

Gluten Free

Salads & Starters

Steamed Mussels

PEI Mussels | Sambal Cream Sauce
Ask for Tortillas Instead of Baguette \$18

Chicken Wings (1 lb)

Hot, BBQ, Thai Sweet Chili or Dry Cajun \$14
Add Carrot & Celery Sticks \$3
Add Blue Cheese or Ranch Dip \$1¼

Chili Lime Brussels Sprouts

Roasted & Fried | Sambal Olek | Himalayan Salt
Sumac Red Onion Salad | Lime \$13½

Nachos

Tomatoes | Onions | Olives | Jalapeños
Refried Beans | Three Cheese Blend | Sour
Cream Salsa | Home-Cooked Tortillas \$18
Add Guacamole \$3½ Extra Nacho Cheese \$3
Add Chicken or Ground Beef \$3½

Homemade Borscht

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

Halloumi Greek Salad

Seared Halloumi Cheese | Feta | Fennel
Green Peppers | Grape Tomatoes
Cucumber | Red Onions | Kalamatas
Dijon Red Wine Vinaigrette \$15

New York Strip Salad

8 oz Certified Angus Beef | Mix Greens
Beets | Carrots | Seeds | Grape Tomatoes
Tahini Vinaigrette \$20

Beet Salad

Rosemary Infused Roasted Beets | Spring
Mix Goat Cheese | Candied Pecans | Walnut
Oil Balsamic Reduction \$15

Grilled Salmon Salad

Wild BC Salmon | Baby Greens | Dried
Cranberries | Goat Cheese | Pumpkin
Seeds Blueberry Rosemary Vinaigrette
\$17

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

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 \$20

Seafood Fettuccine

Wild BC Salmon | Halibut | Tiger Prawns
PEI Mussels | Crimini Mushrooms | Sambal
Cream
Ask for Corn Penne \$27
Add Starter Caesar (no Croutons) or House Salad \$4

Barrister's Bowl

Wild BC Salmon or Marinated Tofu | Red & White
Quinoa | Julienned Carrots | Cabbage | Peppers
Daikon Sprouts | Sesame Seeds
Ginger Soy Dressing \$18

Specialty Plates

These items begin at 5pm and include a House Salad

Smoky Paprika Salmon

BC Salmon | Orange & Ginger Fennel Salsa
Wild Mushroom Pilaf | Lemon Zest
Broccoli \$29

Lamb Medallions

Herb Roasted | Balsamic Plum Reduction
Thyme-Roasted Red Potatoes
Lemon Zest Broccoli \$30

New York Strip

Certified Angus Beef | Lemon Zest Broccoli
Thyme-Roasted Red Potatoes
8oz \$32 12oz \$39
Recommended with Tiger Prawns \$8

Steak & Prawns

Certified Angus Beef Striploin | Garlic Tiger
Prawns | Lemon Zest Broccoli
Thyme-Roasted Red Potatoes \$39

Filet Mignon

BC Free Range AAA Tenderloin | Morel
Butter Lemon Zest Broccoli | Thyme-
Roasted
Red Potatoes 6oz \$41

Gluten-Free New Grist Beer \$6¾