

Brunch

Early Riser 19

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

Healthy Start 22

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

Avocado Toast 21

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 21

traditional Canadian back bacon 24

smoked salmon & buttered crab 27

Croissant Sandwich 21

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 23

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

Hazelnut Crusted Brioche French Toast 22

brioche, berries, maple syrup

Breakfast Enhancements

Chicken Sausage 6

Double Smoked Bacon 7

Breakfast Potatoes 5

Gluten Free Toast 5

Toast 4

Fresh Fruit 7

Sliced Avocado 4

Canadian Back Bacon 6

Free-Range Egg 3

Sliced Fresh Tomato 4

Smoothies

Razmataz 15

raspberries, mint, apple juice, lime, agave

Super Power 15

blueberries, kale, whey, raspberry kombucha

Bananarama 15

banana, mango, peach nectar, yogurt, honey, almond milk

Add Ons 3

add to any smoothie

whey, greens

Brunch

Ocean7 Caesar Salad 20 Half Portion 17

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

Seasonal Organic Green Salad 17

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

Caprese Salad 22

heirloom tomato textures, fior di latte,
basil sorbet, I.G.P Gold balsamic vinegar

Pacific Mist Spa Bowl 20

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

Enhancements: Free Run Chicken Breast 11 Garlic & Herb Prawns 15

Arctic Char 16 Marinated Raw Yellowfin Tuna 15

West Coast Seafood Chowder 21

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

Half Portion 17

Green Curry & Coconut Salt Spring Island Mussels 26

garlic, carrot, ginger, pickled vegetable salad, baguette

Wild Mushroom Flatbread 21

Grana Padano, arugula, truffle aioli, confit garlic

Aqua Bistro Double Double 25

ground chuck, American cheddar, bourbon & red onion marmalade
honey cured bacon, bistro sauce, crispy onions, brioche bun

choice of pommes frites or organic green salad

100% Canadian Beef Steak Sandwich 29

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

Korean Fried Chicken Rice Bowl 27

sticky rice, kohlrabi kimchi, yuzu mayo, cucumber,
julienne carrots, scallion, cilantro

Marinated Raw Yellowfin Tuna Tacos 21

or

Crispy Cauliflower & Kimchi Tacos 19

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

choice of pommes frites or organic green salad

Two Rivers Sausage Platter 26

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