

## Brunch

### Healthy Start 24

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 22

### Traditional Canadian Back Bacon 24

### Smoked Steelhead & Buttered Crab 28

### Croissant Sandwich 23

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 27

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

### Smoked Chicken Croquettes 26

two free-range sunny side eggs, basil pesto,  
tomato sauce, charred baguette

### Hazelnut Crusted Brioche French Toast 25

brioche, berries, maple syrup

## Breakfast Enhancements

Chicken Sausage 6

Double Smoked Bacon 7

Breakfast Potatoes 5

Gluten Free Toast 6

Toast 4

Fresh Fruit 8

Sliced Avocado 4

Canadian Back Bacon 6

Free-Range Egg 3

Sliced Fresh Tomato 4

## Smoothies

### We're Jammin 16

peanut butter, raspberries, bananas, hemp hearts, oat milk

### Smooth Earl 16

mangos, bananas, yogurt, earl grey tea, milk, vanilla whey

### Good Day Sunshine 16

blueberries, blackberries, spinach, peach nectar, orange

## Brunch

### **Ocean7 Caesar Salad 21**

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

### **Seasonal Organic Green Salad 18**

organic greens, shaved vegetables,  
*choice of house dressings*

### **Watermelon & Rocket Salad 22**

pickled red onion, goat feta,  
mint, roasted hazelnuts

### **Pacific Mist Spa Bowl 21**

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

### **Enhancements: Free Run Chicken Breast 13    Garlic & Herb Prawns 19**

### **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

### **Green Curry & Coconut Salt Spring Island Mussels 29**

garlic, carrot, ginger, pickled vegetable salad, baguette

### **Wild Mushroom Flatbread 24**

Grana Padano, arugula, truffle aioli, confit garlic

### **Brant Lake Wagyu Beef Flat Iron 32**

textures of onion, asparagus, sous-vide carrot,  
confit potato, egg yolk jam, black garlic veal jus

### **Aqua Bistro Double Double 27**

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*

### **Wagyu Bolognese 27**

Prontissima pappardelle, basil, ground Brant Lake Wagyu beef,  
charred baguette, parmesan mousse

### **Korean Fried Chicken Rice Bowl 28**

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

### **Marinated Raw Yellowfin Tuna Tacos 23**

or

### **Crispy Cauliflower & Kimchi Tacos 21**

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 22**

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