

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

SANDWICHES

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

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

GRILLED STEELHEAD PANINI \$18
baguette, arugula, preserved lemon mayonnaise,
cucumber, mixed greens

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

BREAKFAST

TWO EGG BREAKFAST \$15
toasted baguette, provençal roasted tomato,
provençal 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, provençal
roasted tomato, provençal 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 \$25 P
plum tomato sauce, roasted garlic,
white wine, fresh herbs
add grilled steelhead \$9

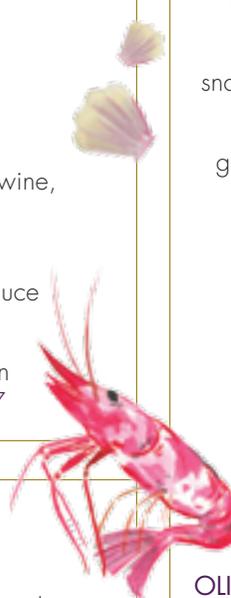
OLIVE DUSTED SEARED LOCAL ALBACORE TUNA \$30
baby kale, israeli couscous, ratatouille

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



Items marked with this symbol are Provence specialties.



Ask your server about our locally sourced ingredients.



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



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.