



— House Specialties —



served with choice of soup, salad, or fries

bistro chicken sandwich

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

truffled mac & cheese

aged cheddar, parmesan & brie cheeses, truffle essence, marinated mushroom salad ~ 10.⁹⁵

steak sandwich

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

tuna steak sandwich

sesame crusted albacore seared rare, wasabi aioli, indonesian soy sauce, warm garlic sourdough ~ 15.⁹⁵

\$10 feature

ask your server for today's selection ~ 9.⁹⁵

the beef dip

certified angus beef roasted in house, roasted garlic & rosemary jus ~ 10.⁹⁵

substitute sweet potato fries, seafood chowder or one of our specialty salads ~ 1.²⁹

Sauce chicken strips & frites

house-made cowichan valley chicken strips, creole aioli ~ 12.⁹⁵

Sauce burger

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

blue buck fish & chips

ocean wise tilapia, phillips 'blue buck' ale battered, fresh lemon, house made tartar sauce, 1 piece or 2? ~ 10.⁹⁵ / 15.⁹⁵

house quesadilla

ask your server for today's selection ~ 9.⁹⁵

thai rib sandwich

pulled thai beef rib meat, onion ring, warm garlic sourdough, house made bbq sauce, served open faced ~ 12.⁹⁵

Appetizers

sauce bread

house made fry bread, roasted garlic aioli, herb marinated tomato salsa ~ 7.⁹⁵

sweet potato frites

house seasoning salt, parsley, creole aioli ~ 5.⁹⁵

baked brie

phyllo wrapped brie cheese, red onion jam, roasted garlic, house made fry bread ~ 10.⁹⁵

calamari

crispy calamari, jalapenos, lemon caper aioli ~ 11.⁹⁵

soup of the moment

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

tuna tataki

seared albacore, spicy japanese aioli, ponzu sauce, sesame seeds ~ 11.⁹⁵

artisan plate

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

chicken strips

house marinated cowichan valley chicken breast, creole aioli ~ 9.⁹⁵

tuna tartar

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

seafood chowder

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

Rice Bowls

served with coconut jasmine rice, and a fresh green salad with strawberry balsamic dressing

ginger beef

strips of ginger marinated certified angus beef, peppers, onions, mushrooms, spicy citrus soy sauce ~ 11.²⁹

chick pea curry

bengal curried chick peas, onions, peppers, apricot peach chutney, house made fry bread ~ 10.²⁹

thai coconut prawn

tiger prawns, onions, peppers, house made thai coconut sauce ~ 11.⁹⁵

malaysian chicken

marinated cowichan valley chicken, onions, peppers, house-made malaysian peanut & coconut curry sauce ~ 11.²⁹

Salads

add the following to any salad:

cowichan valley chicken breast 6.⁹⁵
sesame tuna steak 7.⁹⁵
wild salmon fillet 6.⁹⁵

ocean wise shrimp 7.⁹⁵
grilled certified angus sirloin 6 oz 7.⁹⁵

caesar salad

garlic croutons, aged parmesan, classic house-made garlic dressing ~ 6.⁹⁵ / 8.⁹⁵

cheddar & pecan salad

sliced apple, smoked cheddar, candied pecans, fresh greens, apple vinaigrette ~ 7.⁹⁵ / 9.⁹⁵

strawberry & stilton salad

sliced strawberries, crumbled stilton cheese, sliced almonds, fresh greens, strawberry honey balsamic ~ 7.⁹⁵ / 9.⁹⁵

goat cheese & walnut salad

goat cheese, house-pickled beets, spiced walnuts, mandarin oranges, fresh greens, mandarin fennel vinaigrette ~ 7.⁹⁵ / 9.⁹⁵


oriental chicken noodle salad

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

house salad

fresh greens, dried cranberries, pumpkin seeds, choice of dressing ~ 5.⁹⁵ / 7.⁹⁵


Saucing

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

chilli butter ~ .⁹⁹

spicy japanese mayo ~ 1.²⁹

chimichurri ~ 1.⁴⁹

 sauce ~ .⁹⁹

wasabi aioli ~ 1.²⁹

horseradish ~ .⁷⁹

roasted garlic aioli ~ 1.²⁹

lemon caper aioli ~ 1.²⁹

ranch dip ~ .⁹⁹

creole aioli ~ 1.²⁹

tartar sauce ~ .⁹⁹

gravy ~ 2.⁴⁹