

COAL HARBOUR BAR

Lunch Menu | 11:30 am - 2:30 pm

Appetizers

SEAFOOD CHOWDER | 18

Ling Cod, Salmon & Prawns, Fennel Pollen

CAESAR SALAD | 19

Romaine Hearts, Parmesan, Crispy Capers, Focaccia Croutons

**ADD | Ocean Wise Selva Prawns (6 pcs) | 12
Salmon Kuterra (5oz) | 16 1/2 Avocado | 5
Rosstown Farms Halal Chicken (6oz) | 14*

VEGETABLE CRUDITE | 19

Crisp Vegetables, Yuzu Hummus, Vegan Herb Ranch, Raincoast Crisps

SHRIMP GYOZA | 21

Ponzu & Chili Crisps

FARMHOUSE SALAD | 23

Baby Gem Lettuce, Shaved Vegetables, Ricotta, Olives, Candied Pecans, Honey-Thyme Vinaigrette

**ADD | Ocean Wise Selva Prawns (6 pcs) | 12
Salmon Kuterra (5oz) | 16 1/2 Avocado | 5
Rosstown Farms Halal Chicken (6oz) | 14*

ITALIAN FLATBREAD | 28

Roasted Tomato Sauce, Peppers, Mozzarella, Mortadella, Basil, Aged Balsamic

**Gluten Free | Vegan Free Option Available*

BAKED LOCAL BRIE | 23

Compressed Seasonal Fruits, Golden Raisin & Cranberry, Candied Pecans, Toasted Artisan Sourdough

SALT & PEPPER HUMBOLDT SQUID | 25

Jeow Som Dipping Sauce

Mains

HOUSE CRAFTED ANGUS BEEF BURGER | 30

Sesame Brioche Bun, Caramelized Onions, Lettuce, Tomato, Dill Pickle, Black Pepper Jam, American Cheese - Served with Sea Salt Fries

**ADD | Fried Egg | 3 Bacon | 4 1/2 Avocado | 5 Mushrooms | 5*

OCEAN WISE LING COD FISH & CHIPS | 29

Caper & Tarragon Tartar Sauce, Pickled Cabbage Slaw, Lemon Pepper

ALBACORE TUNA NIÇOISE SALAD | 29

Pan Seared Rare Tuna, Market Greens, Duck Fat Potatoes, Pickled Green Beans, Olives, Grainy Mustard Vinaigrette, 6-Minute Egg

CHICKEN CLUB | 29

Artisan Sourdough, Grain Mustard Aioli, Lettuce, Tomato, Compressed Apple, Bacon - Served with Side Green Salad

STEAK FRITES | 54

8oz Beef Striploin, Charred Onions, Smoked Cauliflower Purée, Black Pepper Jam, Red Wine Jus

SALSA ROJA CHICKEN SUPREME | 34

Crushed Fingerling Potatoes, Preserved Lemon Mayo, Radish Slaw

PAN FRIED KUTERRA SALMON | 40

Lentils & Chickpeas with Guanciale, Baby Kale, Fennel & Herb Salad, Yuzu Butter

CRISPY CHICKEN STRIPS & FRIES | 25

Honey Mustard Dip

ANCIENT GRAIN BOWL | 28

Wild Rice, Kamut, Quinoa, Sugar Snap Peas, Young Carrots, Baby Kale, Marcona Almonds, Cranberry Miso Sauce

**ADD | Ocean Wise Selva Prawns (6 pcs) | 12 Salmon Kuterra (5oz) | 16
1/2 Avocado | 5 Rosstown Farms Halal Chicken (6oz) | 14*

Desserts

WAFFLE CONE ICE CREAM | 12

Choose a flavour:
Cookies & Cream | Pistachio Cherry | Peach Cobbler

BLACK FOREST TERRINE | 15

Chocolate Cake, Cherry Compôte, Chocolate Coconut Mousse

APRICOT & WHITE CHOCOLATE MOUSSE | 16

Black Lime & Rosemary, Crisp Shortbread Crust

BANANA SPLIT | 15

Coconut Frozen Yogurt, Berry Compôte, Coconut Crumble, Caramelized Banana

GOAT CHEESE PUDDING | 16

Fizzy Cherry Doughnut, Cherry Compôte & Lychee

CAMPFIRE S'MORE | 17

Toasted Marshmallow Ice Cream, Graham Crumbs, Chocolate Custard, Exotic Caramel



Ocean Wise



Gluten Smart*



Vegan Friendly

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 allergies or other dietary concerns.
Taxes additional.