



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 \$44
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

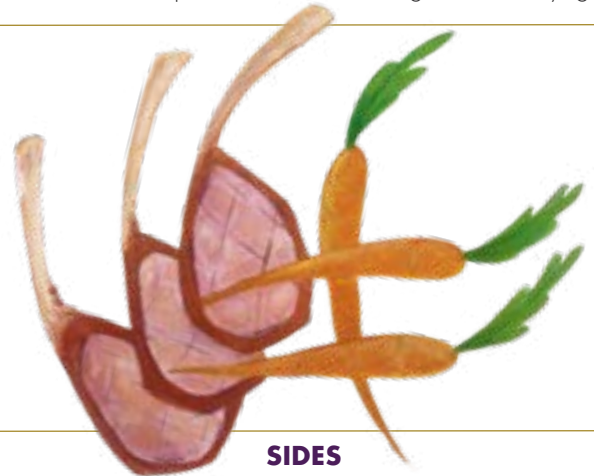
BAKED CANNELLONI \$28
ground beef, tomato cream sauce, gruyère cheese, mixed green salad

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