

# Starters

DUCK & ARUGULA flatbread 14.95  
arugula pesto, roasted tomatoes, provolone, duck prosciutto

🌱❤️ GARLIC PARMESAN FRIES 9.95  
house-cut Kennebec potatoes, garlic and parmesan; with truffle aioli

POUTINE 9.95  
made with house-cut BC Kennebec potatoes, Quebec cheese curds and gravy  
...add bacon 2.95  
...add pulled pork 3.95  
...add fried free range egg 1.25

❤️ FRIED PICKLES 9.95  
crispy beer-battered dills with house-made buttermilk ranch & hot sauce

PULLED PORK SLIDERS 10.95  
three sliders with slow-cooked Vancouver Island Pork shoulder on brioche; Carolina BBQ sauce, slaw

🌱❤️ NACHOS 15.95  
corn tortilla chips, three cheeses, fresh tomato, sweet onion and black bean salsa; with salsa and sour cream  
...add pulled chicken 3.95  
...add slow-cooked pork shoulder 3.95  
...add guacamole 2.95  
...add jalapeños .95

WINGS starter/double 11.95/17.95  
crispy salt & pepper wings; celery & carrot sticks, pickled beans and ranch dip. Choose...  
cajun · hot sauce · sweet chili  
blazin' blue · honey garlic · teriyaki  
· house chili-lime

🌱 CALAMARI 11.95  
crispy squid, smoked onion salsa; with tzatziki, grilled lemon

🌱 PULLED CHICKEN TACOS 15.95  
Two Abuelos blue corn tortillas, pulled Maple Hills Farm chicken, jack cheese, lettuce, guacamole and crispy onions

🌱 BLACKENED SALMON TACOS 15.95  
two Abuelos white corn tortillas, blackened wild pacific salmon, slaw, chipotle mayo and smoked onion salsa

WESTCOAST SEAFOOD CHOWDER cup/bowl 5.95/8.95  
classic creamy chowder: smoked salmon, ling cod and baby clams with Yukon gold potatoes

DAILY SOUP cup/bowl 4.50/6.50  
seasonal and local

🌱❤️ HOUSE-CUT FRIES half/full 3.95/5.95  
crispy fries with truffle aioli

❤️ ONION RINGS 7.95  
beer-battered; with house honey-mustard

🌱❤️ YAM FRIES 7.95  
seasoned; with chipotle aioli

# salads

🌱❤️ HOUSE GREENS half/full 6.95/9.95  
mixed lettuces, fresh vegetables & toasted sunflower seeds; choice of balsamic vinaigrette, apple cider vinaigrette, blue cheese, ranch, honey-walnut vinaigrette or avocado-roasted garlic vinaigrette

🌱 CHOP SALAD 15.95  
romaine, grilled chicken breast, boiled egg, tomato, avocado, blue cheese, and house-made blue cheese dressing.

🌱 GARAM MASALA RUBBED ALBACORE 15.95  
grilled rare; with cucumber & arugula, sunflower sprouts, yogurt dressing

CLASSIC CAESAR half/full 7.95/10.95  
crisp romaine, sourdough croutons, shaved grana padano, crispy bacon tossed in house-made caesar dressing  
add grilled steak..... 12.95  
add cajun wild pacific salmon... 8.95

🌱❤️ BEET SALAD half/full 10.95/15.95  
marinated red & gold beets, herb-rolled goat cheese, arugula, beet chips

# SANDWICHES BURGERS & WRAPS

**burgers sandwiches & wraps with your choice of french fries, kale chips, green salad, or daily soup;  
substitute caesar salad, seafood chowder, yam fries or onion rings for \$2; poutine for \$4  
gluten free bread or bun add \$2**

HERITAGE BEEF BURGER 14.95  
the classic: six ounce hand-made Canadian Angus beef patty; tomato, lettuce, pickle & red onion; toasted brioche & house awesomesauce  
customize your burger experience...  
add mushrooms 1.25  
add bacon 1.25  
add cheddar or Swiss 1.25  
add fried egg 1.25  
add avocado 1.25  
add an extra patty 2.50  
add pulled pork 3.95

❤️ CRISPY CHICKPEA BURGER 14.95  
house-made chickpea patty; chili aioli, lettuce, pickled onion and tomato on a toasted brioche bun

LAMB GYRO 16.95  
marinated lamb leg, tzatziki, feta cheese, fresh tomato & lettuce in a grilled pita

REUBEN 15.95  
smoked brisket, Swiss cheese, saurkraut, and honey dijon grilled in a Portofino pretzel roll

CAJUN SALMON BURGER 16.95  
cajun rubbed pacific wild salmon with lettuce, tomato, pickled red onion & tartar sauce in a brioche bun

BLT 14.95  
the classic sandwich: bacon, lettuce & tomato on Portofino sourdough

CHICKEN BRIE-L-T 16.95  
garlic-herb marinated free-range chicken breast layered with bacon, brie, lettuce, tomato & truffle mayo on a Portofino peasant bun

# SPECIALTIES

🌱 STEAK FRITES 19.95  
six ounce flatiron steak, sauteed mushrooms & crispy shallots; house-cut Kennebec fries

🌱 THAI STYLE RED CURRY 15.95  
Fraser Valley chicken & sautéed vegetables in coconut curry with basmati rice

CRAFT BEER BATTERED FISH & CHIPS  
line-caught ling cod; with house-cut Kennebec fries & tartar sauce  
one piece 13.95; two pieces 18.95

SHRIMP & MUSSEL LINGUINI 16.95  
west coast shrimp & mussels, garden pesto & grana padano

a gratuity of 15% will be added to tables of 8 or more • 🌱 = gluten free ❤️ = vegetarian