



APPETIZERS

- ENGLISH PEA SOUP** (VG)(GF)(DF)(CN) **9**
cashew cream, pea shoots, cracked pepper
- GRILLED ASPARAGUS** (GF)(DF) **15**
poached egg & prosciutto
- CHARCUTERIE & CHEESE** **21**
two rivers fennel salami, coppa, prosciutto, farmhouse brie, clothbound cheddar, benedictin blue
- GRANDMA ROSIE'S TURKEY MEATBALLS** **13** 🌱
tomato sauce, caramelized onion, herb ricotta cheese, garlic toast

- BC SALMON RILLETTE** **14**
bagel chips
- FRESH SHRIMP SUMMER ROLLS** (GF)(DF) **16**
rice noodles, cucumber, red pepper, carrot, garden herbs, lettuce & sweet chili dip
- TOFINO FRY** (GF) **15**
calamari, side-stripe shrimp, shishito peppers, spicy japanese mayonnaise
- SIZZLING SHRIMP** **16** 🌱
wild side-stripe shrimp, green garlic butter, szechuan chili, lemon & parsley, brioche toast

SALADS ADD CHICKEN 5 OR SHRIMP 7

- RED BERRY & HARVEST GREENS** (VG)(GF)(DF)(CN) **14**
strawberry, raspberry, hazelnut, blue cheese, honey vinaigrette
- ORGANIC QUINOA** (GF)(DF) **14**
red & white quinoa, beluga lentils, avocado, fennel, orange, citrus vinaigrette
- ELIZABETH'S CAESAR** **13**
kale, romaine, parmesan, croutons, black garlic dressing
- ROASTED BEETS & GOAT CHEESE** (CN) **15**
okanagan happy days goat cheese, pistachios, watercress & sherry dressing
- PICNIC TOMATO** (GF)(V) **16**
fresh & confit tomatoes, kalamata olives, cucumbers, goat cheese feta, roasted garlic chips, red wine dressing
- DUNGENESS CRAB LOUIE LOUIE** (GF)(DF) **22** 🌱
romaine, heart of palm, tomato, avocado, chive, egg, channel island dressing

CLASSICS

- AVOCADO TOAST** (DF) **16**
toasted sourdough, serrano chillies, pickled peppers, watermelon radish, green goodness juice
- FISH & CHIPS** (GF) **18** 🌱
haida gwaii rockfish, durkee's slaw, mushy peas, tartar sauce
- *POKE BOWL** (DF) **21**
bc albacore, green chili ponzu, avocado cucumber, tobiko, orange, cilantro, black rice
- DUNGENESS CRAB ROLLS** **20** 🌱
celery, salt & vinegar chips, brioche rolls
- DUNGENESS CRAB MAC N' CHEESE** **24** 🌱
roasted peppers, smoked bacon, ritz cracker & chive crumb, little arugula salad, garlic bread
- BILOXI BUTTERMILK FRIED CHICKEN SANDWICH** **16**
durkee's slaw, pickles, warm brioche & a nice little salad
- BACKYARD BURGER** **17**
aged cheddar, tomato jam, lettuce, tomato, onion, french fries

HONEY SALT MARKET (GF)(VG) **19**

klipper's charcoal roasted beets, carrots, asparagus, pickled vegetables, crispy kale, cherry tomato, lipstick peppers, sweet potato chips, cauliflower hummus, beet & balsamic dip

SIDES

- BASMATI RICE** (GF)(DF) **6** **MAC N' CHEESE** **9**
almonds, peas roasted peppers, kale
- SEASONAL VEGETABLES** **7** **KENNEBEC FRIES** **6**
(GF)(DF) (GF)(DF)
- CRISPY BRUSSELS SPROUTS** **6** **WHIPPED POTATOES** **8**
(GF) (GF)

MAINS

- TAGLIATELLE BOLOGNESE** **21**
two rivers beef & pork, pecorino cheese
- GRILLED BLACK COD** (GF) **34**
spring succotash, smoked bacon, whipped potatoes
- ORGANIC KING SALMON** (GF) **32** 🌱
beluga lentil, wilted spinach, confit tomato
- HOKKAIDO SCALLOPS** (GF) **33**
roasted cauliflower, cauliflower puree, truffle jus
- NANA'S TIFFIN CHICKEN CURRY** (CN)(GF) **22**
almond basmati rice, peas, papadum, cucumber raita
- MAPLE HILL CHICKEN BREAST** **25**
roasted heirloom carrots, "kale & padrón pepper mac n' cheese"
- GRILLED IBERICO PORK SECRETO** (GF) **36**
asparagus, roasted peppers, whipped potatoes, natural jus
- CANADIAN PRIME STRIPLOIN** (GF) **39**
caramelized onions, market vegetables, whipped potatoes, red wine jus



ocean wise. A SUSTAINABLE CHOICE

*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

(GF)=GLUTEN FREE, (DF)=DAIRY FREE, (CN)=CONTAINS NUTS, (V)=VEGETARIAN, (VG)=VEGAN