

soups & salads

all soups & salads are served with fresh, warm French baguette & butter

daily soup made with the freshest local ingredients

ask your server small 4.5 large 6.5

soup & salad

our daily creation with mixed greens in a citrus vinaigrette 10

seafood chowder

our traditional clam chowder with shrimp, mussels, & sweet corn.

small 5 large 9



spinach salad

baby spinach tossed in a balsamic vinaigrette, garnished with red onion, sliced mushrooms, hard boiled egg & bacon pieces 10



caesar salad

crisp romaine lettuce with croutons & parmesan cheese in a traditional caesar dressing 9



mixed greens



mixed greens tossed in our citrus house dressing garnished with fresh vegetables & tomatoes 8

- add grilled chicken, steak or baby shrimp to any salad 4



bag salad

scallops & prawns served atop mixed greens in an orange-cranberry dressing, finished with papaya & toasted almonds 23

small plates

west coast crab cakes

house made crab cakes accompanied by a fresh fruit salsa 15



gurmææt's homemade samosas

vegetarian samosas with your choice of mango chutney or sour cream 8

calamari

lightly battered calamari rings fried to a golden brown.
served with chopped red onion & tzatziki sauce 12.5

indonesian satay

served with spicy peanut sauce. chicken 11 prawn 15

sandwiches, wraps & burgers

grilled chicken & brie wrap

grilled chicken breast, brie cheese, walnuts, mixed greens, tomato & red currant dressing 15

steak sandwich

5oz striploin steak on garlic toast topped with sautéed onions. 18

caribbean chicken burger

adobo spiced, chicken breast burger with corn & zucchini salsa & mozzarella cheese 16

cordova bay burger

house made beef burger topped with chef's special bbq sauce, cheddar cheese & bacon 15

salmon burger

Wild salmon burger with spinach, feta cheese & capers 16

halibut burger

grilled halibut finished with tartar sauce 18

*your choice of mixed green salad, daily soup or fries
with all sandwiches, wraps & burgers*

lighter meals

chicken fingers

with fries & your choice of honey garlic, bbq, honey mustard or plum sauce 14

halibut & chips

batter battered halibut with fries & tartar sauce. one pizza 17 two pizza 24

teriyaki stir fry

with seasonal vegetables & teriyaki sauce. 14
add chicken or beef 4

chicken & mushroom crepe

filled with chicken & mushrooms in a cream sauce, topped with swiss cheese. served with house salad 18

daily curry special

our daily creation served over rice with fresh mango chutney 19

pizza



vegetarian pizza

roasted red peppers, artichokes, mushrooms, tomatoes & pesto sauce topped with bocconcini & mixed cheese. 15

meatlovers pizza

bacon, chicken sausage, ham, pastrami, onions, peppers, tomatoes & pesto sauce with bocconcini & mixed cheese 15

feature entrées

-  **coconut crusted red snapper**
grilled, coconut crusted red snapper fillet served with rice & seasonal vegetables. finished with a red curry sauce **25**
-  **braised lamb shoulder**
braised lamb shoulder in a rosemary, garlic & tomato broth. served over roasted potatoes & seasonal vegetables **23**
-  **new york steak**
8oz NY striploin steak with a parmesan & roasted garlic crust. accompanied by roasted potatoes & seasonal vegetables. **28**
-  **baked salmon**
baked, wild salmon fillet with rice, seasonal vegetables and an orange-tomato cream sauce **26**
-  **braised turkey thigh**
slow cooked turkey thigh with house made rhubarb chutney, roasted potatoes & seasonal vegetables. finished with natural juices **19**
-  **stuffed chicken breast**
baked chicken breast with sausage stuffing, rice & seasonal vegetables. finished with a blue cheese demi glace **24**