

# LUNCH

## COLD STARTERS

- DF GF JUMBO PRAWN COCKTAIL** 15.5  
house cocktail sauce, avocado, cabbage, tomato & lemon
- V MUHAMARRA DIP & OLIVES** 12  
red pepper-walnut dip & mixed olives with potato chips & focaccia bread
- V GUACAMOLE, SALSA & CHIPS** 12  
guacamole & pico de gallo with crisp tortilla chips

## SALADS

- V DF BEACH GREENS** 10 SML | 14 LRG  
mixed greens, radish, tomato, carrot, cucumber & pumpkin seeds & black currant vinaigrette
- GF DF SEAFOOD SALAD** 19  
mixed greens, poached jumbo prawn, grilled salmon, scallop & shrimp with ginger-lime vinaigrette
- GF CORDOVA BAY COBB SALAD** 19  
mixed greens, grilled chicken, bacon, avocado, tomato, egg, blue cheese & Dijon vinaigrette
- V SPINACH SALAD** 15  
chèvre, candied pecans, seasonal berries, red onion, boiled egg & orange poppyseed vinaigrette

### ADD:

seared halibut 8	salmon 6
chicken breast 5	bacon 2
prawn duo 8	seared cod 6
avocado half 4	chèvre 3

## HOT STARTERS

- CREAMY SEAFOOD CHOWDER** 5 SML | 7.5 MED | 9 LRG  
clams, shrimp, fish medley, potato & vegetables
- DAILY SOUP** 4 SML | 6 MED | 8 LRG  
please ask about today's creation
- V MEDITERRANEAN FLAT BREAD** 12  
pesto, artichoke, tomato, chèvre & Romano cheese, spinach & balsamic drizzle
- COD BITES** 15  
house tartar sauce & slaw
- CHICKEN WINGS** 12  
choice of: salt & pepper | hot | sesame teriyaki
- CRISPY BUTTERMILK CALAMARI** 15  
housemade tzatziki
- DF STEAMED MUSSELS** 14 SML | 18 LRG  
Thai coconut OR white wine-garlic with housemade focaccia
- HERB & LEMON COD CAKES** 16  
red pepper, citrus salsa & herb aioli
- FISH TACOS** COD 14 | HALIBUT 17  
guacamole, shredded cabbage, pico de gallo & chipotle aioli
- V SPICY CHEESE & CAULIFLOWER DIP** 13  
potato chips & tortilla chips

- GF** contains no gluten ingredients  
**DF** contains no dairy ingredients  
**V** vegetarian

## BURGERS & SANDWICHES

choice of fries, soup or salad

- ½ fries & ½ salad - add \$2

-substitute yam fries - add \$2

-gluten free bun - add \$3

### BC HALIBUT BURGER

21

6oz grilled halibut filet, slaw, tomato & housemade tartar

### TERIYAKI CHICKEN BURGER

16

grilled breast, lettuce, tomato & roasted garlic aioli

### SALMON BURGER

18

wild salmon filet, spinach, slaw & basil aioli

### BEACH BURGER

16

house-made beef patty, lettuce, tomato, house relish & roasted garlic aioli

### ☺ BH VEGAN WRAP

17

lentil, chickpea & herb mix, avocado, spinach, tomato, pickled beet & red pepper-walnut spread in a flour tortilla

### ROAST BEEF DIP

18

roasted garlic aioli, beef jus & horseradish on the side

#### ADD:

aged cheddar 2

bacon 2

avocado half 4

grilled mushrooms 2

## FISH & CHIPS

### COD

14 | 19.5

### HALIBUT

16.5 | 24.5

### JUMBO PRAWNS

15.50 | 22.50

small OR large

- beer batter, fries, coleslaw & tartar sauce

## ARTISAN PIZZA

*gluten-free pizza crust - ADD \$4*

### ☺ MARGHERITA

16.5

tomato sauce, roasted tomato, fresh mozzarella, fresh basil & basil oil drizzle

### ☺ BC MUSHROOM

17

garlic cream sauce, mushrooms, mozzarella, fresh basil & shaved parmesan

### CANADIAN

17

tomato sauce, bacon, pineapple & mozzarella

### VEGGIE LOVER

17

tomato sauce, mozzarella, roasted tomato, mushrooms, red onions, spinach & mozzarella

### SPICY FIREBIRD

18

rosé tomato sauce, butter chicken, pineapple, mozzarella & Thai chilli pepper

### BLACK & BLUE

19

Cajun spiced striploin, blue cheese, garlic cream sauce, mushroom, onion & mozzarella

### FIG & PROSCIUTTO

18.5

garlic cream sauce, fresh mozzarella, Romano cheese, fresh basil & balsamic reduction

### MEAT LOVER

19

tomato sauce, chorizo, bacon, pepperoni, capicola & mozzarella

*Items can be prepared without gluten & dairy, however please note our kitchen is not gluten-free & not dairy-free. Please notify your server of any severe allergies.*