

6625 SALISH DRIVE, VANCOUVER, BC V6N 4C4

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LUNCH MENU

*Disposable fee \$2.00 per meal.

Entree Salads

(Minimum of 10). All meals include a piece of bannock bread.

- Grilled salmon, mixed greens, fiddleheads, roasted cherry tomatoes, house dressing – \$23.95
- Grilled chicken caesar with parmesan shavings – \$20.95
- Grilled beef, arugula, caramelized red onion, shaved fennel, peppers, honey dijon dressing – \$20.95
- Roasted vegetable, quinoa, kale, toasted pumpkin seeds, house dressing* – \$19.95

Side Salads

(Minimum of 10) \$6.95

- Salishan mixed greens: assorted vegetables, stinging nettle dressing
- Caesar: romaine, herbed croutons, shaved parmesan
- West Coast potato salad: baby new potatoes, sea asparagus caramelized onion, peppers, with seaweed vinaigrette caper's dressing
- Beet salad: apples, goat cheese, dandelion, red onion, parsley, pumpkin seeds
- Greek salad: cucumber, peppers, tomato, feta, kalamata olives
- Quinoa salad: roasted yams, parsnips, cranberry, fresh herbs, feta
- Pasta salad: basil, tomatoes, peppers, onion, carrots, stinging nettle and basil pesto,

- Classic potato salad: with hard-boiled eggs, pickles and green onions

Soups

All soups come with a side order of bannock or a baguette.

(Minimum of 10) \$12.95 per person.

- Seafood chowder
- Wind-dried salmon and roasted corn chowder
- Bacon and clam chowder

(Minimum of 10) \$10.95 per person

- Three sister soup (vegan)
- Spiced squash soup (vegan)
- Creamy tomato seaweed (vegetarian)
- Squamish wild mushroom (vegetarian)
- Chicken or vegetable noodle soup

Sandwiches

(Minimum of 10) \$12.95 per serving

- Salmon salad, cucumbers, leaf lettuce, dill, lemon
- House smoked salmon, cream cheese, red onion, capers
- Turkey, brie, cranberry chutney
- Egg salad, arugula, celery, cucumber, green onion
- Tomato, bocconcini, cucumber, arugula, balsamic glaze, fresh basil oil
- Grilled veg, lettuce, tomato, cucumber, smoked paprika hummus
- Horseradish and rosemary crusted roast beef
- Ham, smoked cheddar, arugula, mustard

- Grilled chicken, basil mayo, roasted peppers

*Gluten-free bread add \$1.50

Soup or Salad and Sandwich Combo (Minimum of 10) \$19.95 Per Person served with deli meats.

Bagged Lunch

- Deli meat sandwich, whole fruit, and bottled water – \$19.95

Boxed Lunches

(Minimum of 10)

- Alder grilled salmon, tomato jam, bannock, salad – \$24.95
- New York strip loin with red onion marmalade, coleslaw and bannock – \$22.95
- Stinging nettle pesto marinated chicken, herb aioli. bannock, salad – \$20.95
- Grilled vegetable kebobs, quinoa and cucumber salad, hummus, bannock – \$19.95
- *Disposables not included, extra fee of \$2.00 per serving.

Hot Lunches

Seafood

(Minimum of 10) \$27.00

- Wild West Coast grilled Salmon with roasted tomato jam
- Chinook salmon cakes w/ seaweed tartar sauce
- In-house Alder smoked salmon with smoked tomato jam

*All above come with herbed rice pilaf, choice of side salad and bannock

Meat

(Minimum of 10) \$25.00

- Slow roasted, New York strip with au jus and rosemary garlic potatoes: *requires two days notice*
- Shepherds pie topped with whipped sweet potatoes & parsnip
- Hearty venison stew with rice pilaf
- Venison meatloaf, caramelized onion, tomato sauce and garlic mashed potatoes

*All above come with bannock and choice of side salad

Chicken

(Minimum of 10) \$25.00

- Kelp marinated grilled chicken breast with roasted vegetable quinoa
- Chicken cacciatore on pasta
- Chicken potpie with lemon roasted potatoes
- Curry chicken with coconut basmati rice
- Slow roasted chicken thigh w/ hunter sauce on a creamy bacon & wild herb potato risotto

*All above served with choice of salad and bannock

Tacos

(Minimum of 10)

- Vegetarian Indian Tacos: 4 Bean chilli with loads of veggies and bursting with flavour. Comes with all the fixin's: Bannock, sour Cream, Salsa, Shredded Lettuce, tomato and grated cheddar. YUM (One of our most popular items). \$15.95
- Indian Tacos: Hearty Beef Chilli with all the fixin's: Bannock, Sour Cream, Salsa, Shredded lettuce, tomato and grated cheddar \$17.95
- Crispy Fish Tacos with lime crema, shaved cabbage slaw, and salsa and Bannock \$21.95

*Above all served with choice of salad

Pasta

(Minimum of 10) \$20.95

- Spaghetti with meat sauce

- Classic Mac and cheese (oh so creamy)*
- Penne with basil pesto and roasted vegetables and tomatoes*
- Wild Mushroom Alfredo
 - Vegetarian
 - Add Chicken \$ 3.00
 - Add Prawns \$4.00

*Above all served with a choice of salad and bannock

Vegetarian \$20.95

- Vegetarian Curry with coconut rice with house-made mango chutney
- Three sisters hearty stew
- Vegetable kebobs roasted lemon potatoes with stinging nettle green goddess
- Vegetarian Enchilada with salsa, sour cream and cheese
- Mediterranean Ratatouille stew with quinoa
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*All above with a choice of salad and bannock

Desserts

- Assorted Jumbo cookies – \$4.00
- Assorted tarts and squares – \$5.00
- Variety of cookies, tarts and squares 2 PP – \$5.00
- Gluten-free cookies, tarts and squares – \$5.00
- Olalli West coast Berries Mousse \$7.95
- Fresh Berries with soapberry whip * Market price
- Mini lemon meringue tarts \$4.00 each
- Double Chocolate Cake w/ chocolate cream cheese icing \$7.95
- Zucchini cakes with lemon cream cheese icing \$7.95
- Mini Cinnamon Bannock 2 per person \$3.95

- Fruit Salad: 6.95 per person
- Fruit Kebob Sm \$3.50 Lg. \$5.00
- Beverages
- Freshly Brewed Coffee: Push Pots 10-12 \$25.00
- Assorted Teas: Push Pots 10-12 \$25.00 *Milk, cream and sugar included
- Sparkling Water: \$2.95
- Soapberry Punch: \$3.95
- Assorted Juices and Soft Drinks: \$2.95