

# Gluten Free

## Salads & Starters

### Steamed Mussels

PEI Mussels | Sambal Cream Sauce  
Ask for Tortillas Instead of Baguette \$17

### Chicken Wings (1 lb)

Hot, BBQ, Thai Sweet Chili or Dry Cajun \$13  
Add Carrot & Celery Sticks \$3  
Add Blue Cheese or Ranch Dip \$1

### Chili Lime Brussels Sprouts

Roasted & Fried | Sambal Olek | Himalayan Salt  
Sumac Red Onion Salad | Lime \$12½

### Nachos

Tomatoes | Onions | Olives | Jalapeños Refried  
Beans | Three Cheese Blend | Sour Cream | Salsa  
Home-Cooked Tortillas \$17½  
Add Guacamole \$3 Extra Nacho Cheese \$3  
Add Chicken or Ground Beef \$3½

### Truffle Parmesan Fries

Skin-On Home Cut Fries | Shaved Parmesan  
White Truffle Oil | Garlic Aioli \$9½

### Homemade Borscht

Local Vegetarian Love  
Ask for it Without Bread sm. \$6 lg. \$8½

### Halloumi Greek Salad

Green Peppers | Grape Tomatoes | Fennel  
Cucumber | Crumbled Feta | Red Onions  
Kalamatas | Seared Halloumi  
Dijon Red Wine Vinaigrette \$14½

### New York Strip Salad

8 oz Certified Angus Beef | Mix Greens  
Beets | Carrots | Seeds | Grape Tomatoes  
Tahini Vinaigrette \$18½

### Warm Brussels Sprouts Salad

Maple Bacon | Red Onion | Spring Mix  
Slivered Almonds | Shaved Beets & Carrots  
Fresh Parmesan | Balsamic Reduction \$16

### Grilled Salmon Salad

Wild BC Salmon | Baby Greens | Dried  
Cranberries | Goat Cheese | Pumpkin Seeds  
Blueberry Rosemary Vinaigrette \$16

Although we do not have a gluten-free kitchen, we will make every attempt to meet your needs for a gluten-restricted diet. The items listed on the menu are appropriate for a gluten-restricted diet, as is, or can be ordered with minor changes as mentioned in the description. We take measures to prevent cross contamination, however, it still may occur. Please note that we do not use separate fryer oil for gluten-free items.

## Pastas & Bowls

### Ahi Tuna Poke Bowl

Red & White Quinoa | Julienned Carrots  
Marinated Ahi Tuna | Mango | Spring Onions  
Avocado | Pickled Ginger | Edamame Beans  
Ask to hold the Wonton Crisps \$19

### Seafood Fettuccine

Wild BC Salmon | Halibut | Tiger Prawns  
PEI Mussels | Crimini Mushrooms | Sambal Cream  
Ask for Corn Penne \$25  
Add Starter Caesar (no Croutons) or House Salad \$4

### Yellow Curry Stir-Fry

Snow Peas | Broccoli | Cauliflower | Cabbage  
Carrots | Peppers | Ginger Cilantro | Roasted  
Cashews | Vermicelli Rice Noodles \$17  
Add Tofu or Quinoa \$2½  
Add Beef or Chicken \$3½

### Barrister's Bowl

Wild BC Salmon or Marinated Tofu | Red & White  
Quinoa | Julienned Carrots | Cabbage | Peppers  
Daikon Sprouts | Sesame Seeds  
Ginger Soy Dressing \$17½

## Specialties

These items begin at 5pm and include a House Salad

### Pistachio & Fennel

#### Crusted Halibut

BC Sablefish | Pickled Chanterelles  
Wild Mushroom Pilaf | Lemon Zest Broccolini  
Cherry Greek Yogurt \$30

#### Spicy Korean Salmon

BC Salmon | Gochujan Chili | Honey | Sesame  
Furkake Seasoning | Wild Mushroom Pilaf  
Lemon Zest Broccolini \$28

