


## **START & SHARE**

<b>Artisan Breads</b> smoked garlic goat cheese & green olive tapenade	\$4.5
<b>Chef's Soup</b> today's selection	\$5
<b>Crab Chowder</b> creamy chowder with crab, corn & croutons	\$8
<b>Chicken Wings</b> hot, honey garlic or, herb & garlic...with cucumber wasabi dip	\$8
<b>Sea Bowl</b> mussels, steamed clams & prawns served with parmesan garlic toast ...thyme, garlic, white wine & cream or....Thai red curry with basil & coconut milk	\$15
<b>Smoked Salmon Fritters</b> caper berries, spicy parsley sour cream	\$9
<b>Beef Tenderloin Satays</b> lime, English cucumber & thai peanut dipping sauce	\$10
<b>Crisp Salt &amp; Pepper Squid</b> Togorashi pepper & ponzu aioli	\$11

## **GREENS**

<b>Baby Lettuces</b> blackberry balsamic vinaigrette & crisp wontons	\$7
<b>Caesar</b> creamy anchovy dressing	small \$7 large \$10

 **Scallop & Prawn Salad** on a julienne vegetable salad with a cilantro & ginger vinaigrette \$16

 **Cobb Salad** chicken breast, avocado, double smoked bacon, tomato, egg & blue cheese \$15

## **SANDWICHES & BURGERS**

**Fresh's Burger** aged white cheddar, with lettuce, tomato, caramelized onion & mayonnaise \$12  
add bacon or garlic parmesan butter mushrooms \$1.50 each  
♥ substitute grilled chicken or veggie patty...No Charge

**Smoked Short Rib Grilled Cheese** rosemary caramelized onions, Provolone cheese \$15

**Crab Melt** baked open face with avocado, bacon & Camembert fondue \$15

**Grilled Chicken Club** crisp bacon, basil aioli, provolone cheese on toasted marble rye \$12

♥ **Grilled Wild Salmon Fillet Burger** miso mayonnaise & radish shoots \$15

## **BAKED FLAT BREAD PIZZA**

**Garlic Butter Sautéed Mushrooms** rosemary caramelized onions, blue cheese & walnuts \$15


**Beach & Barn** crab, crisp bacon, arugula, chilies, Camembert sauce & Provolone \$16


**Classic Pepperoni** tomato sauce, mushrooms & Provolone \$13


## **PASTA & CASUAL PLATES**

**Angel Hair Pasta with Prawns & Scallops** smoked tomato, fennel seed, white wine & cream \$18

**Mushrooms & Bacon Mac 'n' Cheese** baked with a pretzel crust \$13

 **"West Coast Trifecta" Halibut, Chips & Caesar** baked halibut with Panko crust, dill pickle aioli, roast fingerling potatoes & heart of baby romaine caesar \$18

♥  **Mango Curry Noodle Bowl** shiitakes, bok choy, tofu, julienne vegetables & rice noodles \$13  
with grilled chicken add \$3

 **Chicken Cannelloni** with spinach, mushrooms, ricotta, and a tomato basil cream sauce \$16

**Crab, Chive & Cheddar Omelette** breakfast potatoes, broiled vine ripe tomato & fruit garnish \$14

**ROAST PRIME RIB** available Friday, Saturday & Sunday evenings from 5:30pm, while quantities last.


**Slow Roasted "AAA" Alberta Beef** caramelized onion au jus & Yorkshire Pudding

6 oz. \$17.95

8 oz. \$20.95

10 oz. \$23.95

Served with a tomato & onion salad to start

 indicates a signature dish  
♥ indicates a lighter healthier choice

Prices and contents are subject to change without prior notice