





DINNER

GUILT FREE SOUPS & SALADS

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|--|-----------|----------|
| CHEF'S MARKET SOUP | | \$8 |
| CHICKEN NOODLE SOUP | | \$8 |
| CAVU SALAD  | \$12 full | \$8 half |
| oven dried tomato\ beet string\ watermelon radish \ catalina vinaigrette\ mixed greens | | |
| CHOPPED CAESAR | \$12 full | \$8 half |
| romaine\ pancetta\ kalamata crumble\ parmesan\ grilled herb flatbread\ lemon | | |

BIGGER SALAD BOWLS

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|--|------|
| CAVU CHOP-CHOP | \$16 |
| chicken\ prawns\ peppers\ beets\ tomato\ smoked cheddar \ cucumber\ blue cheese ranch\ greens | |
| GODDESS BOWL  | \$17 |
| cucumber\ heirloom tomato\ pickled red onion\ roasted peppers\ spiced chickpeas\ mint\ kalamata\ feta cheese\ green goddess dressing | |
| TUNA POKE BOWL  | \$21 |
| marinated ahi tuna\ sesame crisp\ green onion\ edamame\ fresh mango\ avocado\ pickled cucumber\ rice noodle\ leafy greens | |
| DYNAMITE BOWL  | \$18 |
| crispy togarashi prawn\ avocado\ yam chips\ cucumber\ tobiko\ nori\ sesame aioli\ citrus dressing\ black sesame crisp\ yuzu pearls\ leafy greens | |

add sliced avocado \$4, grilled chicken breast or salmon \$6½ (6) garlic prawns or a pacific crab cake \$9

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|---|------|
| CARNE ASADA STEAK SALAD | \$21 |
| chili spice seared 6oz flat iron steak\ manchego cheese\ corn & black bean\ pickled onion\ pico de gallo\ greens\ avocado crema\ roasted garlic lime vinaigrette\ tortilla crisps | |



SHAREABLES

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|---|------|
| TUSCAN KALE & ARTICHOKE DIP  | \$10 |
| focaccia crostini | |
| YAM WEDGES  | \$10 |
| togarashi spiced\ sesame mayo\ kimchi ketchup | |
| CHARRED SHISHITO PEPPERS  | \$10 |
| smoked salt\ roasted garlic lime vinaigrette\ sriracha aioli | |
| CRISPY "MANCHURIAN" CAULIFLOWER  | \$12 |
| chili\ green onion | |
| FRIED CHICKEN BASKET | \$12 |
| choose regular or nashville hot style\ frank's red hot sauce | |
| PAN FRIED PRAWN POT STICKERS  | \$12 |
| soy\ chili sesame oil\ scallion\ sesame | |
| MARGHERITA FLAT BREAD  | \$14 |
| san marzano tomato sauce\ fresh mozzarella\ fresh basil\ extra virgin olive oil | |
| BAJA CALAMARI  | \$16 |
| chipotle aioli\ avocado\ corn & black bean\ pickled onion | |
| PACIFIC CRAB CAKES  | \$18 |
| green apple – kimchi remoulade\ cilantro oil\ apple gel\ tobiko\ yuzu | |

FORK, KNIFE OR SPOON

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|---|-------------------|
| BEER BATTERED FISH & CHIPS  | 1PC \$16 2PC \$21 |
| tartar\ fresh slaw\ lemon | |
| QUESADILLA  | \$16 |
| corn & black bean\ jack cheese\ avocado crema\ pico de gallo\ sour cream | |
| served with a choice of fries, soup or salad | |
| add sliced avocado \$4, grilled chicken breast \$6½ or (6) prawns \$9 make 'em blackened for \$.50 | |
| THAI-GER RICE BOWL  | \$17 |
| bok choy\ peppers\ shiitake\ peas\ carrot\ roasted peanuts\ coconut crumble\ tangy slaw\ red thai curry\ jasmine rice | |
| add grilled chicken breast \$6½ or (6) prawns \$9 | |
| SPAGHETTINI AGLIO E OLIO (garlic & oil)  | \$17 |
| olive oil poached gem tomatoes\ roasted garlic\ fresh basil\ arbequina xv olive oil\ grana padano\ spaghetti | |
| add grilled chicken breast or salmon \$6½ or (6) garlic prawns \$9 or ground vegetarian italian sausage \$6½ | |
| SEAFOOD CURRY | \$25 |
| prawns\ squid\ rockfish\ spiced coconut curry sauce\ roti\ pickled mango\ basmati rice | |

FROM THE PACIFIC OCEAN

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|---|------|
| PAN FRIED 6oz PACIFIC SALMON  | \$26 |
| flour dredged\ carrot puree\ sauce meuniere\ brussel sprouts\ sweet potato & charred jalapeno hash | |
| GRILLED AHI TUNA  (seared rare) | \$32 |
| olives\ tomatoes\ chilies\ capers\ roasted garlic\ fresh basil\ cannellini beans\ grana padano\ lemon\ arbequina xv olive oil | |

