

Morning Wellness	
6:30am - 11:00am	
Breakfast Essentials	
Choice of Chilled Orange, Apple or Grapefruit Juice & Freshly Brewed, Coffee Tea & Herbal Infusions	
Deluxe Continental \$30	
Choice of Toast, Croissant Muffin or Danish & Fresh Fruit	
Canadian \$37	
Two Eggs Any Style, Bacon, Pork or Turkey Sausage, Crispy Potatoes Oven Dried Tomato & Choice of Toast Plain, Whole Wheat, Multi-Grain Sourdough or Gluten-Free	
Jump Start \$34	
Steel Cut Oats, Golden Raisins Brown Sugar & Warm Milk -or- Granola Topped with Yogurt Nuts, Seeds & Fruit *Can Be Served with Gluten-Free Muffin or Toast	
Heart Warming Treats	
Belgian Waffle \$24	
Berry Compôte, Whipped Cream Quebec Maple Syrup	
Brioche French Toast \$24	
Berry Compôte, Whipped Cream Quebec Maple Syrup	
Pan Pacific Buttermilk Pancakes \$25	
Berry Compôte, Whipped Cream Quebec Maple Syrup	
From the Bakery	
Croissant, Muffin, Danish (2 Pcs) \$12	
with Sweet Butter & Preserves	
Toast \$7	
Plain, Whole Wheat, Multi-Grain Sourdough or Gluten-Free	
Sides	
Ham, Bacon, Turkey or Pork Sausage \$10	
Smoked Salmon \$16 Steamed Broccoli or Mushrooms \$10	
Fruit Bowl \$13 ½ Avocado \$7 Side Berries \$16	
Greek Yogurt \$9 Single Egg \$6 Side Potatoes \$6	
Single Pancake with Berry Compôte & Quebec Maple Syrup \$13	
May not be gluten-free due to cross-contamination Food may contain traces of nuts or other allergens. Please inform your server if you have any allergies or other dietary concerns. A \$6 hotel delivery charge , applicable taxes & 17% gratuity will be automatically added to your bill. VF - Vegan Friendly G - Gluten Smart O - Ocean Wise NF - Nut Free	

Beverages	
Fresh Boost	
Green With Envy (G/VF) \$16	
Kale, Honeydew Melon Fennel, Lime, Pear & Ginger	
Beets by Sean (G/VF) \$16	
Apple, Beets, Ginger, Celery Carrot & Balsamic Vinegar	
Turmeric Tonic (G/VF) \$16	
Orange Juice, Turmeric, Apple Cider Vinegar, Cayenne & Sea Salt	
Fruit Smoothie \$14	
Mango Pineapple or Berry Banana	
Chilled Juice \$8	
Orange, Apple, Cranberry or Grapefruit	
Freshly Squeezed Orange Juice \$16	
Kids Menu	
Exclusively for ages 12 and under	
Breakfast	
6:30am - 11:00am	
2 Eggs Any Style \$19	
Crispy Potatoes, Bacon or Pork Sausage & Choice of Toast Plain, Whole Wheat, Multi-Grain, Sourdough or Gluten-Free	
Mini Buttermilk Pancakes \$19	
Banana, Chocolate Chip or Plain Served with Berry Compôte Quebec Maple Syrup	
Steel-Cut Oats (G/VF) \$15	
With Sliced Banana	
Your Favourite Breakfast Cereal \$11	
Cheerios, Fruit-Loops Corn Flakes or Frosted Flakes *Add Sliced Banana \$3	
Kids Beverages	
Milk \$7	
2% or Skim, Almond Milk \$8	
Strawberry Banana Milkshake \$13	
Chocolate Milk \$8	
Orange or Apple Juice \$8	
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All Day Menu	
11:30am - 11:00pm	
To Start	
Shrimp Gyoza (O) \$21	
Sustainable Shrimp & Chive Dumplings with Chili Crisps & Ponzu Dipping Sauce	
Country Style Whipped Brie \$23	
Seasonal Accompaniments, Candied Pecans Smoked Honey & Crostini	
