



# lunch


## small plates

	<b>daily soup creation</b>	<b>5</b>
	<b>crab and corn chowder</b> cream, potatoes, roasted red peppers	<b>7</b>
	<b>peking duck spring rolls</b> hoisin dip	<b>8</b>
	<b>sweet potato fries</b> sea salt, smoked garlic aioli	<b>8</b>
	<b>tomato bocconcini salad</b> balsamic, pesto	<b>9</b>
	<b>wonton wrapped prawns</b> pickled ginger, tomato mirin dip	<b>9</b>

## salads

	<b>organic garden greens</b>	<b>sm7</b>
	organic lettuces, root vegetable curls, roasted nuts, pear vinaigrette	<b>lg 9</b>
	<b>add chicken breast</b>	<b>4</b>
	<b>rock shrimp</b>	<b>4</b>
	<b>cobb salad</b>	<b>12</b>
	grilled chicken, egg, blue cheese, avocado, roma tomato, bacon, crispy onions	
	<b>spinach &amp; rock shrimp salad</b>	<b>14</b>
	kurabuta bacon, rock shrimp, toasted pecans, white balsamic vinaigrette, apple	
	<b>classic caesar</b>	<b>sm7</b>
	crisp romaine lettuce, croutons, parmesan, fresh lemon	<b>lg 9</b>
	<b>add chicken breast</b>	<b>4</b>
	<b>rock shrimp</b>	<b>4</b>


## eggs

	<b>three egg omelette</b>	<b>9</b>
	ham, tomato, green onion, peppers, aged cheddar	
	<b>classic eggs benedict</b>	<b>11</b>
	<b>smoked salmon benedict</b>	<b>14</b>
	<b>egg white frittata</b>	<b>10</b>
	wild mushrooms, apple salad	

## forno-baked pizza

	<b>thin crust pizza</b>	
	chicken, wild mushrooms, mozzarella	<b>12</b>
	sliced tomato, bocconcini, pesto	<b>11</b>
	forno-baked pissaladière tart of melted onions, black olives, goats cheese, baby arugula	<b>10</b>

**Ocean Wise**  Recommended by the Vancouver Aquarium as an ocean-friendly seafood choice

 Healthy choice for spa lifestyle - low fat, low sugar

