

to begin...

- ripple rock organic farm greens**  **10**
local cultivated and wild greens with apple cider vinaigrette and HBI edible flowers
- tomato & bocconcini salad**  **14**
vine ripened heirloom tomatoes and bocconcini cheese with fresh basil, infused extra virgin olive oil and balsamic glaze
- chilled green pea & buttermilk soup**  **10**
white wine-braised onion, green pea and fresh buttermilk purée, served cold with garden mint and crème fraîche
- natural charcuterie** **14**
a changing selection of naturally cured and smoked meats served with stone ground mustard, pickled sweet onions, currant chutney and crostinis
- albacore tuna tataki** **14**
seared rare, line-caught west coast tuna loin served chilled with a soy glaze, wasabi, Ripple Rock Farm radishes and rice crisps
- raw black pearl oysters** **6/14 12/24**
freshly shucked local oysters served on the half shell with lemon, horseradish and red wine mignonette
- hbi baked oysters** **3/10 5/15**
large local oysters baked with smoked salmon chowder and crispy herb crumbs; served on the half shell
- steamed manilla clams** **half pound/9 pound/16**
in the shell, steamed in white wine with leek, onion, tomato and red devil chorizo; topped with asiago and panko crumbs
- steamed mussels** **half pound/9 pound/16**
in the shell, steamed in coconut, green curry and kaffir lime leaf broth
- poached swimming scallops** **half pound/13 pound/24**
poached in white wine, leek and onion; served with roasted garlic butter

main courses... all served with seasonal summer vegetables

- pan seared polenta & portobello**  **20**
herbed goat cheese polenta with roasted roma tomatoes, grilled portobello mushroom, pumpkin seed pesto, and tomato-olive oil vinaigrette
- green pea risotto**  **19**
creamy arborio rice with summer vegetables, peas, asiago cheese, lemon-chive crème fraîche and crisp Ripple Rock Farm radish
- leek & white navy bean ragoût**  **18**
slow-cooked navy beans, sautéed vegetables and leeks with red wine reduction
- grilled wild salmon** **28**
salmon variety varies during the season, with warm lemon and herb potato salad, pumpkin seed pesto and tomato-olive oil vinaigrette
- sundried tomato crusted ling cod** **26**
pan seared then crusted and served with a chorizo, red pepper, corn potato hash and a corn chive sauce
- pan seared halibut** **30**
line caught, with leek and navy bean ragout and a red wine reduction
- west coast bouillabaisse** **36**
mussels, clams, swimming scallops, prawns, halibut, ling cod, and salmon simmered with garlic, onion and leeks in white wine and tomato broth
- maple mustard pork chop** **26**
grilled Johnston Farm chop, maple-dijon glazed; with aged cheddar potato cake and white wine apple sauce
- grilled chicken and goat cheese polenta** **24**
herb-marinated Rosstown Farm grilled chicken breast with herbed goat cheese polenta, pumpkin seed pesto, tomato-olive oil vinaigrette
- skillet seared AAA beef tenderloin** **33**
horseradish potato croquette, caramelized onion puree, red wine jus
- roasted lamb sirloin** **28**
stone ground mustard and herb crusted Peace Country lamb, goat cheese polenta, sundried tomato and thyme jus

casual appies... selections of our pub fare

crispy oysters

11.95

five local oysters in a savoury panko crust, with smoked chili mayo

creamy seafood chowder

cup 5.95; bowl 8.95

a rich coastal classic: smoked salmon and baby clams with vegetables and potatoes.

daily soup

cup 3.95; bowl 5.95

our chefs create a delicious soup every day... ask your server about today's creation.

spinach & golden beets

half 8.95; full 11.95

tender spinach with apple juice-poached golden beets, creamy goat cheese, pickled sweet onion and toasted walnuts with apple cider vinaigrette.

house greens

half 5.95; full 8.95

mixed lettuces, fresh vegetables, toasted sunflower seeds with balsamic vinaigrette, sweet berry vinaigrette, soy-sesame dressing, ranch, or blue cheese dressing.

chef salad

14.95

mixed greens and spinach with hard-boiled egg, house-smoked turkey, carved ham, grilled chicken breast, tomato, aged cheddar and ranch dressing.

classic caesar

half 6.95; full 9.95

crisp romaine, croutons and asiago cheese tossed in tangy caesar dressing.

top those greens with protein

grilled heritage Angus flankstrip...	8.95
Rosstown Farm grilled & chilled chicken breast...	6.95
crispy organic non-gmo tofu...	5.95
west coast albacore tuna, grilled rare...	10.95
house-smoked pulled pork...	5.95
creamy goat cheese	2.95

casual entrées... selections of pub fare

heritage beef burger

12.95

the classic, updated with heritage Angus beef: a six ounce hand-made beef patty with tomato, lettuce, pickle, red onion and mayo on a kaiser bun.

spicy chicken ranch burger

13.95

grilled Rosstown Farm chicken breast tossed in savoury hot sauce and topped with provolone; with lettuce, tomato, sweet onion and ranch sauce on a ciabatta bun.

black bean burger

12.95

house-made patty with black beans, mushrooms, sunflower seeds and roasted garlic on a kaiser bun with sun-dried tomato mayo, lettuce, tomato and sweet onion.

char-grilled tuna burger

16.95

west coast albacore tuna char-grilled medium-rare on a toasted ciabatta bun with lightly pickled red onion, lettuce, tomato, and sun-dried tomato mayo.

HBI deluxe

15.95

heritage Angus beef stacked with an onion ring, bacon, cheese, tomato, lettuce, pickle, red onion and bbq mayo.

crispy chipotle oyster burger

13.95

local crispy oysters, lettuce, tomato, pickled sweet onion and smoked chili mayo on a toasted kaiser.

house-smoked ribs

26.95; half rack 15.95

a full rack of Johnston Farm pork baby back ribs, house-smoked with mesquite and tossed in our bbq sauce; with your choice of mixed greens, house-cut fries, basmati rice or soup.

mac 'n' three cheese

13.95

elbow pasta tossed in garlic bechamel sauce with mozzarella, cheddar and asiago cheese; baked with savoury bread crumbs; served with your choice of mixed greens, house-cut fries, basmati rice or soup.

all selections above with choice of mixed greens, house-cut fries, basmati rice or soup;
substitute caesar salad for \$1 or creamy seafood chowder, onion rings or yam fries for 2.00
gluten free bread or bun add \$1