

CAPTAIN'S FAVOURITE FEAST

\$58 per person

Select a choice of 3 salads and 2 entrees. Dinner will include seasonal vegetables and a choice of 1 starch and 1 type of bread, and a Chef's selection of desserts and coffee and tea.

SALADS

Classic Caesar

romaine hearts, garlic croutons and shaved grana padano, tossed in our house-made classic Caesar dressing.

Vegan Caesar

baby kale, garlic croutons, tossed in our Vegan Caesar dressing with nutritional yeast. (VE)

Gathered Greens

leafy greens, heirloom cherry tomatoes, toasted pumpkin seeds, fresh arugula and dried cranberries.

Heirloom Potato Salad

heirloom potatoes, pickles, celery, spring onion, fresh herbs mixed with a dill vinaigrette. (VE)

Asian Noodle Salad

rice noodles with shredded carrots, baby bok choy, snap peas, bell peppers, red onion, cilantro and wonton chips, finished with a sesame ginger dressing. (VE)

Mediterranean Chickpea Salad

cucumber, cherry heirloom tomatoes, red onion, chickpeas, kalamata olives, bell peppers topped with feta cheese and a lemon/thyme vinaigrette.

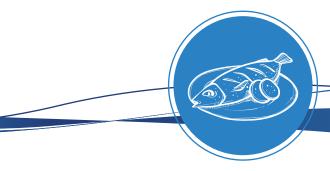
Green Goddess Pasta Salad

bow tie pasta, arugula, baby kale, snap peas, cucumbers, jalapeno, fresh basil and spinach, topped with pumpkin seeds, crispy shallots and our signature Green Goddess Dressing. (VE)

V | Vegetarian | VE | Vegan | GF | Gluten Free | D | Dairy Free | 🀔 | Certified Ocean Wise







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ENTREES

Grass Fed Beef Tenderloin

with a demi glace.

Seared Chicken Breast

marinated in olive oil, lemon juice, garlic and fresh rosemary.

Wild BC Salmon Fillets

served in a beurre blanc sauce with fresh dill and capers.

Atlantic Cod

lightly floured, seasoned and pan seared and accompanied with our house-made tartar sauce and lemon.

Prosciutto/Swiss Chard Rolls

prosciutto, Swiss chard, roasted red peppers, provolone cheese and pesto, rolled up and baked with drizzle of balsamic reduction.

VEGETARIAN OPTIONS

Stuffed Bell Pepper

a roasted red bell pepper, stuffed with wild rice, sauteed garlic, onions and vegetables, finished with crispy shallots. (VE)

Cheesy Polenta

a rich, cheesy polenta with heirloom cherry tomatoes, garlic confit and caramelized onions.

Leek and Mushroom Galette

creamy leeks, cremini mushrooms and spinach, with fresh herbs and pecorino cheese. (V)

Cauliflower Steaks

cauliflower steaks in a marinade of olive oil, lemon juice, cumin, garlic and onions topped with nutritional yeast. (VE)

Select 1

- Roasted potatoes with fresh rosemary and olive oil.
- Mash potatoes with butter and cream.
- Wild rice medlev.

Select 1

- Artisan rolls and butter.
- Cheddar and jalapeno cornbread with honey butter.

*Additional salad \$5 per person

*Additional entrée \$10 per person

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