

Dinner

Served daily beginning at 5:00pm.

Antipasti

(choose from a variety of baked, grilled or marinated items in our showcase, one choice 5.00)

GRILLED ARTICHOKE

sun dried tomatoes, green peppercorns

BOCCONCINI AND TOMATO

fresh basil, extra virgin olive oil, balsamic vinegar

LENTIL SALAD

cucumber, olive marinated tofu, sundried tomato, lemon and fresh herb vinaigrette

RISOTTO BALLS

saffron risotto balls, mozzarella, sweet tomato sauce

GRILLED ASPARAGUS

sun dried tomato vinaigrette

ROASTED VEGETABLES

tossed in pesto

GRILLED EGGPLANT

red onion, balsamic vinaigrette

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SEAFOOD SALAD

mussels, clams, squid, scallops, shrimp, lemon, olive oil, celery, peppers

GRILLED MUSHROOMS

marinated in white wine and garlic

OLIVES

assortment of Mediterranean olives

PISSALADIÈRE

caramelized onions on pizza crust with black olives and anchovies

PROSCIUTTO WRAPPED BOCCONCINI

basil and prosciutto wrapped bocconcini with tomato sauce

GRILLED SQUID

lemon chili vinaigrette

TRIO OF SMOKED FISH

trout, mackerel, salmon, pearl onions, gherkins

STUFFED PIQUILLO PEPPERS

David Woods' goat cheese, fresh California extra virgin olive oil

MERGUEZ

spicy lamb sausage with fennel in tomato sauce

MEATBALLS

garlic, parsley meatballs baked with onion, tomato sauce

Appetizers





TRADITIONAL FISH SOUP

bold fish broth, crostini, spicy saffron mayonnaise, gruyère, 9.00



SOUPE DU CHEF

chef's daily creation, 9.00

MESLUN GREENS

sundried tomato and grana padano crisp, marinated baby bell peppers, cucumber, 11.00
ESCARGOTS AND MUSHROOMS
sautéed with garlic and tomato sauce, 12.00
CRISPY CALAMARI SALAD
red pepper mayonnaise, mixed greens, 11.00
WARM GOAT CHEESE SALAD
herbes de provence crusted, mixed greens, beurre blanc, balsamic reduction, 13.00
CRAB AND SHRIMP CAKES 
smoked paprika and tomato mayonnaise, mixed greens, 13.00
ROMAINE SALAD 
sautéed South American prawns, preserved lemon dressing, 12.00
SHELLFISH STEAMER
scallops, prawns, clams, mussels steamed in white wine, garlic, lemon, herbs, tomatoes, 13.00
STEAMED MUSSELS OR CLAMS 
choose your favorite or mix them together, garlic, white wine, onions, cream, fresh herbs, 15.00
OYSTERS GRATINÉE 
oysters baked on the half shell with bread crumbs, garlic, fresh herbs, butter, 13.50
ARTISANAL BC CHEESE PLATE
raincoast crisps, mixed olives, spiced fruit compote, 16.00

Chilled Shellfish

PLATEAU DE FRUITS DE MER
platter of chilled seafood ½ crab, wild pacific prawns, oysters, seafood salad, pink scallops, smoked salmon, four sauces, AQ
add ½ lobster, AQ add whole lobster, AQ
DUNGENESS CRAB MAYONNAISE 
fresh local crab, house made mayonnaise
½ crab, AQ whole crab, AQ
ATLANTIC LOBSTER MAYONNAISE
fresh lobster, house made mayonnaise
½ lobster, AQ whole lobster, AQ
PRAWN COCKTAIL
steamed wild pacific prawns, traditional cocktail sauce, 15.00
FRESH OYSTERS 
ask your server about today's available selection served with pear vinegar mignonette, fresh lemon, 3.00

Vancouver Coastal Health advises "The consumption of RAW oysters poses an increased risk of food borne illness. A cooking step is needed to eliminate potential bacterial or viral contamination"
-Medical Health Officer

Mains

Chef's Specialties

SEAFOOD PLATTER
½lobster or ½crab, prawns, scallops, mussels, clams and fish, sautéed vegetables, seven grain rice, AQ
RACK OF LAMB

crusted with dijon and fresh herbs, oven-roasted, market vegetables, 33.00

BOUILLABAISSE

west coast style, sea tiger prawns, scallops, mussels, clams, fish, served with gruyère et la rouille, 31.00

Seafood

WHOLE DUNGENESS CRAB

fresh local crab, steamed or sautéed provençal style, seasonal vegetables, AQ

WHOLE ATLANTIC LOBSTER

steamed, grilled or sautéed provençal style, seasonal vegetables, AQ

PRAWNS PROVENÇAL

wild pacific prawns, garlic, parsley, brandy, butter sauce, seven grain rice, zucchini spaghetti, 30.00

WILD PACIFIC SALMON

tarragon and mustard glaze, roasted baby beets and carrots, bamboo rice, 29.00

AHI TUNA

snap peas, baby bell peppers, spinach, oven dried tomato, lemon potato, fennel, olive essence, 31.00

HALIBUT

marinated oven dried plum tomato vinaigrette, legumes vert, saffron new potatoes, 30.00

SEARED SABLEFISH

basil preserved lemon and espelette vinaigrette, warm vegetable salad, fresh basil, baby potatoes, 31.00

SEAFOOD LINGUINI

sautéed clams and mussels, grilled fish, wild pacific prawns, roasted garlic, tomato sauce, 25.00

SPAGHETTINI

wild pacific prawns, scallops, plum tomato sauce, roasted garlic, white wine, fresh herbs, 25.00

BELIZIAN PRAWN OPEN RAVIOLI

roasted artichokes, bell peppers, roma tomato, fresh basil, white wine butter sauce, 26.00

CRAB AND LOBSTER BAMBOO RICE RISOTTO

snap peas, tomato and fresh herbs, AQ

Meat

BEEF TENDERLOIN AND LOBSTER DUO

seared 6oz tenderloin and ½ lobster, market vegetables, mashed potatoes, AQ

ROASTED FREE RUN CHICKEN PROVENÇAL

½ chicken, fresh herb jus, roasted vegetables, pommes frites, 27.00

BEEF TENDERLOIN

AAA Canadian beef, red wine and peppercorn jus, green beans, shitake mushrooms, pommes frites 32.00

Vegetarian

WHOLE GRAIN FARRO PENNE

garlic confit, spinach, capers, fresh tomatoes, roasted peppers, artichokes, tomato coulis, 19.00

WILD MUSHROOM RAVIOLI

white wine, butter sauce with garlic, fresh tomato, herbs, 19.00

VEGETARIAN PLATTER

lentil salad, olive marinated tofu, mashed potatoes, green beans, shitake mushrooms roasted beets, stuffed piquillo peppers, 19.00

Sides

POMMES FRITES, 5.00
6OZ AAA CANADIAN BEEF TENDERLOIN, 22.00
ROASTED GARLIC MASHED POTATOES, 5.00
SIDE SALAD, 5.00
GRILLED WILD PACIFIC PRAWN BROCHETTE, 12.00
GRILLED SCALLOP BROCHETTE, 12.00
SEVEN GRAIN RICE, 5.00
SEASONAL VEGETABLES, 6.00
½ CRAB PROVENÇAL, AQ
½ GRILLED LOBSTER, AQ

Ocean Wise



Recommended by the Vancouver Aquarium as an ocean-friendly seafood choice.

** Please refrain from using your cell phones while in the restaurant **
** 18% gratuity will be added to the bill for parties of eight or more **
** Please be aware that a fee may apply to any substitutions **
** Prices are subject to change without notice **