

SOUPS & GREENS

add to any salad 5oz chicken \$6 | 4oz salmon \$9 | 6oz sirloin ** \$15

MARKET SOUP - sm \$9 | lg \$14 (lg served with warm bread)
daily inspiration

MISO CLAM CHOWDER - sm \$9 | lg \$14 (lg served with warm bread)
Qualicum clam | smoked fish | Island cream | local potato |
Fraser Valley bacon | nori | ssamjang | parsley oil

GREENS - (VE, GS) sm \$9 | lg \$13 Nanoose Bay, B.C.
Island grown greens | cucumber | tomato | watermelon radish |
carrot | balsamic vinaigrette

BURRATA - (V, GS) \$16
Island beefsteak tomato | aged balsamic | meyer lemon | arugula

CAESAR - (*V, *GS) sm \$11 | lg \$15
romaine hearts | herb crouton | grana padano | smoked bacon

QUINOA SALAD - (VE, GS) sm \$11 | lg \$15 Saskatoon, SK
organic quinoa | Nanoose greens | orange sesame vinaigrette |
almond | sundried cranberries | tomato | cucumber | feta

SNACKS

BLACK ROCK BEER NUTS - (VE, GS) \$10
house roasted peanut | crispy brown sugar chili coating

PRAWN "COCKTAIL" - (P, *GS) \$12 Elgin, MN
kaffir lime poached shrimp | wasabi cocktail sauce | wakame

SALT SPRING ISLAND MUSSELS - ** (P, *GS) \$18
charred scallion | hoyne dark matter beer

TUNA POKE - ** (P) \$18 Vancouver Island, B.C.
yuzu | wakame | aioli | onion | soy | crostini

QUALICUM CLAM - ** (P, GS) \$18 Qualicum Bay, B.C.
smoked tomato | chorizo | parsley | white wine

CHICKEN WINGS - (*GS) \$16 Fraser Valley, B.C.
hot | medium | mild | suicide | S&P | chili lime | house bbq |
sriracha honey | maple ssam | Chinese black vinegar bbq |
served with blue cheese

NACHOS - (P, GS) sm \$14 | lg \$24
red and yellow tortilla | blended cheese | green onion |
jalapenos | salsa | house made sour cream | black bean purée

FLATBREAD - (V) \$18
Island grown tomato | organic garlic | basil | frantoi cutrera
olive oil | arugula | burrata cheese

YUNNAN PORK SPARE RIBS - \$16 Black Creek, B.C.
Chinese black vinegar bbq sauce | scallion

HANDHELD

served with duck fat french fries, daily soup, or small green salad,
sub caesar add \$1.00 (GF bread available for \$3)

BLACK ROCK BURGER - (*GS) \$24 Mayerthorpe, AB
sub chicken add \$2, salmon add \$6, add egg \$3
6oz patty | lettuce | hot house tomato | Island grown red onion |
bacon | aged cheddar | mayo | brioche bun

BLACK BEAN VEGGIE BURGER - (V, *GS) \$20
house made black bean burger | salsa | jalapeno | greens | aged cheddar |
onion | tomato | brioche bun

STEAK SANDWICH - ** (*GS) \$24 Mayerthorpe, AB
6oz sirloin | petite baguette | cave aged gruyere cheese |
mushroom | caramelized onion | smoked tomato aioli | arugula

CROATIAN CEVAPI - \$22 Black Creek, B.C.
balkan style pork & beef sausage | cucumber dill sour cream | ajvar |
onions | flatbread | feta

PRIME RIB DIP - ** (*GS) \$24 Mayerthorpe, AB
slow roast prime rib | caramelized onions | horseradish aioli | arugula |
herb jus | baguette

MAIN

FISH & CHIP - (*P) \$24 Vancouver Island, B.C.
Pacific cod | duck fat kennebec fries | malt glaze | caper mayo | greens

TOMATO QUICHE - (V) \$24
Island free run egg & corn custard | tomato confit | torn basil |
balsamic | organic greens | burrata

STEAK FRITES - ** (GS) \$28 Mayerthorpe, AB
6oz prime sirloin | duck fat kennebec fries | seasonal vegetable |
cognac peppercorn sauce

TUNA "NICOISE" - ** (P, GS) \$36 Vancouver Island, B.C.
albacore tuna | pole beans | Island lettuce | hard egg | radish |
| tri colour new potato | whole grain Dijon vinaigrette

CHANA MASALA - (VE, *GS) \$24
add 5 oz chicken \$6 | 4oz salmon \$9 | **6oz sirloin \$15
organic Canadian chick pea curry | Island vegetables | coconut |
basmati rice | flatbread

PAPPARDELLE - (*V, *VE) \$22
bacon lardon | romesco | arugula | parmesan

DINING LEGEND

V = vegetarian (lacto-ovo)

VE = vegan (no animal products)

P = pescatarian (seafood & fish products)

GS = gluten-smart (menu item does not contain gluten)

MP = market price

* = can be prepared

** = consumption of raw or undercooked foods can lead to food
borne illness, especially in those with medical conditions.

Please inform your server of any dietary restrictions
Many items are vegetarian and vegan, please ask your server
Many items can be prepared gluten-smart, menu item does
not contain gluten but our kitchen is not gluten free