

CHEF'S HEART HEALTHY SOUP OF THE MOMENT \$5

VEGETARIAN FRENCH ONION SOUP WITH MELTED SWISS CHEESE \$6
ROSEMARY CROUTON

ICEBERG LETTUCE, TOMATO, BLUE CHEESE SALAD \$6 CUCUMBER, RANCH & ROASTED PUMPKIN SEEDS

CHOPPED ROMAINE SALAD WITH A CREAMY "CAESAR" DRESSING \$7
OLIVE OIL CROUTONS, SHAVED PARMESAN

SOY BRAISED CHICKEN & PRAWN CONGEE WITH POACHED EGG \$7 SHAVED GREEN ONION, CORIANDER & CHILI SAUCE

LIGHT ENTREES

CRISP GINGER FRIED BEEF & CHILLED NOODLE SALAD \$13
SWEET GINGER GLAZE

KOREAN STYLE SHORT RIBS WITH VEGETABLE TEMPURA ROLL \$15 SESAME & ORANGE AIOLI

RED THAI CURRY HOT POT WITH CARAMELISED SQUASH \$14 BAMBOO SHOOTS & BABY CORN – STEAMED WHITE RICE

GRILLED CHEESE WITH PARMESAN & APPLE WOOD SMOKED CHEDDAR \$14 GRAINY MUSTARD MAYO, SLICED TOMATO



- FISH & CHIPS WITH HADDOCK, HOUSE MADE TARTAR SAUCE \$15 HERB & SEA SALT FRIES, CREAMY COLE SLAW
- POACHED WILD B.C SALMON OR FREE RUN CHICKEN BREAST \$14 WITH BABY RED POTATOES & STEAMED VEGETABLES

ROASTED CHICKEN, ARTICHOKE HEART & BLACK OLIVE CAPELLINI PASTA \$16 SMOKE TOMATO JUS, FINE HERB & TOASTED PINE NUT

BRAISED BEEF STROGANOFF WITH WILD MUSHROOM & EGG NOODLES \$16 BEET HORSERADISH SOUR CREAM

NEW YORK STEAK SANDWICH WITH TARRAGON & TOMATO AIOLI \$17 TOMATO & RED ONION SALAD

CLASSIC RUBEN SANDWICH WITH SHAVED PASTRAMI & SWISS CHEESE \$15 SAUERKRAUT, GRAINY MUSTARD & THOUSAND ISLAND DRESSING

- 🕲 TEMPURA OF SOCKEYE SALMON BURGER, GHERKIN & CAPER MAYO \$16 COLE SLAW WITH SUNFLOWER SEEDS AND DRIED CRANBERRIES – KAISER BUN
- ♥ HEART HEALTHY MEALS- NO ADDED SALT, FAT OR SUGAR/ ALL NATURAL IF YOU REQUIRE ANY SPECIAL DIETARY NEEDS PLEASE LET YOUR SERVER KNOW AND WE WOULD BE HAPPY TO OBLIGE



OCEON | All seafood options on this menu are recommended by the Vancouver Aquarium as ocean-friendly.