










•Appetizers•

	BAKED CHEESE BREAD	10		ONION RINGS	15
	Pretzel baguette smothered with garlic butter, mozzarella, cheddar, parmesan, asiago, green onion and smoked sea salt.			Coated with puffed quinoa. Served with a Korean pepper sauce. <i>Gluten free upon request</i>	
	Add bacon jam and crisp jalapeño	4		TAPAS	15
				Chefs choice 6 pieces	
	ANTIPASTO PLATTER	20		HUMBOLT SQUID	16
	Eggplant escabeche, olives, cured meats, pickled vegetable, cheese, assorted bread.			Dusted chili flour, fried golden or sauteed with shallots and fried capers served with house made tzatziki.	
	STUFFED SHRIMP	18		CRISPY GREEN BEANS	14
	Shrimp stuffed with goat cheese, wrapped in prosciutto and served with orange tomato basil salsa, drizzled with sweet soy.			Tempura battered, house made pepper relish, sweet soy.	
	REL-ISH POUTINE	HALF 9 FULL 16		BACALAO CROQUETTES	12
	House-cut Kennebec potatoes with cheese curds and a dill soy demi-glaze.			Fried salt cod croquettes with our rel-ish cocktail sauce and beet slaw.	
	Add pulled chicken	6		FRESH P.E.I. MUSSELS	14
				Choice of coconut curry or boat style.	

•Salads•

All salads are available as gluten free

	CAESAR SALAD	FULL 17 HALF 9		COCONUT CURRY SOUP	8
	Fresh romaine lettuce, dried crisp prosciutto, homemade croutons, freshly grated parmesan.			Cilantro, rice, mushrooms, cabbage, broccolini, green beans served with garlic toast.	
	HOUSE SALAD	FULL 17 HALF 9		MUSHROOM SOUP	7
	Crisp lettuce, julienne vegetables, goat cheese, roasted squash, pickled carrots and fennel			Assorted wild mushrooms fresh thyme and mushroom stock served with garlic toast.	
	with a roasted shallot maple vinaigrette and pistachio.			DAILY SOUPS	7
	CHEFS SALAD	24		Served with garlic toast.	
	Mixed greens, devilled egg, lemon pepper crusted scallops, garlic shrimp, prosciutto green beans, baby gem tomato, olives, lemon dill vinaigrette and bocconcini.			ADD ONS	
	WARM MUSHROOM SALAD	17		5oz Striploin	12
	Gourmet mushrooms in garlic butter on mixed greens, candied pecans, julienne vegetables, blue cheese and blue cheese dressing.			6 oz Free-Run Chicken Breast	10
	ROAST BEET SALAD	17		4 Scallops Lemon Pepper prosciutto wrapped	18
	With a curry vinaigrette, house made boursin cheese, julienne vegetables on mixed greens.			5 Garlic Shrimp	10
	STUFFED LETTUCE CUPS	16		5 oz Wild Sockeye Salmon	10
	Stuffed with southwest chicken salsa and topped with crushed yam chips.			Candied Pecans or Avocado	3
				Tofu - Silver King	5
				Lamb chops per piece	4



•Lunch•


Served between 11am - 3pm daily

{ SANDWICHES }

ADD ONS

Caesar, mushroom, beet salad or yam fries 5 Gluten free bun or wrap 2
Add fries, daily soup or side salad 3 Poutine 9

BBQ CHICKEN SANDWICH 14

 Tender braised chicken, kimchi, goat cheese, sesame, cilantro, pickled red onion and Korean bbq sauce.

REL-ISH CHEESESTEAK SANDWICH 14

Braised beef, mushrooms, shallots, bell peppers, mozzarella and swiss cheese.

5oz CAB STRIPLOIN STEAK 16


On grilled garlic ciabatta bread topped with garlic mushrooms and brie.

SMOKED SALMON CROISSANT 14

Smoked salmon, bocconcini cheese, spinach, pickled onion, fried capers and tomato.

{ SOUPS }

 COCONUT CURRY SOUP WITH RICE 8

 Served with garlic toast.
Add chicken or shrimp 7

DAILY SOUP 7

Served with garlic toast.

MUSHROOM SOUP 7

Assorted wild mushrooms in mushroom thyme stock served with garlic toast.

{ BOWLS }

BUILD - YOUR - OWN BOWL 16

#1 - Beef, chicken, tofu, salmon or shrimp.

#2 - Curry coconut, peanut lime, tahini tamari, stroganoff or southwest.

#3 - Lettuce mix, quinoa, brown rice, Israeli couscous or udon noodles.

ALL BOWLS COME WITH
VEGETABLE MIX - mushrooms, broccolini, bell peppers, shallots, golden beets and topped with julienne vegetable mix.

{ WRAPS }

See add ons above

SPICY CHICKEN PITA 14

Bacon jam, mozzarella & cheddar cheese, lettuce, pickled red onion, tomato, buffalo ranch sauce.

CHICKEN CAESAR WRAP 13

Romaine, fresh parmesan and crispy prosciutto.
Sub crispy chicken. 2

THE BOTANIST 15

Tomato, eggplant escabeche, fresh basil, pickled onion, roasted squash, mixed lettuce, julienne vegetables, bocconcini cheese.
Vegan sub tofu for cheese.

