

## SOUPS & SALADS

<b>West Coast Chowder</b>   Cup or Bowl Manila Clams, BC Fish, Shrimp, Bacon, Corn Salsa	6   12
<b>Curried Sweet Potato</b>   Cup or Bowl   <b>GF</b>   <b>Vg</b> Roasted Sweet Potatoes blended with Coconut Milk and Curry Spices	5   10
<b>The Pender Caesar</b> Romaine lettuce, Herb Crouton, Smoked Bacon, Parmesan, tossed in a Lemon Caesar dressing and topped with Smoked Salmon and Fried Capers	9   16
<b>Poets Artisan Greens</b> Beets, Crumbled Goat Cheese, Toasted Pecans, Watermelon, Pickled Red Onion, Radish Aged Sherry Vinagrette	8   15
<b>Syrens Salad</b> Romaine and Greens, Spiced Calamari, Baby Shrimp, Shaved Red Onion, Cherry Tomatoes, Cucumber, Green Goddess Dressing	17
<b>ADDITIONS</b>   Grilled Chicken + 7   Maple Soy Marinated Salmon + 10   Five Lemon Garlic Shrimp + 8	

## SHARED PLATES

<b>Cove Pan Bread</b> Rosemary Focaccia with Blackberry Balsamic and Olive Oil for dipping	6												
<b>Yam Fries</b> Curry Aioli	8												
<b>Sriracha Lime Fries</b> Basil Mayo	8												
<b>Guacamole and Chips</b>   <b>Vg</b> House Made Guacamole with Tortilla Chips	9												
<b>Coconut Prawns</b> Mango Cocktail Sauce	14												
<b>"KFC" Korean Fried Cauliflower</b> Tempura Cauliflower tossed in a Korean Chili Sauce, Toasted Sesame Seeds, Scallions. Served with Celery and Cucumber Tzatziki	14												
<b>Fire Dusted Calamari</b> Shaved Red Onion, Cucumber Tzatziki	15												
<b>Shrimp Bruschetta</b> Baby Shrimp, Bacon, Corn and Tomatoes baked with Parmesan and Goat Cheese on French Baguette Drizzled with Sweet Balsamic and Olive Oil	15												
<b>1 Lbs. Chicken Wings (choice of)</b> <table><tr><td><i>Dusted</i></td><td><i>Sauced</i></td></tr><tr><td>Maple Bacon</td><td>Teriyaki</td></tr><tr><td>Salt and Vinegar</td><td>Hot</td></tr><tr><td>Cajun</td><td>Korean Chili</td></tr><tr><td>Sriracha</td><td>BBQ</td></tr><tr><td>Salt and Pepper</td><td>Honey Garlic</td></tr></table> Served with Celery Sticks and Ranch dipping Sauce	<i>Dusted</i>	<i>Sauced</i>	Maple Bacon	Teriyaki	Salt and Vinegar	Hot	Cajun	Korean Chili	Sriracha	BBQ	Salt and Pepper	Honey Garlic	16
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Salt and Vinegar	Hot												
Cajun	Korean Chili												
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Salt and Pepper	Honey Garlic												
<b>Salmon Duo</b> Smoked and Candied Salmon, Pickled Red Onion, Garden Herb Yogurt, Warm Baguette	17												
<b>Poets Nacho's</b> Tortilla Chips Layered with Jalapeno's, Olives, Tomatoes, Green Onions, Aged Cheddar	18												
<b>ADDITIONS</b>   Beef or Chicken + 5   Guacamole + 4													

## SANDWICHES & BURGERS

Hand Cut Fries or House Salad | **sub** Yam Fries, Caesar, Chowder, or Soup + 2

**Jerk Chicken Burger** 17  
Jerk Marinated Chicken, Pickles, Shaved Red Onion, Basil Mayo, Lettuce and Tomato

**The Harbour Burger** 18  
Beef Patty, Crispy Bacon, Aged Cheddar, Chipotle Mayo, Lettuce, and Tomato

**The Sheppard's Burger** 18  
Glenwood Meats Lamb Patty, Pepperonata Relish, Goat Cheese, Basil Mayo, Lettuce, and Tomato

**Vegan Burger** 16  
Beyond Meat Patty, Harrisa Spread, Corn Salsa, Lettuce and Tomato

**Calamari Taco's** 17  
Fire Dusted Calamari, Tzatziki, Pico de Galo

## ENTREES

**Maple Soy Marinated Salmon** 25  
Marinated Salmon Grilled and Served with Sesame Sobe Noodles, Corn Salsa, and Brocolini

**Fish and Chips | one piece or two piece** 16 | 19  
Beer Battered Fish, Crisp Fries, Fennel Slaw, Lemon Caper Tartar Sauce

**Butternut Squash Ravioli** 19  
Green Peas, Asparagus, Mushrooms, Grape Tomatoes, Truffle Cream Sauce

**Fire Cracker Chicken | GF** 19  
Szechuan Shredded Chicken, Cucumber, Scallion, Sesame Seeds, Basmati Rice

**Steak Frites | GF** 27  
8oz CAB Striploin, Crisp Fries, Pepperonata Relish, Grilled Asparagus, Red Wine Jus

**Raw Tuna Poke Bowl** 19  
Spiced Rice Noodles, Piri Piri Macadamia Nuts, Crisp Wonton, Cucumber, Shredded Carrot, Avocado Aioli

**Vegetable Stir Fry | GF | Vg** 16  
Peppers, Brocolini, Onion, Carrot, and Mushrooms, tossed in a Teriyaki Sauce with Basmati Rice

**ADDITIONS** | Chicken + 7 | Beef + 11 | Five Lemon Garlic Shrimp + 8 | or Tofu + 5

## PIZZA

**Margarita | Vt** 16  
Light Tomato Sauce, Tomatoes, Bococini, Basil Pesto

**BBQ Chicken** 18  
BBQ Base, Baked with Shredded Chicken, Red Onion, Cheddar

**Smoked Salmon Pizza** 19  
Fresh crust baked with a light Tomato Sauce, Bococini, and Parmesan Cheeses. Then topped with Fresh Smoked Salmon, Arugula, Pickled Red Onion, and Sour Cream

**Vt** - Vegetarian | **Vg** - Vegen | **GF** - Gluten Free | **🔥** - Spicy

\* Please make your server is made aware of any dietary restrictions and/or allergies

