

# LUNCH

## LIGHTER FARE

ANTI PASTO PLATE	\$14
Rosemary Ham, Calabresse, Genoa Salami, Chorizo Sausage, Vancouver Island Cheeses, Olives and Artisan Breads	
COCONUT PRAWNS	\$10
Coconut Crusted Prawns, Green Papaya Slaw and Chili Cilantro Vinaigrette	
CRAB CAKE	\$10
Crab, Shrimp, Salmon, Curried Aioli and Pineapple Salsa	
SEAFOOD CHOWDER	\$8
GRAND SALAD	\$9
Spring Greens, Grilled Seasonal Fruit, Roma Tomato, Cucumber, Spanish Onion, Balsamic Vinaigrette	
WEST COAST CAESAR SALAD	\$14
Seared Prawns, Scallops, Wild Sockeye Salmon, Shrimp, Shaved Parmesan, Foccacia Croutons and Crisp Romaine	
SPINACH SALAD	\$10
Baby Spinach Leaves, Sun Dried Cranberries, Chevre and Mango Vinaigrette	

## LUNCH MAINS

TEMPURA BATTERED BC HALIBUT	\$12
Fennel Slaw, Sweet Pickle Tartar, Grilled Lemon and Fries	
STEAK SANDWICH	\$15
Ribeye Steak, French Loaf, Gorgonzola Grilled peppers and Sweet Potato Frites	
SUNDRIED TOMATO MOZZARELLA AGNOLOTTI	\$12
Italian Plum Tomatoes, Chorizo Sausage, Free Range Chicken and Hilary's Chevre'	
CHICKEN SANDWICH	\$11
Free Range Chicken, Foccacia Loaf, Curried Aioli, Asparagus, Smoked Mozzarella, Spring mix with Chili Cilantro Vinaigrette	
CLASSIC PHILLY CHEESE STEAK	\$11
Shaved Ribeye, Sweet Peppers, Provolone Cheese, French Loaf and Sweet Potato Frites	
BLACKENED HALIBUT SANDWICH	\$12
BC Halibut, Shrimp, Chipolte Aioli, Sprouts, Foccacia Kaiser and Baby Spinach with Mango Vinaigrette	
GRAND BURGER	\$11
Grilled Sirloin, Carmelized Onions, Smoked Mozzarella, Foccacia Kaiser and Fries	



## JUICE BAR

PEAR & APPLE	\$4
PEAR & ORANGE	\$4
APPLE & BEET	\$4
ORANGE & GRAPEFRUIT	\$4
BANANA, ORANGE & PEAR	\$4 ½
CARROT, CELERY & BEET	\$4 ½
PINEAPPLE, PEAR & ORANGE	\$4 ½
GRAPEFRUIT, PINEAPPLE & LIME	\$4 ½
CARROT, CELERY, SPINACH & PARSELY	\$4 ½
CARROT, APPLE, BEET & GINGER	\$4 ½

## ADD ONS

GINGER	\$1
BANANA	\$1
PINEAPPLE	\$1

## BEVERAGES

COFFEE, TEA, HERBAL TEA	\$2 ½
MILK, CHOCOLATE MILK	\$3
JUICE	\$3
Apple, Orange, Cranberry, Grapefruit, Tomato	
POP	\$3
AMERICANO	\$3
CAPPUCCINO, LATTE, ESPRESSO, MOCHA	\$4

# BEVERAGES

