

GLUTEN FRIENDLY

GUILT FREE SOUPS & SALADS

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

BIGGER BOWLS

CAVU CHOP-CHOP	\$16
chicken\ prawns\ peppers\ beets\ tomato\ smoked cheddar \ cucumber\ blue cheese ranch	
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\ crispy sushi rice\ yuzu pearls\ leafy greens	
add sliced avocado \$4, grilled chicken breast or salmon \$6½ or (6) garlic prawns \$9	
CARNE ASADA STEAK SALAD	\$21
chili spice seared flat iron steak\ greens\ manchego cheese\ corn & black bean\ pickled onion\ salsa fresca\ avocado crema\ roasted garlic lime vinaigrette\ tortilla crisps	

SHAREABLES

YAM WEDGES 	\$10
togarashi spiced\ sesame mayo\ kimchi ketchup	
CHARRED SHISHITO PEPPERS 	\$10
smoked salt\ roasted garlic lime vinaigrette\ sriracha aioli	
STICKY RIBS (GF)	\$16
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

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	
SEAFOOD CURRY	\$25
prawns\ squid\ rockfish\ spiced coconut curry sauce\ papadum\ pickled mango\ rice	
PASTA AGLIO E OLIO (garlic & oil)	\$17
olive oil poached gem tomatoes\ roasted garlic\ fresh basil\ arbequina xv olive oil\ grana padano\ chili\ gluten free pasta	
add grilled chicken breast or salmon \$6½ or (6) garlic prawns \$9 or ground "beyond" vegetarian italian sausage \$6½	
BRAISED BEEF SHORT RIB	\$28
charred corn & jalapeno succotash\ root vegetable pickle\ bourbon jus\ potato hay	

DINNER (4:30pm – 10:00pm)

CILANTRO HONEY BABY BACK RIBS	\$28
bbq spiced full rack\ bourbon baked beans\ tangy slaw\ curly fries	
PAN FRIED 6oz PACIFIC SALMON 	\$26
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	
STEAK FRITES	\$25
grilled 6oz flat iron\ stilton butter\ french fries	
upgrade to 10oz NY steak for \$10	
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 OceanWise list of sustainable seafood

 symbol denotes vegetarian option

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

- Anthony Bourdain

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SIGNATURE SANDWICHES

Served with a choice of fries, soup or salad

CAVU-CADO TOAST 	\$16
hass avocado\ roasted peppers\ poached heirloom tomato\ goats cheese\ arugula\ balsamic drizzle\ grilled gluten free bread	
add a fried "omega 3 enhanced" egg for \$4	
MEATLESS ITALIAN GRINDER 	
ground "beyond" Italian sausage\ san marzano\ mozzarella\ pepperoncini pepper slaw\ gluten free bread	
BIG GRILLED CHEESE 	\$14
armstrong cheddar \ havarti\ gouda\ gluten free bread	
add bacon \$2	
ULTIMATE BLT SANDWICH	\$16
pork belly\ tiroler bacon\ smoked bacon\ pancetta\ lettuce\ tomato\ mayo\ gluten free bread	
ROAST TURKEY CLUB	\$15
fresh house roasted breast\ smoked bacon\ lettuce\ tomato\ mayo\ gluten free bread	
AHI TUNA TACOS	\$21
citrus grilled\ fresh slaw\ pickled red onion\ chipotle lime aioli\ corn taco shells	

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\ gluten free bun	
SUMMER BURGER	\$18
8oz beef patty\ charred apple relish\ brie cheese\ lettuce\ tomato\ dijonaise\ gluten free bun	
DEEP BLUE BURGER 	\$17
grilled pacific salmon\ preserved lemon salsa\ marinated cucumber\ tartar\ fresh slaw\ gluten free bun	
EL BANDITO	\$17
chipotle bbq braised beef\ grilled mexican chorizo\ caramelized onions\ aged cheddar\ gluten free 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\ gluten free bun	

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

— Anthony Bourdain

BUILD YOUR OWN BURGER - \$16

Served with a choice of fries, soup or salad

- YOUR BUN.....**
GLUTEN FREE BUN
CHOOSE A PROTEIN...
8oz BEEF PATTY
4oz GRILLED 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
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



KidSport

\$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.