



GLUTEN-FREE BREAKFAST

SMOKED SALMON FRITTATA

HOUSE-SMOKED WILD SALMON, FRESH SPINACH, GOAT CHEESE
KENNEBEC POTATOES, FRESH HERBS \$15

BACON AND SCALLION OMELETTE

SWISS CHARD, SMOKED GOUDA
HERBED KENNEBEC POTATOES \$15



THE CANADIAN

SCRAMBLED EGGS, BACON, HERBED KENNEBEC POTATOES
ORIGIN VEGA TOAST AND PRESERVES \$16

GARDEN OMELETTE

EGG WHITES, SUMMER SQUASH, FRESH SPINACH, GRUYÈRE, MEDLEY OF MUSHROOMS
FRESH FRUIT SALAD, ORIGIN VEGA TOAST \$15

LURE STEAK AND EGGS

GRILLED 5OZ AAA STRIPLOIN STEAK, TWO EGGS, SAUTÉED MUSHROOMS
HERBED KENNEBEC POTATOES, ORIGIN VEGA TOAST AND PRESERVES \$23

SIDES

ORIGIN VEGA TOAST	\$4
BACON, 4 SLICES	\$4
BACK BACON, 4 PIECES	\$4
EGGS, EACH	\$3
SMOKED SALMON	\$6
HERBED KENNEBEC POTATOES	\$4

OUR KITCHEN IS YOUR KITCHEN

SHOULD YOU WISH AN ITEM NOT FOUND ON OUR MENU WE WILL DO OUR BEST TO ACCOMMODATE YOUR SPECIAL REQUEST



GLUTEN-FREE LUNCH

SWEET CORN AND COCONUT BISQUE

BLACK BEAN AND CHORIZO SALSA, CILANTRO AND CHILI OILS
CUP \$5 BOWL \$9

CAESAR SALAD

CRISP ROMAINE, PARMESAN CHEESE \$9

MESCLUN GREENS

TOASTED WALNUTS, TOMATOES, HONEY-CITRUS VINAIGRETTE \$9

SPINACH SALAD

BALSAMIC-MACERATED STRAWBERRIES, RED ONIONS
VANILLA-SESAME VINAIGRETTE, SMOKED ALMONDS \$9

POACHED PEAR AND BEET SALAD

ARUGULA, SPICED CANDIED PECANS
GOAT CHEESE VINAIGRETTE \$9

ADD BLACKENED CHICKEN, SCALLOPS OR SAUTEED PRAWNS TO ANY SALAD \$7

DUNGENESS CRAB COBB SALAD BUTTER LETTUCE, BOILED EGG, BACON
AVOCADO SALSA, BLUE CHEESE VINAIGRETTE \$18

STEAMED MUSSELS

SHERRY, TOMATO AND FENNEL BROTH \$14

CORNMEAL CRUSTED CHICKEN WINGS

CHOICE OF HONEY GARLIC, SEA SALT & PEPPER, OR FRANK'S HOT SAUCE \$13

SCALLOPS AND APPLES

APPLE-CELERY ROOT PURÉE, APPLE CONFIT, BASIL, STRONGBOW CIDER REDUCTION \$13

CORNED BEEF MELT HOUSE-MADE MUSTARD, SMOKED GOUDA
GLUTEN-FREE BUN, PICKLED RED ONIONS, MESCLUN GREENS \$14

BBQ GROUND BISON BURGER LETTUCE, TOMATO, ONION, PICKLE
GLUTEN-FREE BUN, MESCLUN GREENS \$15
ADD BACON, MUSHROOMS OR CHEESE FOR \$1 EACH

FRENCH LENTIL RAGOUT BRAISED LEEKS, SEASONAL GREENS
FETA, ROASTED GARLIC GLUTEN-FREE CROSTINI \$20
ADD CHICKEN, SCALLOPS OR SAUTEED PRAWNS \$7

