

# Lunch

## CHOWDER +

- gf WEST COAST SEAFOOD CHOWDER 8 / 14
- ATLANTIC LOBSTER BISQUE 8 / 13

## APPETIZERS

- gf V BANG BANG CAULIFLOWER sweet & spicy Korean sauce 11
- CRISPY CALAMARI - tzatziki + cusabi dips 15
- Our Famous* CRAB CAKES sweet pepper chutney 17
- HOT CRAB DIP FOR 2 + 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
- MUSSEL STEAMER POT coconut curry or garlic white wine 18 + Fries 4
- WAGYU BEEF CARPACCIO 18  
peppercorn-cruste, dijon aioli, capers, grana padano + crostinis
- gf PARMESAN PORTOBELLO MUSHROOM FRIES + BASIL DIP 12
- gf ITALIAN LARGE MIXED OLIVES our house blend 8

## SEAFOOD BAR

- OYSTER 12 PACK 36  
6 premium + 6 superior
- OYSTER 6 PACK 19.5  
3 premium + 3 superior

CRISPY FRIED OYSTERS 16  
with cucumber wasabi mayo topped with pickled carrot

- gf PRAWN COCKTAIL 16
- AHI POKE TOWER 16.5

gf **SUSHI CHEF'S SASHIMI PLATE** 19.5  
Coho Salmon, Ahi Tuna, tomago, Yellowtail, Scallop

gf **LOBSTER & CRAB ENTRÉES** 

Entrées below served with 5 grain rice & vegetables

- 1½ LB NOVA SCOTIA LOBSTER 55
- 1 LB ALASKAN KING CRAB LEGS 67
- 1½ LB LOCAL DUNGENESS CRAB 52

## SALADS

- gf V CAMELIZED BEET & STRAWBERRY SALAD 14  
arugula, pistachio brittle, creamy Dijon dressing
- BACON CAESAR SALAD 8 / 14  
Add • Atlantic lobster meat 14  
• salmon 11 • grilled prawns 8  
• chicken 8 • ½ avocado 4
- gf WILD SALMON & SHELLFISH SALAD 24.95 crab,  
prawns, scallops, shrimp, cajun salmon,  
lemon basil balsamic vinaigrette
- gf WEST COAST SALAD 7 / 12  
corn, sprouts, carrot, daikon, cucumber, baby  
tomatoes + wild passion fruit vinaigrette
- gf BLACKENED AHI TUNA 17.95  
blackened ahi tuna seared rare in cajun spice,  
on mixed leaf salad dressed with remoulade sauce
- gf CRAB, SHRIMP, MANGO  
& AVOCADO STACK 18.75  
spicy honey-red pepper drizzle

## SANDWICHES

choice of hand cut russet fries or salad

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

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

GRILLED SOURDOUGH CRAB & CHEDDAR 17.5  
crab, artichoke, parmigiano, tomato, cream cheese horseradish & onion

LOBSTER & SHRIMP QUESADILLA 16

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

VOODOO CHICKEN SANDWICH 17.5  
buttermilk fried chicken breast, sweet & spicy Korean sauce, served  
on a toasted Portuguese roll, with a lime, ginger sour cream sauce

## CASUAL

FISH & CHIPS Atlantic Cod • 1 piece 17 • 2 piece 22

gf HALIBUT & CHIPS • 1 piece 19.5 • 2 piece 29.5

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

THE "BETTY BURGER" 17.5  
a special recipe with 3 different cuts beef + bacon, cheddar cheese, lettuce,  
sweet pickle, onion, tomato, bacon, mustard & ketchup on a brioche bun

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

\* 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.

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




## CLASSIC PRIME STEAKS

- gf PETIT NEW YORK STRIP LOIN (6 oz.) 30
- gf THICK CUT FILET MIGNON  
The tenderest of steak cuts (6oz.) 38.5
- gf FILET & LOBSTER TAIL (6oz.) 52.5
- gf NEW YORK & BOURBON PRAWNS (6oz.) 36.5
- DELMONICO RIB EYE 14 OZ.  
Most flavourful cut + bordelaise sauce 47.5
- gf PETIT NEW YORK STRIP LOIN (6 oz.)  
+ ½ lb KING CRAB 49

## BOWLS

gf COCONUT CURRY RICE 15.5  
wild mushrooms, broccolini, bell peppers, garlic, ginger in a coconut curry  
sauce on 5 grain pilaf rice topped with black bean salsa & toasted almonds.  
ADD: • prawns 8 • chicken 8 • salmon 11

 CHIPOTLE BEEF TIPS 18.5  
sauteed striploin & filet, roast corn, black beans, peppers + chipotle  
sauce served on 5 grain rice + fresh salsa, sour cream & sliced avocado


## ENTRÉES

WEST COAST SEAFOOD CROCK POT 19.5  
salmon, cod, shrimp, bacon, vegetables with puff pastry cap + side salad

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

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

WE SUPPORT LOCAL & SUSTAINABLE WHEN AVAILABLE

 = SPICY

 = VEGETARIAN

gf = GLUTEN FREE