

# LUNCH

## GUILT FREE SOUPS & SALADS

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

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

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

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	
<b>add sliced avocado \$4, grilled chicken breast \$6½ or (6) prawns \$9 make 'em blackened for \$.50</b>	
THAI-GER RICE BOWL 	\$17
bok choy\ peppers\ shiitake\ peas\ carrot\ roasted peanuts\ coconut crumble\ tangy slaw\ red thai curry\ jasmine rice	
<b>add grilled chicken breast \$6½ or (6) prawns \$9</b>	
SPAGHETTINI AGLIO E OLIO (garlic & oil) 	\$17
olive oil poached gem tomatoes\ roasted garlic\ fresh basil\ arbequina xv olive oil\ grana padano\ spaghetti	
<b>add grilled chicken breast or salmon \$6½ or (6) garlic prawns \$9 or ground "beyond" vegetarian italian sausage \$6½</b>	
CAVU CHICKEN & WAFFLES	\$19
butter milk belgian waffle\ cilantro honey\ tangy slaw\ chili spice\ pickled vegetables	
SEAFOOD CURRY	\$25
prawns\ squid\ rockfish\ spiced coconut curry sauce\ roti\ pickled mango\ steamed rice	
BRAISED BEEF SHORT RIB	\$28
charred corn & jalapeno succotash\ root vegetable pickle\ bourbon jus\ potato hay	
STEAK FRITES	\$25
grilled 6oz flat iron\ stilton butter\ bourbon jus\ french fries	

## WEEKEND BRUNCH

AVAILABLE: SAT/SUN 11AM-2PM

2 EGGS ANY STYLE	\$18
farm fresh eggs\ smoked bacon or sausage links\ o'brien potatoes\ toast	
CLASSIC BENNY	\$18
2 eggs poached\ english muffin\ hollandaise sauce\ o'brien potatoes\ choose canadian back bacon or smoked salmon	
FEATURE BENNY	\$18
your server will give you the details	
CHEF'S OMELETTE	\$18
roasted mushrooms\ fresh herbs\ truffle oil\ okanagan goats cheese\ charred tomatoes\ o'brien potatoes\ toast	
FRENCH TOAST	\$16
country sourdough\ cinnamon mascarpone cream chantilly\ whiskey raisin compote\ maple syrup	

 item is on the Ocean Wise list of sustainable seafood

 symbol denotes vegetarian option

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

- Orson Welles

# LUNCH

## 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\ 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 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
- 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