 V.W. (A.K.A. VEGAN WRAP) 13

Eggplant escabache, Israeli tomato cous cous, mango chutney, pickled red onion, herbed tofu, spinach and shallot mustard sauce.

SHRIMP PO BOY 14

Cajun battered, chipotle slaw, lettuce, tomato and creole sauce.

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VEGAN VEGETARIAN SPICY CONTAINS NUTS GLUTEN FREE AVAILABLE






DIETARY PREFERENCES We are happy to modify your meal to order. While this may result in longer cooking times and additional charges, we pride ourselves on preparing our menu items to order, so you receive the freshest ingredients possible. Please discuss any time restraints with your server when ordering and we will do our best to accommodate you. Our fryer is not celiac friendly.
We may change our prices without notice to reflect current market pricing. An automatic 15% service charge will be added to parties of 8 or more.

{ B U R G E R S } & S A N D W I C H E S }

SERVED WITH YOUR CHOICE OF
SIDE SALAD, FRESH CUT FRIES
OR DAILY SOUP

THE C.E.O.	30
3-6oz patties, bacon jam, mozza and cheddar, mushrooms, onion rings, pickles, lettuce, tomato and BBQ sauce. Ask about our Burger Challenge.	
THE BOSS MAN - 2 Patty only	24
THE SECRETARY - 1 Patty only	19
 THE GREAT GARDENER	18
Vegan lentil burger, mayan salsa, pickled red onion, tomato, cashew cream, lettuce, goat cheese, and a beet apple slaw.	
 MAYAN BURGER	18
6 oz burger with, mayan salsa, jalapeno havarti, pickled onion, lettuce, tomato, fresh cilantro, and chipotle mayo.	
 CHICKEN BURGER GRILLED OR CRISPY	18
Kimchi, Korean BBQ sauce, goat cheese, lettuce, tomato, cilantro, sesame and pickled onion.	
 UNCLE BUCK	18
6 oz burger with house made pepper relish, swiss cheese, capicola, tomato, pickled onion, lettuce, fried jalapenos, and crisp sweet potato.	
 6 CHEESE GRILLED CHEESE	14
Artisan bread coated in parmesan with swiss, mozzarella, cheddar, asiago and jalapeño havarti. Stuff with bacon mac and cheese	
BAKER STREET HOAGIE	18
Braised beef, mushrooms, au jus, green onion, cheddar and mozzarella on a pretzel baguette.	
JUGHEAD BURGER	19
6oz burger, satay peanut sauce, lettuce, tomato, bacon jam, brie cheese and an onion ring.	
BUILD-YOUR-OWN BURGER	15
Salmon, Chicken, Veggie or Beef, comes with lettuce, tomato, pickled red onion, dill pickles and garlic mayo.	
<i>Add any cheese</i>	2
<i>Add mayan avocado salsa or bacon jam</i>	3
<i>Add fried jalapenos, mushrooms or onion rings</i>	2
<i>Add beef patty</i>	6
SUBSTITUTE YOUR SIDE DISH WITH	
<i>Caesar, Beet, Mushroom Salad or Yam Fries</i>	2
<i>Choose an Organic Beef Patty</i>	2
<i>Gluten Free Buns</i>	2

{ M A I N S }

 B.C. WILD SOCKEYE SALMON	29
Poached with cashew cream, pickled fennel and carrots, pecans, white wine and limoncello, served with side of green beans wrapped in prosciutto and udon noodles.	
MAC & CHEESE	24
Mushrooms, bacon, bell peppers, broccolini with a BBQ blue cheese sauce served with garlic toast.	
 STUFFED FREE-RUN CHICKEN BREAST	29
Chicken breast stuffed with house sausage, with a bacon and grandmarnier orange sauce, Israeli cous cous and green beans wrapped in prosciutto.	
RACK OF LAMB	FULL 38 HALF 30
Herb crusted roast lamb served with a mint mango chutney, Israeli cous cous, and eggplant manicotti.	
CHARBROILED CAB STEAKS	5oz STRIPLOIN 30 10oz STRIPLOIN 38
 Grilled served with choice of Brie and garlic mushroom, or bacon Jack Daniels cream sauce side of vanilla balsamic beets and stuffed hassel-back potato.	
<i>Add garlic shrimp.</i>	10
 BACALAO	27
Seared salt cod, mixed olives, devilled eggs, gold potato, baby gem tomatoes, caramelized shallots and roasted garlic, and cream sauce. Served with side of rice and green beans wrapped in prosciutto.	
BRAISED BEEF RIBS	30
Served with choice of blue cheese sauce or vanilla cherry balsamic demi, side of eggplant manicotti and a stuffed hassel-back potato.	
FISHERMAN'S PIE	32
Shrimp, scallops and salmon, creamy chardonnay parmesan dill sauce, golden potato cod croquette, with vanilla balsamic beets.	
SEAFOOD PAELLA	34
Saffron tomato sauce, squid, mussels, cod and shrimp, brown rice, bell peppers, shallots and green beans.	
 VEGAN TRUST ME DINNER	30
Trust the chef. We will make you something amazing, just let us know your allergies or preferences. 2 courses	

