



# PROVENCE

marinaside

## ENTRÉES

**PRAWN AND SCALLOP SPAGHETTINI \$29**  
plum tomato sauce, roasted garlic, white wine, fresh herbs

**SEAFOOD LINGUINI \$35**  
sautéed clams and mussels, grilled fish, prawns, roasted garlic, tomato sauce

**SEARED DUCK BREAST \$38**  
sautéed asparagus, pommes gaufrettes, dark berry gastrique

**FREE RUN HALF CHICKEN PROVENÇAL \$32**  
roasted marinated baby bell peppers, zucchini batons, pomme frites, lemon herb pan jus

**TE MANA NEW ZEALAND RACK OF LAMB \$44**  
oven roasted, crusted with dijon and fresh herbs, market vegetables

**PAN SEARED AAA BEEF TENDERLOIN \$42**  
sautéed green beans, lyonnaise potatoes, red wine peppercorn jus  
add grilled prawns \$12 | add grilled scallops \$16

**PAN SEARED AAA CANADIAN BEEF TENDERLOIN & LOBSTER PROVENÇAL DUO \$59**  
seasonal vegetables, fingerling potatoes, red wine peppercorn jus

**WHOLE MEDITERRANEAN FISH \$38**  
roasted with red onion, roma tomato, lemon and white wine, sautéed vegetables, seven grain rice

**GRILLED FISH TRIO \$35**  
edamame beans, avocado, quinoa, gem tomatoes, house made crouton, lettuce, buttermilk spinach dressing

**SEARED RARE ALBACORE TUNA \$37**  
arugula salad, mediterranean caponata, crispy onions, pesto sauce

**SEARED LINE CAUGHT BC HALIBUT \$42**  
fennel citrus carpaccio, zucchini ribbons, fingerling potatoes, olive oil smoked herring eggs and golden fish roe

**WHOLE LOBSTER PROVENÇAL (market price)**  
seasonal vegetables, seven grain rice  
have your lobster shelled in the kitchen \$6

**SEAFOOD PLATTER PROVENÇAL \$53**  
½ lobster tail, prawns, scallops, mussels, clams, fish, sautéed vegetables, seven grain rice

**BOUILLABAISSE \$36**  
west coast style, prawns, scallops, mussels, clams, fish, fingerling potatoes, gruyère et la rouille

**CRAB AND LOBSTER BAMBOO RICE \$39**  
snap peas, tomato, fresh herbs, white wine butter sauce

**SAUTÉED WILD PRAWNS PROVENÇAL \$35**  
garlic, parsley, brandy butter sauce, seven grain rice, zucchini spaghetti

**VEGETARIAN PLATTER \$27**  
crispy smoked tomato quinoa cake, zucchini spaghetti, provençal roasted tomato, baby bell peppers, asparagus, snap peas, creamy dill dressing  
add grilled prawns \$12 | add grilled scallops \$16  
add grilled chicken \$11



the wine bar

## AT PROVENCE

**LINGUINI WITH GROUND ORGANIC ANGUS BEEF \$27**  
spicy tomato sauce, shaved grana padano, fresh herbs

**TAGLIATELLE AL FORMAGGIO \$26**  
creamy grana padano cheese sauce, extra virgin olive oil, fresh herbs, grilled rosemary foccacia  
add grilled prawns \$12 | add grilled scallops \$16  
add grilled chicken \$11

**WILD MUSHROOM RAVIOLI \$27**  
white wine butter sauce, garlic, fresh tomato, herbs  
add grilled prawns \$12 | add grilled scallops \$16  
add grilled chicken \$11

**BABY SHRIMP LINGUINI AGLIO E OLIO \$25**  
fresh parsley, garlic, chilli flakes, olive oil

**BAKED CANNELLONI \$28**  
ground beef, tomato cream sauce, gruyère cheese, mixed green salad

**LINGUINI VONGOLE \$26**  
clams, spinach, tomatoes, garlic, white wine, espelette, parsley, olive oil

**AAA CANADIAN BEEF TENDERLOIN DIP \$27**  
horseradish mayo, caramelized onion, arugula, truffle frites, red wine peppercorn jus  
add emmental cheese \$3

**LAMB BURGER \$27**  
grilled roma tomato and red onion, french crisp lettuce, charred green onion yogurt, pomme frites  
substitute yam frites \$2

**PAN SEARED LOIS LAKE STEELHEAD \$33**  
sauteed spinach and arugula, confit gem tomatoes, smoked tomato quinoa cake, charred green onion yogurt



## SIDES

½ BAGUETTE \$3  
add jim beam butter \$4

POMME FRITES \$8  
add truffle oil \$2

SIDE VEGETABLES \$7  
SAUTÉED ASPARAGUS \$8

GRILLED PRAWNS \$12

GRILLED SCALLOPS \$16