

GLUTEN FRIENDLY

GUILT FREE SOUPS & SALADS

CAVU SALAD 	\$10½ full	\$7 half
oven dried tomato slivered almonds dried blueberry peppered blackberry vinaigrette		
KNIFE & FORK CAESAR	\$10½ full	\$7 half
romaine pancetta kalamata crumble parmesan lemon		
CAVU COBB		\$13½
chicken prawns peppers beets tomato smoked cheddar cucumber blue cheese ranch		
FATTOUSH 		\$14
romaine fresh herb sumac & sultana yogurt carrot cucumber gem tomato radish toasted almond charred citrus vinaigrette pita chips		
DYNAMITE SALAD		\$15½
crispy togarashi prawn avocado yam chips cucumber tobiko sesame aioli citrus dressing rice crisps yuzu pearls		
FIERY SZECHUAN BEEF SALAD		\$19
6oz flat iron steak baby greens citrus segments yuzu crispy noodle black sesame seed miso vinaigrette		

add grilled chicken breast or salmon \$5½ or (6) garlic prawns \$8 to any salad

SHAREABLES

JAR OF PRAWNS (6)		\$8
garlic herbs white wine lemon butter		
WAFFLE YAM CHIPS 		\$9½
togarashi spiced sesame mayo kimchi ketchup		
SALTSPRING ISLAND MUSSELS 		\$15½
white wine lemon butter grilled gluten free bread		
STICKY RIBS (GF)		\$15½
chipotle bbq cilantro honey drizzle		
WINGS		\$15½
house hot mess ranch balsamic		
or		
bbq sauce cilantro honey smoked salt		
or		
sea salt black pepper lime		

FORK, KNIFE OR SPOON

BBQ PORK TACOS (2pc)		\$15
bbq pulled pork crunchy corn taco shell jalapeno pickled onion slaw cilantro		
JADE THAI-GER RICE BOWL 		\$15½
bok choy peppers shiitake peas pickled carrot roasted peanuts coconut crumble tangy slaw thai green curry jasmine rice		
add marinated chicken - \$5½ or (6) garlic prawns \$8		
LAMB KOFTA PASTA		\$15½
spiced lamb meatballs red pepper & cured olive salsa fresh basil tomato ragu manchego gluten free pasta*		
CHICKEN VINDALOO (SWEET & TANGY)		\$16½
marinated chicken sweet & tangy curry sauce peanut potato hay cilantro citrus raita jasmine rice		
SPANISH CHORIZO PASTA		\$16½
pork chorizo sausage tomato onion confit arugula garlic puree gluten free pasta		
add grilled chicken breast \$5½ or (6) garlic prawns \$8		

DINNER (4:30pm – 10:00pm)

BERKSHIRE PORK CHOP (served medium)		\$36
brandied cherries carrot puree baby turnip charred scallion bourbon jus		
10oz CANADIAN "ANGUS RESERVE" NY STEAK		\$36
carrot puree charred gem tomato sautéed mushroom natural jus		
HAIDA GWAI HALIBUT CIOPPINO 		\$30½
saltspring mussels saffron san marzano jasmine rice tuscan black kale		
add whipped potatoes, fries or jasmine rice for \$4		

Ask not what your country can do for you. Ask, what's for lunch?

- Orson Welles



symbol denotes vegetarian option



item is on the OceanWise list of sustainable seafood

GLUTEN FRIENDLY

SIGNATURE SANDWICHES

Served with a choice of fries, soup or salad

TRIPLE-STACK GRILLED CHEESE \$13½
armstrong cheddar | swiss cheese | brie |
smoked tiroler bacon | gluten free bread (white or whole wheat)

PBLT SANDWICH \$13½
cured pork belly | butter lettuce | tomato |
mayo | gluten free bread (white or whole wheat)

ROAST TURKEY CLUB \$13½
fresh house roasted breast | smoked bacon | lettuce |
tomato | gluten free bread (white or whole wheat)

THE BURGERS

Served with a choice of fries, soup or salad

CAVU BURGER \$18½
8oz fresh beef patty | port roasted onions | tiroler bacon |
applewood smoked cheddar | dijonaise | gluten free bun

NORTHERN STAR \$18
6oz natural bison patty | roasted mushroom |
smoked bacon | mayo | lettuce | tomato | gluten free bun

VERACRUZ COD BURGER \$15
chili seared cod | lettuce | tomato | jalapeno |
green olive | avocado crema | gluten free bun

BAYOU GRILLED CHICKEN BURGER \$15
frank's hot sauce | swiss | red onion | lettuce |
tomato | mayo | gluten free bun

EIFFEL 65 \$16
cajun spiced 8oz fresh beef patty | blue cheese |
tiroler bacon | mayo | lettuce | tomato | gluten free bun

THE ME BURGER  \$15
"beyond" vegan burger patty | cilantro lime tzatziki |
roasted peppers | arugula | gluten free bun

BUILD YOUR OWN BURGER - \$15½

Served with a choice of fries, soup or salad

YOUR BUN.....

GLUTEN FREE BUN

CHOOSE A PROTEIN...

8oz BEEF PATTY
6oz NATURAL BISON PATTY
GRILLED CHICKEN BREAST
SEARED COD FILLETS
THE BEYOND "MEATLESS" BURGER

CHOOSE A SPREAD...

DIJON MAYO
CLASSIC MAYONNAISE

CHOOSE YOUR CHEESE (\$2 ea)...

ARMSTRONG CHEDDAR
APPLEWOOD SMOKED CHEDDAR
STILTON
SWISS CHEESE
SALTSPRING GOATS CHEESE
BRIE CHEESE

UPGRADES! (\$2 ea)...

SMOKED BACON
TIROLER BACON
CURED PORK BELLY
BBQ PULLED PORK
PORT ROASTED ONIONS
ROASTED MUSHROOMS

CHOOSE YOUR SAUCE(S)...

CHIPOTLE BBQ
SWEET GRAINY MUSTARD
SRIRACHA
RANCH
CAESAR DRESSING
FRANK'S RED HOT

CHOOSE YOUR ROUGHAGE...

RED ONION
LETTUCE
TOMATO
ARUGULA
SPINACH

"Good food is very often, even most often, simple food."

— Anthony Bourdain



\$1 from every signature sandwich sold at lunch will go to the Richmond KidSport Foundation. A local charity that helps underprivileged kids play and enjoy the benefits of sport.