

# LUNCH



## APPETIZERS

**MAMIE SUZANNE'S FISH SOUP \$16 P**  
bold fish broth, crostini, gruyère et la rouille

**SOUPE DU CHEF \$14**  
chef's daily creation

**MESCLUN GREENS \$14**  
grilled yellow campari tomatoes, gem tomatoes, black garlic and tomato vinaigrette  
add grilled chicken \$10 | add baby shrimp \$12  
add grilled prawns \$16 | add grilled scallops \$16

**CRISPY CALAMARI SALAD \$13**  
charred onion aioli, fresh lemon, mixed greens

**STEAMED CLAMS \$17**  
harissa broth, fennel, sundried tomato, garlic croutons

**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

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

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

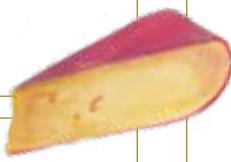


## PANINIS

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

**GRILLED CHICKEN AND UPPERBENCH BRIE \$17**  
baguette, provençal mushrooms, dijon mustard, mixed greens  
add bacon \$5½ | add tomato \$5

**GRILLED STEELHEAD \$17**  
baguette, arugula, black garlic aioli, cucumber, mixed greens



## BREAKFAST

add pressed melons \$5  
add fresh berries \$9

**TWO EGGS ANY STYLE \$15**  
toasted baguette, provence breakfast potatoes, provençal roasted tomato, your choice of:  
bacon or smoked steelhead or barese sausages  
or herbed turkey sausage or roasted vegetables

**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, provence breakfast potatoes

**BELGIAN SUGAR WAFFLES \$15**  
raspberry maple coulis, whipped cream  
add sautéed raspberries \$6 | add fresh berries \$9



## ENTRÉES

served with baguette upon request

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

**PRAWN AND SCALLOP SPAGHETTINI \$25**  
plum tomato sauce, roasted garlic, white wine, fresh herbs  
add grilled steelhead \$9 | add seared halibut \$16

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

**BAKED CANNELLONI \$22**  
ground beef, tomato cream sauce, gruyère cheese  
add mixed greens \$5

**PLAT DU JOUR (market price)**  
ask your server about the chef's daily creation

**PAN SEARED LOIS LAKE STEELHEAD \$25**  
chick peas, gem tomatoes, wilted greens, lemon zest, charred eggplant spread

**OLIVE DUSTED SEARED LOCAL ALBACORE TUNA \$30**  
roasted artichoke hearts, israeli couscous, sautéed baby kale, ratatouille, black olive salt (tuna served rare)

**TRIO OF GRILLED FISH \$26**  
spinach salad, pickled radishes, avocado, confit gem tomatoes, dijon and shallot vinaigrette

**NIÇOISE SALAD PROVENCAL \$21**  
seared lois lake steelhead, green beans, grape tomatoes, niçoise olives, red and yellow bell peppers, pickled quail egg, potatoes, romaine lettuce, anchovy vinaigrette

**CRAB AND SHRIMP CAKES \$21**  
iceberg lettuce with citronette, grilled scallions, charred green onion aioli, fresh lemon

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

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

**PAN SEARED VEAL CUTLET \$22**  
brown butter, wilted greens, roasted fingerling potatoes, tomato and black olive demi glace  
(veal served medium rare)

**PANISSE & VEGETABLE STACK \$26**  
chickpea cakes, roasted artichoke and baby zucchini, fresh arugula salad, bell pepper purée, carrot purée, pickled radishes, charred eggplant coulis  
add truffle oil \$2 | add grilled chicken \$10

## PROVENCE SPECIALTIES

served with baguette upon request

**GRILLED LINE CAUGHT BC HALIBUT \$41 P**  
warm vegetable and fingerling potato salad, grapefruit, salsa verde

**WEST COAST STYLE BOUILLABaisse \$29 P**  
prawns, scallops, mussels, clams, fish, fingerling potatoes, gruyère et la rouille

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

## HERBES DE PROVENCE

**CRUSTED GOAT CHEESE \$18 P**  
beurre blanc, balsamic reduction, mixed greens  
add grilled chicken \$10 | add baby shrimp \$12  
add grilled prawns \$16 | add grilled scallops \$16

**AAA CANADIAN BEEF FILET \$41 P**  
green beans, snap peas, english peas with mustard dressing, herb and garlic roasted fingerling potatoes, red wine peppercorn jus  
add truffled mushrooms \$10

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. A fee may apply to any substitutions or alterations. Outside food and drink are not permitted in the restaurant. As per Vancouver Coastal Health regulations, all animals must be kept outside the patio railing with the exception of PADS or BC & Alberta Guide Dog Services certified assistance animals.



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.