

Celiac Options

Starters

Chicken Satay

Skewered satay style chicken served with satay sauce \$9

Mussels Riviera

Sautéed mussels in a broth of white wine, basil, saffron and tomato \$12

Soup

All clear vegetarian soups are suitable, please ask your server \$3.25 (bowl \$4.50)

Garden Salad

Mixed greens, cucumber, tomato, and carrot with your choice of dressing. \$5 (small \$3.50)

Athenian Salad

Romaine lettuce, bell peppers, black olives, red onion, cucumber, Feta and tomato topped with Feta vinaigrette \$7.50 (small \$4.50)

Nuts about Salad

Spring leaves, grapefruit, mushrooms, pine nuts, cashews, and almonds with raspberry vinaigrette \$7.50 (small \$4.50)

**Add: Grilled Chicken \$5.50
Shrimp \$4.25**

Roasted Squash Salad

Roasted squash served warm with spinach, caramelized pecans, and crumbled Feta, drizzled with honey vinaigrette and balsamic reduction \$7.50 (small \$4.50)

Summer Fest Salad

Spring leaves, dried cranberries and mango, served with mango vinaigrette \$7.50 (small \$4.50)

Caesar Salad

Romaine lettuce tossed in our signature Caesar dressing (please ask your server to omit the croutons) \$5 (Small \$3.50)

Sandwiches

All of the sandwiches found on the regular menu can be made with rice bread

(Please let your server know if you require this modification)

Main Dishes

Halibut

Baked halibut fillet served with seasonal vegetables and your choice of baby potatoes or rice (please let your server know you would like the celiac version of the Halibut) \$20

West Coast Bouillabaisse

A selection of west coast seafood (salmon, sole, halibut, ma hi ma hi, prawns, shrimps, scallops, and mussel) cooked in a tomato broth flavoured with saffron \$21

Wild Salmon

Roasted BC wild salmon served with Beurre Blanc seasonal vegetables and potatoes \$20

Angus NY Steak

10 oz centre cut Alberta AAA Angus steak broiled to your liking and served with seasonal vegetables and your choice of baby potatoes or rice (Please remind your server to omit the sauce) \$24

Saigon Stirfry

Cashews, beef striploin, chicken breast and mixed vegetables stir-fried in a gluten free soy sauce, served over rice or rice pasta (beef or chicken only option available, please tell your server that you would like the celiac option) \$17 (\$12 Veg)

Rice Pesto

Rice noodles and chicken breast strips tossed in fresh basil, olive oil, pine nuts, garlic and Parmesan \$12 (Veg \$8)

Rice Primavera

Rice pasta with chicken breast, seasonal vegetables and mushrooms in tomato sauce \$12 (Veg \$8)