#### Lamb Medallions

Herb Roasted | Balsamic Plum Reduction  
Thyme-Roasted Red Potatoes  
Lemon Zest Broccolini \$28

#### New York Strip

Certified Angus Beef | Lemon Zest Broccolini  
Thyme-Roasted Red Potatoes  
8oz \$30 12oz \$36  
Recommended with Tiger Prawns \$8

#### Steak & Prawns

Certified Angus Beef Striploin | Garlic Tiger  
Prawns | Lemon Zest Broccolini  
Thyme-Roasted Red Potatoes \$38

#### Filet Mignon

BC Free Range AAA Tenderloin | Morel Butter  
Lemon Zest Broccolini | Thyme-Roasted  
Red Potatoes 6oz \$40 8oz \$46

Gluten-Free New Grist Beer \$6¼

 Vegetarian  Vegan  Oceanwise

# Gluten Free Pizza

## The Ultimate

Mushroom | Ham | Onions | Shrimp  
Green Pepper | Capiccoli | Pineapple  
1 Pie .....sm \$20¼  
2 Pie .....sm \$36

## The Tuscan

Artichokes | Sundried Tomatoes  
Roasted Garlic | Spinach | Onions  
1 Pie .....sm \$20¼  
2 Pie .....sm \$36½

## Kootenay Herbivore

Mushrooms | Onions | Kalamatas  
Green Pepper | Tomato | Pesto Base  
1 Pie .....sm \$19¼  
2 Pie .....sm \$34½

## Mediterranean Special

Chorizo Sausage | Green Pepper  
Olives | Tomato | Onions | Feta  
1 Pie .....sm \$20¼  
2 Pie .....sm \$36½

## Chicken Fiesta

Chicken Breast | Pineapple  
Green Pepper | Onions | BBQ Sauce  
1 Pie .....sm \$19¼  
2 Pie .....sm \$34½

## The Angry Bee

Spicy Capiccoli | Roasted Red Peppers  
Chili Oil | Organic Honey | Fresh Basil  
1 Pie .....sm \$20¼  
2 Pie .....sm \$36½

## The Forest Floor

Shimenji Mushrooms | Pine Nuts  
Pesto Base | Truffle Oil | Buffalo Mozza  
1 Pie .....sm \$20¼  
2 Pie .....sm \$36½

## Popeye The Greek

Spinach | Feta  
1 Pie .....sm \$19¼  
2 Pie .....sm \$34½

## Heritage Classic

Mushroom | Green Pepper  
Pepperoni  
1 Pie .....sm \$19¼  
2 Pie .....sm \$34½

## '55 Vette with BC Plates

A Serious Meat Lover's Pizza  
Capiccoli | Chorizo | Pepperoni | Ham  
1 Pie .....sm \$20¼  
2 Pie .....sm \$36½

## The Big Kahuna

Ham | Pineapple  
1 Pie .....sm \$19¼  
2 Pie .....sm \$34½

## Big Pepperoni

Pepperoni | More Pepperoni  
1 Pie .....sm \$19¼  
2 Pie .....sm \$34½

## The House Special

Ground Beef | Onions  
Feta | Pepperoni  
1 Pie .....sm \$20¼  
2 Pie .....sm \$36½

## Three Cheese

Mozzarella | Edam | Parmesan  
1 Pie .....sm \$16¾  
2 Pie .....sm \$28

## Extras

## Dipping Sauce

Marinara | Caesar | Hot Sauce  
\$1 each

## Veggie Toppings

Small \$1½ each

## Meat & Cheese Toppings

Small \$2 each

# Desserts

## Cashew Cream Custard

Burnt Miso | Almond Milk | Dark Chocolate  
Candied Pecans | Himalayan Salt \$8

## Crème Brûlée

Vanilla Bean-Infused Creamy Custard  
Caramelized Brown Sugar \$8

## Chocolate Mousse

Classic Rich Chocolate  
Fresh Whipped Cream \$8

## Ice Cream

Vanilla or Spumoni \$4½