

LUNCH MENU

Shares + Starters

Squid

Buttermilk marinated Humboldt, lightly dusted, pickled jalapenos, crushed chilis, San Marzano, roasted shallot aioli (GF)

Crispy Pork Belly

Crispy fried, soy ginger marinated pork belly, sweet + spicy sauce

Soup + Salad

Market Soup

House-made seasonally inspired soup + signature biscuit

Smoked Trout Nigiri Salad

Local smoked trout, warm coconut rice, fresh avocado, cucumber, wasabi aioli, pickled carrots, watermelon radish, toasted sesame, sweet soy.

Modern Caesar

Crisp romaine hearts, house-made dressing, grilled halloumi, parmesan-bread crumb crunch, radish, egg crumble.

Protein Salad Bowl

Crisp Romaine, gem tomatoes, hard-boiled egg, marinated beef tenderloin, fresh avocado, green onions, Dijon vinaigrette. (GF)

Immunity Bowl

Edamame, gem tomatoes, charred corn, black beans, pickled red onion, Sicilian olives, cauliflower, water melon radish, roasted seeds, basil, virgin olive oil, apple cider vinegar. (GF, V)

Enhancements

Grilled Chicken	Sautéed Prawns	Grilled Halloumi
Braised Meatballs	Blackened Kamloops Trout	Grilled Naan
Hardboiled Eggs	Vegan Meatballs *Nut Allergen	

Burgers + Handhelds

Served with choice of greens salad, soup or Fries.

House Burger

Brisket + chuck patty, cheddar, thick cut onion rings, lettuce, tomatoes, roasted shallot aioli, warm brioche roll.

Substitute with a gluten free bun or a lettuce bun |

Add pork belly |

Add bacon, sautéed mushrooms, fried egg |

Ultimate Chicken Sandwich

Local fresh chicken, local brie, house-made blueberry-basil ketchup, fried eggplant, aioli, herbed schiacciata bread.

Wild Mushroom Tacos

Build your own tacos, spiced lentils, roasted wild mushrooms, roasted cauliflower, radish, house pickled vegetables, corn tortillas. (GF, V)

Seal Beef Bao

63 Acres marinated beef tenderloin, gochujang aioli, steamed bao, house pickled vegetables.

Casual + Comfort

Cauliflower + Chickpea Vindaloo

House blend curry paste, spiced cauliflower, crispy chickpeas, gem tomatoes, charred corn, fresh spinach, edamame beans, red onions, coconut rice + warm papadum (GF, V)

Add grilled chicken | sautéed prawns | braised meatballs | vegan meatballs *Nut Allergen |

BC Ling Cod + Fries

Long line caught, 2 piece panko breaded, house-made tartar, broccoli slaw, house fries.

Or One piece option with all the sides |

Campanelle Pasta

Local hand-made pasta from Sorriso's, torn basil, gem tomatoes, sundried tomatoes, green peppercorns, fresh garlic, chopped jalapenos, brandy, cream.

Add grilled chicken | meatballs | grilled prawns | grilled blackened trout |

vegan meatballs *Nut Allergen |