ~ 15.⁹⁵

bistro chicken sandwich

cowichan valley chicken, brie cheese, red onion jam, lettuce, tomato, whole wheat kaiser ~ 13.⁹⁵

garlic chilli prawns

garlic tiger prawns, red pepper chilli butter sauce, peppers & onions ~ 12.⁹⁵

Sauce burger

certified angus beef, hand ground in house, lettuce, tomato, onion, pickle ~ 10.⁹⁵
~ have a vegetarian yam burger instead ~ 9.⁹⁵
~ add bacon, cheddar, or mushrooms ~ 1.²⁹ each
~ add 'the works' ~ 3

steak sandwich

6 oz certified angus sirloin, roasted garlic, sautéed mushrooms, sourdough ~ 14.⁹⁵

Sauce chicken strips & frites

cowichan valley chicken, creole aioli ~ 12.⁹⁵

malaysian chicken

cowichan valley chicken, peppers & onions, curry ginger peanut sauce ~ 12.⁹⁵

Sharing

sharable platters showcasing a selection of our favourite menu items

appetizer feast for 2

44.⁹⁵

choose any four different appetizers

Sauce meat feast for 2

64.⁹⁵

beef shortribs, 8 oz NY striploin, grilled prawns, caesar salad, peppercorn demi, chimichurri, market vegetables, chef's potato

seafood feast for 2

49.⁹⁵

sesame tuna, ocean wise wild salmon, grilled tiger prawns, walnut & beet salad, market vegetables, coconut jasmine rice

vegetarian feast for 2

49.⁹⁵

vegetarian strudel, tomato basil parmesan penne, sauce bruschetta, caesar salad, artisan cheeses, chimichurri sauce, coconut jasmine rice

Saucing

whether for dipping, pouring, spreading, or drinking, add some *Sauce* to your meal

chilli butter ~ 1.⁴⁹

spicy japanese mayo ~ 1.⁴⁹

chimichurri ~ 1.⁴⁹

Sauce sauce ~ .⁹⁹

wasabi aioli ~ 1.⁴⁹

roasted garlic aioli ~ 1.⁴⁹

lemon caper aioli ~ 1.⁴⁹

ginger sesame soy ~ 1.⁴⁹

creole aioli ~ 1.⁴⁹

gravy ~ 2.⁴⁹

Sides

side dishes, sized for sharing

truffled macaroni & cheese ~ 8.⁹⁵

garlic cheese bread ~ 3.⁹⁵

market vegetables ~ 3.⁹⁵

house cut fry bread ~ 2.⁹⁵

garlic sauteéd spinach ~ 4.⁹⁵

sauteéd mushrooms with wine & garlic ~ 6.⁹⁵

panko crusted onion rings ~ 3.⁹⁵

chef's potato ~ 3.⁹⁵