



# GLUTEN FRIENDLY

## GUILT FREE SOUPS & SALADS





CHEF'S MARKET SOUP	\$9 full	\$6 half
CHICKEN SOUP	\$9 full	\$6 half
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 \ lemon		
CLASSIC WEDGE SALAD		\$14
stilton \ iceberg lettuce \ poached tomatoes \ pancetta bacon \ spiced pecans \ buttermilk ranch		

**add sliced avocado \$4, grilled chicken breast or salmon \$6½ (6) garlic prawns \$9**

## BIGGER SALAD BOWLS

TUNA POKE BOWL 		\$21
marinated ahi tuna \ sesame crisp \ green onion \ edamame \ fresh mango \ avocado \ pickled cucumber \ rice noodle \ leafy greens		
DYNAMITE BOWL 		\$19
crispy togarashi prawn \ avocado \ yam chips \ cucumber \ tobiko \ nori \ sesame aioli \ citrus dressing \ black sesame crisp \ yuzu pearls \ leafy greens		
CARNE ASADA STEAK SALAD		\$22
chili spice seared 6oz flat iron steak \ manchego cheese \ corn & black bean \ pickled onion \ pico de gallo \ iceberg lettuce \ avocado crema \ roasted garlic lime vinaigrette		

## SHAREABLES

YAM WEDGES 		\$11
togarashi spiced \ sesame mayo \ kimchi ketchup		
CHARRED SHISHITO PEPPERS 		\$11
smoked salt \ roasted garlic lime vinaigrette \ sriracha aioli		
BRUSSEL SPROUTS 		\$11
bourbon balsamic glaze \ spiced pecans \ manchego		
CRISPY CHILLI FRIED SQUID & PRAWNS 		\$16½
togarashi spice \ shishito pepper \ green onion \ yuzu aioli \ chili oil \ sesame puff		

## **DINNER** (4:30pm – 10:00pm)

THAI-GER RICE BOWL 	\$18
bok choy \ peppers \ shiitake \ peas \ carrot \ roasted peanuts \ coconut crumble \ tangy slaw \ red thai curry \ coconut rice	
<b>add grilled chicken breast \$6½ or (6) prawns \$9</b>	
PAN SEARED LOIS LAKE STEELHEAD 	\$27
braised leeks \ saffron butter sauce \ rosti potato	
CIOPPINO (FISHERMAN'S STEW)	\$28
rockfish \ mussels \ squid \ prawns \ spiced tomato broth	
MOULES ET FRITES 	\$22
local mussels \ pork belly \ hand cut fries \ white wine butter broth	
CHIMMICHURRI GRILLED CHICKEN	\$26
malagueta sauce \ coconut rice \ grilled asparagus \ yucca chips	
STEAK FRITES	\$26
grilled 6oz flat iron \ maître de hotel butter \ bourbon jus \ french fries	
<b>upgrade to a 10oz NY steak for \$12</b>	
<b>add (6) garlic prawns \$9</b>	
10oz NEW YORK STEAK	\$38
carrot puree \ sautéed mushroom \ market vegetables \ natural jus	
<b>add whipped potatoes for \$4</b>	
<b>add (6) garlic prawns \$9</b>	

 item is on the OceanWise list of sustainable seafood

 symbol denotes vegetarian option

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## SIGNATURE SANDWICHES

Served with a choice of side fries, soup or salad

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

CROQUE MONSIEUR (FANCY PANTS GRILLED HAM & CHEESE) \$15  
 gruyere cheese \ black forest ham\  
 fried gluten free bread  
**add a fried egg to make it a croque madame \$4**


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

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

## 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

DEEP BLUE BURGER  \$18  
 4oz grilled pacific salmon\ preserved lemon salsa\  
 marinated cucumber\ tartar\ fresh slaw\ gluten free bun

IT'S NACHO AVERAGE CHEESE BURGER \$19  
 8oz beef patty\ cheddar\ tomato\ green onion\ olives\  
 jalapenos\ sour cream\ salsa\ gluten free bun

THE BALLER \$26  
 8oz beef patty\ sautéed lobster\ béarnaise sauce\ asparagus\  
 arugula\ dijonaise\ gluten free bun

## BUILD YOUR OWN BURGER - \$16½

Served with a choice of side fries, soup or salad

### YOUR BUN...

GLUTEN FREE BUN

### CHOOSE A PROTEIN...

8oz BEEF PATTY  
 4oz PACIFIC SALMON   
 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  
 SAUTÉED ONIONS  
 FRIED EGG (\$4)  
 SLICED AVOCADO (\$4)

### 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