PAN-SEARED WILD SALMON FILLET WARM POTATO SALAD, GREENS \$18

SEARED PACIFIC HALIBUT SMOKED GOUDA AND BUTTERMILK POLENTA
BELL PEPPER COULIS, TOMATILLO SALSA \$18

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GLUTEN-FREE DINNER

SWEET CORN AND COCONUT BISQUE

BLACK BEAN AND CHORIZO SALSA, CILANTRO AND CHILI OILS
CUP \$5 BOWL \$9

CAESAR SALAD

CRISP ROMAINE, PARMESAN CHEESE \$9

MESCLUN GREENS

TOASTED WALNUTS, TOMATOES, HONEY-CITRUS VINAIGRETTE \$9

SPINACH SALAD

BALSAMIC-MACERATED STRAWBERRIES, RED ONIONS
VANILLA-SESAME VINAIGRETTE, SMOKED ALMONDS \$9

POACHED PEAR AND BEET SALAD

ARUGULA, SPICED CANDIED PECANS
GOAT CHEESE VINAIGRETTE \$9

ADD BLACKENED CHICKEN, SCALLOPS OR SAUTEED PRAWNS TO ANY SALAD \$7

FRESH SHUCKED BC OYSTERS

BLACK PEPPER MIGNONETTE \$3 EACH OR 6 FOR \$15

STEAMED MUSSELS

SHERRY, TOMATO AND FENNEL BROTH \$14

SCALLOPS AND APPLES

APPLE-CELERY ROOT PURÉE, APPLE CONFIT, BASIL, STRONGBOW CIDER REDUCTION \$13

BBQ GROUND BISON BURGER

LETTUCE, TOMATO, ONION, PICKLE
GLUTEN-FREE BUN, MESCLUN GREENS \$15
ADD BACON, MUSHROOMS OR CHEESE FOR \$1 EACH

FRENCH LENTIL RAGOUT

BRAISED LEEKS, SEASONAL GREENS
FETA, ROASTED GARLIC GLUTEN-FREE CROSTINI \$20

FEATURED RISOTTO

OUR CHEF'S INSPIRATION MARKET PRICE
ADD CHICKEN, SAUTÉED PRAWNS OR SCALLOPS \$7

BLACKENED WILD SALMON FILLET

LEEK & SWISS CHARD RAGOUT, TOMATO-LIME CHUTNEY, VERJUS REDUCTION \$25

ROASTED BREAST OF CHICKEN

ROOT VEGETABLE AND HERB HASH, LIME AND CORIANDER CREAM
CILANTRO-WALNUT PESTO, CANDIED PANCETTA \$25

HERB-CRUSTED RACK OF LAMB

SUMMER BEAN CASSOULET, FETA, BROWN BUTTER EMULSION \$35

GRILLED 7oz. AAA NY STEAK

BALSAMIC-BRAISED SHALLOTS, BACON-WRAPPED POTATO CAKE, BOURBON-CARAMELIZED ONIONS
GRILLED SCALLION RELISH, MAPLE-BALSAMIC JUS \$35

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SIPS

PORT TASTING

VINTAGE, LOCAL AND TAWNY PORTS, 1 oz EACH
\$16.00

LATE HARVEST WINE TASTING

3 OF BC'S FINEST, 1 oz EACH
\$16.00

ESPRESSO OR AMERICANO

\$3.95 (ADD SHOT \$1.50)

CAPPUCCINO OR LATTE

\$4.75 (ADD SHOT \$1.50)

GLUTEN-FREE SWEETS

\$ 9

PRESSED SWEET MELON

MARINATED MELONS, BERRY POWDER
CHAMPAGNE-BASIL SORBET

GOAT CHEESECAKE MOUSSE

SOUR CHERRY CONFIT, HAZELNUTS
ESPRESSO AND AMARETTO CREAM

FLOURLESS CHOCOLATE CAKE

VANILLA CRÈME FRAÎCHE, RASPBERRY PURÉE

HOUSE-MADE SORBET

SASKATOON BERRY SYRUP
FRESH BERRIES

FEATURED CHEESE

\$ 13

SELECTION PAIRED WITH
CHEF-INSPIRED ACCOMPANIMENTS

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