

Brunch

Healthy Start 23

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 22

two free-range eggs scrambled, 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

Chorizo Breakfast Tostada 26

crisp corn tortillas, two free-range eggs any style, avocado,
salsa fresca, pickled red onion, Two Rivers chorizo,
cilantro, house-made hot sauce

Mushrooms & Toast 24

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

Hazelnut Crusted Brioche French Toast 24

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

Smooth Kale-ing 15

blueberries, kale, all greens, apricot rose kombucha

Chai Not? 15

mango, banana, almond milk, yogurt, chai tea, vanilla whey

Matcha Made In Heaven 15

kiwi, banana, matcha, white chocolate, oat milk

Add Ons 3

add to any smoothie
vanilla whey, 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

organic greens, baby kales, roasted squash,
confit cherry tomato, farro, choice of house dressings

Grilled & Marinated Endives 22

preserved lemon, whipped ricotta, roasted almonds,
blood orange vinaigrette

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 23

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

Half Portion 19

Green Curry & Coconut Salt Spring Island Mussels 28

garlic, carrot, ginger, pickled vegetable salad, baguette

Wild Mushroom Flatbread 23

Grana Padano, arugula, truffle aioli, confit garlic

Aqua Bistro Double Double 26

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 New York Striploin 30

6 oz char-grilled striploin steak, Yukon gold potato presse,
wild mushroom & onion ragout, sous vide carrots, soubise, veal jus

Korean Fried Chicken Rice Bowl 28

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

Marinated Raw Yellowfin Tuna Tacos 22

or

Crispy Cauliflower & Kimchi Tacos 20

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

choice of pommes frites or organic green salad

Crispy Skin Arctic Char 29

soubise, potato gnocchi, melted leeks,
compressed apple, caramelized honey gastrique

Soy Ginger Glazed Pork Belly 21

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