

# Lunch

## APPETIZERS

- GF WEST COAST SEAFOOD CHOWDER 8 / 14
- ATLANTIC LOBSTER BISQUE 8 / 13
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- WAGYU BEEF CARPACCIO 17.75  
peppercorn-crust, dijon aioli, capers, grana padano + crostinis
- CRISPY CALAMARI - TZATZIKI + CUSABI DIPS 14.7
- BLUE CRAB BRIOCHE ROLLS 14.5
- ✓ PARMESAN PORTOBELLO MUSHROOM FRIES + BASIL DIP 11
- Our Famous** CRAB CAKES 16.75  
sweet pepper chutney
- HOT CRAB DIP + PARMESAN CROSTINIS 14.95
- GF STANDING FORKS scallops & prawns wrapped in prosciutto 16.9
- LOBSTER TACO TRIO 15.5
- ESCARGOT & MUSHROOMS ON TOAST in Madeira cream 15
- COCONUT CURRY PRAWNS 14.7
- MUSSEL STEAMER POT coconut green curry or garlic white wine 17.5 + Fries 4
- PRAWN SUSHI CONES avocado, spicy mayo & tobiko 9.5

## SEAFOOD BAR

- FRESH SHUCKED OYSTERS  
From government certified oyster beds
- OYSTER 6 PACK 18.95  
3 premium + 3 superior
- OYSTER 12 PACK 34.95  
6 premium + 6 superior
- CRISPY FRIED OYSTERS 16  
with cucumber wasabi mayo topped with pickled carrot
- AHI POKE TOWER 16.5
- PRAWN COCKTAIL 15.5 GF
- GF **SUSHI CHEF'S SASHIMI PLATE** 19.5  
Coho Salmon, Ahi Tuna, tomago, Yellowtail, Scallop
- GF **LOBSTER & CRAB ENTRÉES** 
- Entrées below served with wild & jasmine rice & vegetables
- 1½ LB NOVA SCOTIA LOBSTER 52.5
- 1 LB ALASKAN KING CRAB LEGS 67
- 1½ LB LOCAL DUNGENESS CRAB 49.5

## SALADS

- GF BLACKENED AHI TUNA 17.95  
blackened ahi tuna seared rare in cajun spice, on mixed leaf salad dressed with remoulade sauce
- GF WILD SALMON & SHELLFISH SALAD 24.95  
crab, prawns, scallops, shrimp, cajun salmon, lemon basil balsamic vinaigrette
- GF CRAB, SHRIMP, MANGO & AVOCADO STACK 18.75  
spicy honey-red pepper drizzle
- GF ✓ CAMELIZED BEET & STRAWBERRY SALAD arugula, pistachio brittle, creamy Dijon dressing 13.5
- GF ✓ WEST COAST SALAD corn, beets, sprouts, carrot, daikon, cucumber, baby tomatoes with a wild passion fruit vinaigrette 7 / 11
- BACON CAESAR SALAD 8 / 14 Add • *Atlantic lobster meat* 14 • salmon 11 • grilled prawns 8 • chicken 7 • ½ avocado 3



## CASUAL

### GF FISH & CHIPS

Atlantic Cod • 1 piece 17 • 2 piece 22

CAJUN FISH TACO 15.5  
basa fish, lime & chili, mega basil aioli, coleslaw, black bean salsa in soft tortillas

BACON CHEESE 17.5  
cheddar cheese, lettuce, sweet pickle, onion, tomato, bacon, mustard & ketchup on a brioche bun

SURF & TURF 18.5  
cajun chicken breast, crispy prosciutto, garlic prawns, red pepper goat cheese spread + arugula & tomato jam

UMAMI BURGER 16.75  
pineapple ginger glazed chicken breast, teriyaki garlic shiitaki mushroom, pineapple ring, mayo + pea shoots

## CLASSIC PRIME STEAKS

GF THICK CUT FILET MIGNON  
The tenderest of steak cuts (6oz.) 38.5

GF FILET & LOBSTER TAIL (6oz.) 48.5

GF NEW YORK & BOURBON PRAWNS (6oz.) 36.5

DELMONICO RIB EYE 14 OZ.  
Most flavourful cut + bordelaise sauce 47.5

PETIT NEW YORK STRIP LOIN (6oz.) 29.5

FRESH BAKED BREAD LOAF 4

WE SUPPORT LOCAL & SUSTAINABLE WHEN AVAILABLE

## SANDWICHES

 choice of hand cut russet fries or salad

BEEF SHORT RIB ON PORTUGUESE BUN 17.75  
pomegranate, braised onions & horseradish roasted garlic aioli + arugula

GRILLED SOURDOUGH CRAB & CHEDDAR 16.9  
crab, artichoke, parmigiano, tomato, cream cheese horseradish & onion

ATLANTIC STYLE **Lobster Roll** 19.95  
Atlantic lobster, langostine lobster, tarragon mayonnaise, arugula, applewood smoked bacon served in a toasted sweet brioche roll

LOBSTER & SHRIMP QUESADILLA 15.9

## ENTRÉES

WEST COAST SEAFOOD CROCK POT 18.75  
salmon, cod, shrimp, bacon, vegetables with puff pastry cap + side salad

GF WILD COHO SALMON 24.95  
baby carrots, asparagus, hickory smoked potatoes, brown butter sauce

SEAFOOD LUNCH BOX 19.75  
2 crab rolls in fresh brioche buns, cup of lobster bisque, sweet potato fries + house made coleslaw

SCALLOP LINGUINI 26.5  
bay scallops, parmesan cheese, grape tomatoes, shiitake mushrooms, pine nuts, English green peas & arugula pesto

PAD THAI 24.5  
sauteed vegetables, spiced creamy peanut sauce, pickled ginger carrots, fresh basil & pea shoots with scallops & prawns

GF ✓ COCONUT CURRY RICE BOWL 16.75  
wild mushrooms, broccolini, bell peppers, garlic, ginger in a coconut curry sauce on wild & jasmine rice topped with black bean salsa & toasted almonds.

ADD: • prawns 8 • chicken 7 • salmon 11



\* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness. For our guests with food allergies, please alert your server prior to ordering.

✓ = VEGETARIAN

GF = GLUTEN FREE

18% Gratuity will be added for parties of 7 or more people.