FROM THE FARM

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|---|------|
| STEAK FRITES | \$25 |
| grilled 6oz flat iron\ stilton butter\ bourbon jus\ french fries | |
| upgrade to a 10oz NY steak for \$10 | |
| CILANTRO HONEY BABY BACK RIBS | \$28 |
| bbq spiced full rack\ bourbon baked beans\ tangy slaw\ curly fries | |
| BRAISED BEEF SHORT RIB | \$28 |
| charred corn & jalapeno succotash\ root vegetable pickle\ bourbon jus\ potato hay | |
| LAMB SIRLOIN | \$36 |
| cauliflower tahini puree\ du puy lentil\ zucchini carpaccio\ dukkah\ mint chermoula | |
| 10oz NEW YORK STEAK | \$38 |
| carrot puree\ sautéed mushroom\ market vegetables\ natural jus | |
| add whipped potatoes for \$4 | |



item is on the Ocean Wise list of sustainable seafood



symbol denotes vegetarian option


"Your body is not a temple, it's an amusement park.
Enjoy the ride!"


- Anthony Bourdain

DINNER

SIGNATURE SANDWICHES

Served with a choice of fries, soup or salad

CAVU-CADO TOAST  \$16
smashed avocado\ roasted peppers\ poached heirloom tomato\
goats cheese\ arugula\ grilled herb flat bread
add a fried "omega 3 enhanced" egg for \$4

MEATLESS ITALIAN GRINDER  \$16
ground "beyond" Italian sausage\ san marzano\ mozzarella\
pepperoncini pepper slaw\ herb loaf

BIG GRILLED CHEESE \$14
armstrong cheddar \ havarti\ gouda\ country sourdough loaf
add bacon \$2

ULTIMATE BLT SANDWICH \$16
pork belly\ tiroler bacon\ smoked bacon\ pancetta\
lettuce\ tomato\ mayo\ toasted sourdough

ROAST TURKEY CLUB \$16
fresh house roasted breast\ smoked bacon\ lettuce\
tomato\ mayo\ toasted sourdough

CHUCK NORRIS CHICKEN WRAP \$16
hoisin grilled chicken\ toasted peanuts\ sriracha\ sesame aioli\
scallion\ cilantro\ cucumber\ greens\ grilled tortilla\
roundhouse of flavour to the mouth

AHI TUNA TACOS \$21
citrus grilled\ fresh slaw\ pickled red onion\ chipotle lime aioli


CRAFT BURGERS

Served with a choice of fries, soup or salad

CAVU BURGER \$19
8oz fresh beef patty\ port roasted onions\ tiroler bacon\
applewood smoked cheddar\ dijonaise\ brioche bun

SUMMER BURGER \$18
8oz beef patty\ charred apple relish\ brie cheese\
lettuce\ tomato\ dijonaise\ brioche bun

"WHICH CAME FIRST" BURGER aka the Viv \$18
spicy fried chicken\ sunny side egg\ swiss cheese\ chipotle aioli\
southern slaw\ brioche bun

DEEP BLUE BURGER  \$17
4oz grilled pacific salmon\ preserved lemon salsa\
marinated cucumber\ tartar\ fresh slaw\ brioche bun

CHICKEN SCHNITZEL BURGER \$16
pretzel crusted chicken breast\ grainy mustard\ swiss cheese\
back bacon\ caper slaw\ sesame brioche

EL BANDITO \$17
chipotle bbq braised beef\ grilled mexican chorizo\
caramelized onions\ aged cheddar\ sesame bun

THE BEAST MASTER \$32
8oz beef patty\ tiroler bacon\ crispy pork belly\ braised beef\
port onions\ roasted mushrooms\ applewood cheddar\
swiss cheese\ brie cheese\ mayo\ grainy mustard\
chipotle bbq sauce\ lettuce\ tomatoes\ brioche bun

BUILD YOUR OWN BURGER - \$16

Served with a choice of fries, soup or salad

CHOOSE YOUR BUN...

BRIOCHE
TUXEDO SESAME SEED
HERB FLAT BREAD
GLUTEN FREE BUN

CHOOSE A PROTEIN...

8oz BEEF PATTY
4oz SALMON 
PRETZEL CRUSTED CHICKEN BREAST
GRILLED CHICKEN BREAST
BEYOND VEGAN PATTY  (GF)

CHOOSE A SPREAD...

DIJON MAYO
CLASSIC MAYONNAISE

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

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

UPGRADES! (\$2 ea)...

SMOKED BACON
TIROLER BACON
CURED PORK BELLY
PORT ROASTED ONIONS
ROASTED MUSHROOMS
CARAMELIZED ONIONS
FRIED EGG (\$4)
SLICED AVOCADO (\$4)

CHOOSE YOUR SAUCE(S)...

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

CHOOSE YOUR ROUGHAGE...

RED ONION
LETTUCE
TOMATO
ARUGULA
SPINACH



\$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.

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

— Anthony Bourdain