

Brunch

Early Riser 18

house made banana loaf, local honey,
Tree Island yogurt, fresh fruit & berries

Healthy Start 20

two free-range poached eggs, cherry tomato salad,
avocado, fresh fruit & berries, choice of toast

Avocado Toast 20

toasted brioche, two free-range poached eggs, avocado,
roasted goat cheese, cherry tomato salad, micro greens & olive oil

Eggs Benedict

two free-range poached eggs, toasted English muffin, hollandaise, breakfast potatoes

grilled tomato & avocado 20

traditional Canadian back bacon 23

smoked salmon & buttered crab 26

Croissant Sandwich 19

two scrambled free-range eggs, crispy bacon, Gruyère, arugula, fresh fruit & berries

Two Eggs Breakfast 20

two free-range eggs any style, breakfast potatoes,
choice of Canadian back bacon, double smoked bacon, or chicken sausage,
choice of toast

Mushrooms & Toast 22

grilled brioche, foraged & cultivated mushrooms,
bacon lardons, agrodolce, veal jus, sunny side eggs

Hazelnut Crusted Brioche French Toast 21

brioche, berries, maple syrup

Breakfast Enhancements

Chicken Sausage 6

Double Smoked Bacon 7

Breakfast Potatoes 4

Gluten Free Toast 4

Toast 4

Fresh Fruit 7

Sliced Avocado 4

Canadian Back Bacon 6

Free-Range Egg 3

Sliced Fresh Tomato 3

Smoothies

Lassi Come Home 14

banana, mango, Tree Island Greek yogurt, almond milk, ginger, turmeric

Down in Kokomo 14

spinach, All Greens, coconut water, pineapple, mango

Deep Purple 14

mixed berries, banana, oat milk, cocoa & vanilla whey powder, Tree Island Greek yogurt

Add Ons 3

add to any smoothie

vanilla whey powder, All Greens

Brunch

Ocean7 Caesar Salad 20

romaine hearts, prosciutto, Grana Padano,
caper berries, confit garlic, crostini

Half Portion 17

Seasonal Organic Green Salad 17

Pattison Farms organic greens, shaved vegetables, crispy garnishes
choice of house dressings

Pacific Mist Spa Bowl 19

short grain rice, cucumber, marinated kale, carrots & beets, hemp hearts,
house pickled vegetables, tahini dressing

Enhancements: Free Run Chicken Breast 10 Garlic & Herb Prawns 14

Arctic Char 15 Marinated Raw Yellowfin Tuna 14

West Coast Seafood Chowder 20

local seasonal fish, shellfish, bacon, Yukon gold potato,
cream, fine herbs, baguette

Half Portion 16

Green Curry & Coconut Salt Spring Island Mussels 24

garlic, carrot, ginger, pickled vegetable salad, baguette

Wild Mushroom Flatbread 19

Grana Padano, arugula, truffle aioli, confit garlic

Bistro Burger 25

ground chuck, smoked cheddar, honey cured bacon,
roasted garlic aioli, grainy mustard, tomato, brioche bun

choice of pommes frites or organic green salad

100% Canadian Beef Steak Sandwich 28

char-grilled striploin steak, confit garlic, cultivated mushroom,
melted sweet onion, arugula, oven dried tomato, garlic baguette

choice of pommes frites or organic green salad

Kingfisher Fried Chicken 26

buttermilk marinated, cabbage slaw,
polenta fries, spicy chipotle aioli

Marinated Raw Yellowfin Tuna Tacos 20

or

Crispy Cauliflower & Kimchi Tacos 18

avocado, chili vinaigrette, marinated cabbage, black sesame, scallion, white corn tortilla

choice of pommes frites or organic green salad

House Made Sausage Platter 23

seasonal selection, house made sauerkraut & pickles, grainy mustard,
baguette, stout & Gruyère fondue

Soy Ginger Glazed Pork Belly 21

green papaya salad, mango gel,
shaved jalapeño, crispy onion, crispy onigiri, spicy sweet & sour sauce

French Onion Soup 18

beef broth, red wine, caramelized onions
Grana Padano croutons, Gruyère cheese