

CAPTAIN'S FAVOURITE FEAST

\$58 per person

A choice of 3 salads, 2 entrees, 1 starch, and our seasonal vegetables. Chef selections of desserts, coffee and teas.

SALADS

Classic Caesar Salad

crisp romaine lettuce tossed in a creamy, tangy Caesar dressing, topped with crunchy croûtons, freshly grated parmesan, and a sprinkle of fresh black pepper and a hint of citrus. Simple, satisfying, and full of flavour! (V)

Gathered Greens

experience the freshness of our vibrant mix of hand-selected mixed green, crisp kale, peppery arugula, complemented by a light, house-made roasted pepper vinaigrette that enhances their natural freshness. Toasted pumpkin seeds, cherry tomatoes, dried cranberries, simple yet elegant celebration of nature's best.

(VE, GF)

Asian Noodle Salad

our Asian Noodle Salad is tossed with colourful vegetables and fragrant herbs then dressed in a perfectly balanced sesame-ginger vinaigrette with just the right touch of sweetness and heat. Topped with toasted sesame seeds and crunchy peanuts for added depth, this refreshing salad is both nourishing and satisfying.

(VE)

Vegan Caesar Salad

a bold, flavour-packed twist on the classic favourite! Crisp romaine hearts and baby kale are tossed in a creamy, dairy-free dressing infused with the rich umami depth of nutritional yeast. A hint of fresh garlic, tangy lemon, briny capers create the perfect balance, while crunchy house-made croûtons and a sprinkle of smoky paprika complete the experience. Every bite is satisfying, nourishing, and 100% plant-based. Classic taste, reimagined!

Potato Salad

our potato salad is a warm, hearty and flavourful addition to any buffet. Tender, golden potatoes are tossed in a tangy, savoury dressing made with zesty vinegar, whole-grain mustard, and a touch of sweetness for balance. Crisp bacon and sautéed onions add depth, while fresh herbs bring a bright finish. Comforting, bold, and undeniably delicious.

Mediterranean Chickpea Salad

a vibrant mix of tender chickpeas, crisp cucumbers, juicy tomatoes, red onion, Kalamata olives, and feta, tossed in a zesty lemon-oregano dressing—refreshing, colourful, and full of Mediterranean flair.

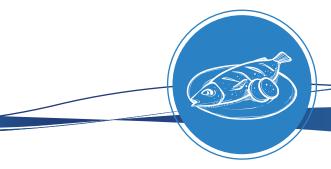
(GF)

Broccoli Salad

blend of crunch, sweetness, and creamy goodness. Crisp, fresh broccoli florets are paired with juicy grapes for a burst of natural sweetness, while a luscious raw cashew dressing ties it all together with a rich, dairy-free creaminess. A sprinkle of sliced roasted almonds and dried cranberries adds the perfect touch of texture. Light, flavourful and completely plant-based. (VE)

V Vegetarian VE Vegan GF Gluten Free





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ENTREES

Whole Beef Tenderloin

expertly seasoned and slow-roasted to perfection, this premium cut is melt-in-your-mouth tender with a beautifully seared crust. Served with a selection of sauces and accompaniments to enhance its rich, natural flavours. This exquisite offering is sure to impress.

(GF)

Wild BC Salmon Fillets

our Wild BC Salmon is a true West Coast delight, showcasing the rich, natural flavours of sustainably sourced local salmon. Oven-roasted to perfection, each fillet is topped with a luscious citrus, garlic, herb butter that melts into every bite, enhancing its delicate, flaky texture. Served with a white wine sauce.

(GF)

Marinated Seared Chicken Breast

infused with bright, zesty flavours and aromatic herbs. Our tender chicken is marinated with fresh citrus, rosemary and a touch of garlic. Perfectly roasted to juicy perfection. Caramelized roasted shallots add a rich savoury depth. Elegant yet comforting.

(GF)

Canadian Cod, Herb Caper Crust

this premium, flaky cod is topped with a golden, savoury crust made from fragrant herbs, briny capers, and a touch of citrus, creating a delightful contrast to its tender interior. Served with our house-made tartar sauce for a tangy, creamy finish, this dish is a refined yet comforting nod to classic seafood favourites.

Pan Seared Tilapia, Lemon Cream Sauce

light yet indulgent dish. Delicately pan-seared tilapia is cooked to flaky perfection, then draped in a velvety lemon cream sauce that strikes the perfect balance between citrusy brightness and rich, buttery smoothness.

Finished with a touch of fresh herbs.

VEGETARIAN ENTREES

Quinoa Stuffed Bell Peppers

each colourful bell pepper is carefully filled with a savoury blend of protein-packed quinoa, fresh vegetables, and aromatic herbs, creating a satisfying and nourishing bite. Topped with Mozzarella and baked with a balsamic cream, this dish is a deliciously healthy choice that's both hearty and refreshing.

(V, GF)

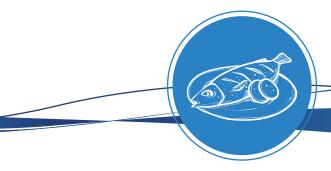
Cauliflower Steak

our Cauliflower Steak is a hearty and flavourful plant-based dish that showcases the best of fresh, roasted vegetables. Thick slices of cauliflower are expertly cooked with aromatic garlic and smoky paprika, creating a crispy, golden crust while maintaining a tender, juicy interior. Served with a tahini dressing.

(VE, GF)

V Vegetarian VE Vegan GF Gluten Free





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VEGETARIAN ENTREES

Mac & Cheese, Elbow Macaroni

our Mac and Cheese with panko crust is the ultimate comfort food, elevated to a new level. Creamy, rich macaroni is enveloped in a velvety, cheesy sauce, made with the perfect blend of premium cheeses. Topped with a golden, crunchy panko crust. Comforting vet refined.

Sesame Tofu & Broccoli

crispy, golden tofu cubes are perfectly glazed in a savoury sesame sauce, creating a rich umami flavour that's complemented by the subtle sweetness of toasted sesame seeds. Paired with vibrant, tender broccoli, each bite offers a perfect balance of crunchy, savoury, and slightly nutty flavours. Plant-based option for anyone craving a healthy, flavourful meal. (VE)

STARCH

roasted potatoes, rosemary and olive oil | buttery, creamy mash potatoes (VE, GF)

rice pilaf (VE, GF)

BREAD

warm artisan rolls and butter | grilled herb focaccia and butter

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