



## START & SHARE

<b>Artisan Breads</b> smoked garlic goat cheese & green olive tapenade	<b>\$4.5</b>
<b>Chef's Soup</b> today's selection	<b>\$5</b>
<b>Crab Chowder</b> creamy chowder with crab, corn & croutons	<b>\$8</b>
or meal sized with a side green salad & parmesan garlic toast	<b>\$15</b>
<b>Chicken Wings</b> try hot, honey garlic or, herb & garlic...with cucumber wasabi dip	<b>\$8</b>
<b>Thai Sea Bowl</b> clams, mussels & prawns stir fried with red curry, basil, coconut milk & lychees	<b>\$15</b>
served with a side of parmesan garlic toast	
<b>Salmon &amp; Sweet Pea Wontons</b> minted nouc cham Vietnamese dipping sauce	<b>\$9</b>
<b>Beef Tenderloin Satays</b> lime, English cucumber & Thai peanut dipping sauce	<b>\$10</b>
<b>Crisp Salt &amp; Pepper Calamari</b> fresh coriander, jalapeno, Togorashi pepper & ponzu aioli	<b>\$11</b>

## GREENS

<b>Baby Lettuces</b> blackberry balsamic vinaigrette & crisp wontons	<b>\$7</b>
<b>Caesar</b> creamy anchovy dressing	<b>small \$7 large \$10</b>
 <b>Scallop &amp; Prawn Salad</b> on a julienne vegetable salad with a cilantro & ginger vinaigrette	<b>\$16</b>
 <b>Cobb Salad</b> chicken breast, avocado, double smoked bacon, tomato, egg & blue cheese	<b>\$15</b>

## SANDWICHES & BURGERS with salad, soup or fries, add Caesar salad \$2, or add truffle oil fries \$2

<b>Fresh's Burger</b> aged white cheddar, with lettuce, tomato, caramelized onion & mayonnaise	<b>\$12</b>
add bacon or garlic parmesan butter mushrooms \$1.50 each add an extra patty \$2.50	
♥ substitute grilled chicken or veggie patty ....No Extra Charge	
<b>Braised Beef Brisket &amp; Smoked Provolone Grilled Cheese</b> caramelized onions, BBQ sauce, & rosemary roast tomatoes on old fashioned grilled sour dough	<b>\$15</b>
<b>Crab Salad Sandwich</b> avocado & crisp prosciutto on sundried tomato loaf	<b>\$16</b>
<b>Chicken Scaloppini Club</b> crisp bacon, basil aioli & smoked provolone cheese on toasted marble rye	<b>\$13</b>
♥ <b>Wild Salmon Fillet Sandwich</b> ciabatta bun, misonnaise, sea asparagus pickle & radish sprouts	<b>\$16</b>

## BAKED FLAT BREAD PIZZA

<b>Garlic Butter Sautéed Mushrooms</b> rosemary caramelized onions, blue cheese & walnuts	<b>\$15</b>
<b>Crispy Buffalo Chicken</b> red hot sauce, pineapple & banana peppers	<b>\$15</b>
<b>Carnivore</b> salami, pepperoni, prosciutto & mortadella	<b>\$16</b>
<b>Classic Pepperoni</b> tomato sauce & mushrooms	<b>\$13</b>

## PASTA, BOWLS & CASUAL PLATES

<b>Angel Hair Pasta with Prawns &amp; Scallops</b> red pepper pesto cream & rosemary roast tomatoes	<b>\$18</b>
<b>Chicken Scaloppini with Angel Hair Pasta</b> sage, shiitakes, toasted cashews, with maple parmesan cream & crisp leeks	<b>\$16</b>
<b>Baked Macaroni &amp; Cheese</b> with roast duck confit, shiitakes & a pretzel crust	<b>\$16</b>
<b>Grilled 8oz. Sirloin Steak</b> bacon & blue cheese mashed skin on Yukon Gold potatoes & roast garlic, portabella mushroom horseradish cream	<b>\$23</b>
 <b>"West Coast Trifecta"</b> baked wild B.C.salmon, roast Yukon Gold potatoes & heart of baby romaine caesar with parmesan crisp	<b>\$18</b>
♥  <b>Udon Noodle Bowl</b> shiitakes, edamme bok choy, tofu & julienne vegetables with low sodium soy & a toasted garlic & nori Gomasio with chicken breast scaloppini add \$3	<b>\$13</b>
<b>Ham &amp; Cheddar Omelette</b> breakfast potatoes, broiled vine ripe tomato & fruit garnish	<b>\$14</b>

## **\*\*ROAST PRIME RIB** available Friday & Saturday evenings from 5:30pm, while quantities last

Prime Rib Dinners come with our Salad Station.

**Slow Roasted "AAA" Alberta Beef** caramelized onion au jus & Yorkshire Pudding

6 oz. **\$19.95**

8 oz. **\$22.95**

10 oz. **\$25.95**

For your sweet tooth, finish with our Dessert Table.

With your Prime Rib Dinner Add \$6.00 OR With any Regular Menu Entrée \$10



indicates a signature dish

♥ indicates a lighter healthier choice

\*\*No In-House discount on our Prime Rib Dinners

Menu prices and contents are subject to change without notice