

# LUNCH



## APPETIZERS

**MAMIE SUZANNE'S FISH SOUP \$14 P**  
bold fish broth, crostini, gruyère et la rouille

**SOUPE DU CHEF \$11**  
chef's daily creation

**MESCLUN GREENS \$14**  
grilled smoked portobello mushroom,  
house smoked maple bacon, chestnut vinaigrette  
add grilled chicken \$10 | add baby shrimp \$12  
add grilled prawns \$12 | add grilled scallops \$16

**CALAMARI SALAD \$13**  
preserved lemon mayonnaise, fresh lemon, mixed greens

**STEAMED CLAMS \$17**  
espelette garlic broth, leeks, grilled foccacia

**STEAMED MUSSELS \$17 P**  
garlic, white wine, onion, cream,  
fresh herbs, garlic crouton

**SHELLFISH STEAMER \$17**  
scallops, prawns, clams, mussels, white wine,  
garlic, lemon, herbs, tomatoes

**CHILLED PRAWN COCKTAIL \$16**  
steamed prawns, traditional cocktail sauce

**½ DOZEN FRESH OYSTERS \$20**  
pear vinegar mignonette, fresh lemon  
add smoked herring caviar (10gr) \$7



## PANINIS

**PROVENCE PANINI \$17 P**  
baguette, goat cheese, pesto, sundried tomato,  
prosciutto ham, mixed greens  
add tomato \$5

**GRILLED CHICKEN AND UPPERBENCH BRIE \$17**  
baguette, provençal mushrooms, dijon mustard, mixed greens  
add bacon \$5 | add tomato \$5

**GRILLED STEELHEAD \$17**  
baguette, arugula, preserved lemon mayonnaise,  
cucumber, mixed greens

## BREAKFAST

**TWO EGG BREAKFAST \$15**  
toasted baguette, provence breakfast potatoes,  
your choice of:  
bacon or roasted vegetables or smoked salmon  
or barese sausages or herbed turkey sausage

**MEDITERRANEAN FRITTATA \$16**  
roasted bell peppers, marinated tomatoes, spinach,  
potato, feta cheese, kalamata olives, mixed greens

**HAM AND CHEESE OMELET \$15**  
black forest ham, gruyère cheese, fresh herbs,  
provence breakfast potatoes



## ENTRÉES

served with baguette upon request

**CRAB AND SHRIMP CAKES \$21 P**  
gem lettuce, pink grapefruit vinaigrette,  
preserved lemon mayonnaise

**BOUILLABAISSE \$29 P**  
west coast style, prawns, scallops, mussels, clams,  
fish, fingerling potatoes, gruyère et la rouille

**TRIO OF GRILLED FISH \$26**  
baby spinach, roasted root vegetables, spiced vinaigrette

**MEDITERRANEAN CAESAR SALAD \$16**  
focaccia crouton, grilled smoked duck breast,  
house made dressing  
add grilled chicken \$10 | add baby shrimp \$12  
add grilled prawns \$12 | add grilled scallops \$16

**CRAB AND LOBSTER BAMBOO RICE \$36 P**  
snap peas, tomato, fresh herbs, white wine butter sauce

**AAA CANADIAN BEEF FILET \$41 P**  
green beans, roasted shiitake mushrooms, marinated  
tomatoes, pomme frites, red wine peppercorn jus  
add truffled mushrooms \$10

**WARM GOAT CHEESE SALAD \$18 P**  
herbes de provence crusted, mixed greens,  
beurre blanc, balsamic reduction  
add grilled chicken \$10 | add baby shrimp \$12  
add grilled prawns \$12 | add grilled scallops \$16

**PRAWN AND SCALLOP SPAGHETTINI \$24 P**  
plum tomato sauce, roasted garlic,  
white wine, fresh herbs  
add grilled steelhead \$9

**OLIVE DUSTED SEARED LOCAL ALBACORE TUNA \$30**  
baby kale, israeli couscous, ratatouille

**LINGUINI VONGOLE \$23**  
provençal style, clams or baby shrimp, tomatoes, garlic,  
white wine, espelette, parsley, olive oil

**WILD MUSHROOM RAVIOLI \$22 P**  
white wine butter sauce, garlic, fresh tomato, herbs  
add truffled mushrooms \$10 | add grilled chicken \$10  
add grilled prawns \$12 | add grilled scallops \$16

**PANISSE AND VEGETABLE STACK \$26**  
golden beets, brussel sprout leaves, broccolini, white  
wine roasted shallots, bell pepper coulis, arugula salad  
add truffle oil \$2

**BAKED CANNELONI \$22**  
ground beef, rosé sauce, gruyère cheese  
add mixed greens \$5

**BEEF DIP \$25**  
horseradish mayo, caramelized onion, arugula,  
pomme frites, red wine peppercorn jus  
add emmental cheese \$3



Items marked with this symbol are Provence specialties.



Ocean Wise recommended by the Vancouver Aquarium as an ocean-friendly seafood choice.



Ask your server about our locally sourced ingredients.



Ask your server about our gluten free options.

Vancouver Coastal Health advises "The consumption of RAW oysters poses an increased risk of foodborne illness. A cooking step is needed to eliminate potential bacterial or viral contamination" – Medical Health Officer.

Parties of 8 or more people an 18% gratuity will be added to the bill. | Separate bills are not available for groups larger than 8. Please be aware that a fee may apply to any substitutions or alterations.