

TASTERS

House Made Soup Creation
always made the day before!
8

Crispy Wonton Prawns
fresh coriander pesto
13

BC Kennebec Potato Sticks
truffle salt and parsley aioli
5

Chicken Drumettes
Wildwood dry spice rub and crème fraîche
9

Cracked Black Pepper Dry Ribs
fresh lime squeeze
9

Cortes Island Mussels
Pernod cream sauce and oven dried tomato
14

Vista Chips
curried yogurt dip
6

LUNCH SALADS

available as a taster or a main course

Organic Whole Leaf Salad
toasted hazelnuts, carrots, red onion, edamame beans, orange ginger vinaigrette
7 taster / 12 main

Chopped Romaine Salad
parmesan dressing, poached egg, fresh tomato, crispy rye toast
8 taster / 13 main

Organic Watercress & Walnut Salad
sweet apple compote, goat cheese dressing
8 taster / 13 main

Sirloin Steak & Spinach Salad
crispy fried onions, roasted portobellini mushrooms, balsamic dressing
10 taster / 15 main

prices exclude applicable taxes

GOURMET SANDWICHES

Served with house salad, fries or soup

Ultimate Reuben	sauerkraut, yellow mustard and pastrami on a pretzel bun	12
Chicken Confit Boule	shredded lettuce, house made pickle dressing	12
Island Prawn & Crab Melt	focaccia bread and melted gruyere cheese	15
Edamame Bean Falafel	fresh sprouts, mint and lime raita in a toasted naan	11
Vista Turkey Burger	island soft cheese, arugula and orange cranberry chutney on a tiger bun	13
Grilled Salmon Club House Wrap	lettuce, tomato, crispy salami and grainy mustard aioli in a wholewheat tortilla	12

MAIN PLATES

Local Seafood Hot Pot	mussels, spot prawn and fresh fish in a seafood broth	18
Island Farm House Chicken Breast	roasted potatoes, farm fresh vegetables and tarragon cream sauce	17
WholeWheat Spaghetti Pasta	lamb meat balls, eggplant and fresh oregano	15
Grilled 5oz Sirloin Steak & Fries	blue cheese butter, house green salad	18
Organic Chili Linguini Pasta	fresh tomato, basil, toasted pine nuts, shaved parmesan and extra virgin olive oil	13
Dungeness Crab Stuffed Jacket Potato	house green salad	13

We are proud to offer a menu focusing on local seasonal ingredients, prepared in a way that allows the food to express its fresh natural flavours. We work in collaboration with growers, distributors and other partners in our goal to celebrate the sustainable food movement.

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