Spicy Prawn Cocktail (O) \$28	
Selva Prawns, Avocado, Aguachile & Tostadas	
Mediterranean Mezza Platter \$23	
Hummus, Walnut Muhammara, Vegan Ranch Garden Vegetables, Olives & Grilled Naan	
Popcorn Chicken \$25	
Spicy Honey Garlic, Scallions & Sesame Seeds	
Cheese & Charcuterie \$40	
Artisan Selections of Two Rivers Meats & Golden Ears Cheeses, Raincoast Crisps & Seasonal Compôte	
Soup & Salad	
Seafood Chowder \$19	
Ling Cod, Salmon, Shrimp & Fennel Pollen *Add Garlic Toast \$3	
Oven Roasted Tomato Soup (VF) \$16	
Olive Oil, Cherry Tomatoes & Focaccia Croutons	
Classic Caesar Salad \$18	
Parmesan, Crispy Capers & Focaccia Croutons	
Kale Salad \$21	
Endives, Pecorino Cheese, Lemon Vinaigrette Breadcrumbs	
Add Ons	
Ocean Wise Selva Prawns (6) \$12 Halal Chicken (6oz) \$13 ½ Avocado \$7 Kuterra Salmon (5oz) \$16	
Flatbread	
Cacio e Pepe (contains pork) \$29	
House Ricotta, Pecorino Romano Parmesan, Guanciale, Arugula *GF Crust Available	
Napolitana \$27	
Sundried Tomatoes, Mozzarella Fiore Di Latte, Basil *GF Crust Available	
Sides	
Side Green Salad \$14 Fries \$ 12 Spinach \$14	
Side Kale Salad \$15 Mashed Potatoes \$ 14 Mushrooms \$14	
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All Day Menu	
11:30am - 11:00pm	
Entrée	
House Crafted Angus Beef Burger \$34	
American Cheese, Caramelized Onions, Smoked Tomato Relish Truffle Aioli, Crispy Onions, Dill Pickle on an Artisan Brioche Bun or Lettuce Served with Fries or Salad	
Peri-Peri Chicken Sandwich \$29	
Marinated Chicken Breast, Romaine Hearts, Tomatoes Aji Amarillo Aioli, Salad Verde on an Artisan Brioche Bun or Lettuce Served with Fries or Salad	
Oceanwise Ling Cod Fish & Chips (G/O) \$31	
Gluten Sensitive Batter, Caper & Tarragon Tartar Sauce Coleslaw & Lemon Pepper	
Butter Chicken \$34	
Basmati Rice, Pickled Onion, Papadum & Grilled Naan	
Crispy Chicken Strips (5 Pcs) \$25	
Honey Mustard Dip, French Fries	
Rigatoni Bolognese \$31	
Prime Beef Ragout, Oven Roasted Tomato Sauce Pecorino Cheese & Focaccia Garlic Toast	
Kuterra Salmon \$39	
Orzo Pasta, Maple Miso Glaze, Edamame, Bok Choy, Pickled Daikon	
Steak Frites (G) \$58	
8oz AAA Dry Aged Striploin, Bone Marrow Butter Caramelized Onions, L'Entrecôte Sauce Served with Fries & Salad	
Wild Mushroom Polenta (G/VF/NF) \$31	
Saffron Braised Fennel, White Bean Ragout & Tomato-Basil Sauce	
Ancient Grain Bowl (VF) \$29	
Wild Rice, Kamut, Quinoa, Seasonal Vegetables Marcona Almonds and Butter & Cranberry Miso Sauce	
Add Ons	
Ocean Wise Selva Prawns (6) \$12 Halal Chicken (6oz) \$13 ½ Avocado \$7 Kuterra Salmon (5oz) \$16	
Dessert	
11:30am - 11:00pm	
Chocolate Hazelnut Marquis Crunchy Bar \$16	
Salted Caramel Sauce, Chantilly Cream	
Crème Brûlée (G) \$15	
Tahitian Vanilla Bean Custard, Brandy Snap & Fresh Berries	
Seasonal Cheesecake \$16	
Housemade Ice Cream Sundae \$16	
Whipped Cream, Hot Fudge Sauce & Chocolate Chip Cookie	
Ice Cream Selection \$16	
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