



SENIOR LIVING

The Leo Wertman Residence

ASH STREET BISTRO

A LA CARTE LUNCH MENU

APPETIZERS

Chefs Heart Healthy Soup of the Moment \$5

Slow Roasted Mushroom & Herb Cream \$5

Young Pea Shoot Tips, White Truffle Oil

Organic Greens Tossed with Artichoke's, Dried Figs & Apricots \$6

Feta Cheese, Candied Pecans, Roasted Pumpkin Seeds

Chopped Romaine Salad with a Light "Caesar" Vinaigrette \$7

Hand Peeled Pacific Shrimp, Shaved Parmesan

Steamed Shitake Mushroom & Soy Chicken Dumplings \$7

Crisp Noodle & Raw Vegetable Salad

LIGHT ENTREES

Crisp Salmon Tempura Roll with Sticky Rice \$13

Spiced Aioli, Maple Soy

Korean Style Short Ribs with Vegetable Cole Slaw \$14

Sweet & Sour Black Bean Sauce

Vegetarian Pad Thai with Crisp Tofu \$15

Tamarind & Tomato Soy, Pea shoots, Onion, Garlic & Toasted Peanuts

Grilled Cheese with Parmesan & Apple Wood Smoked Cheddar \$14

Grainy Mustard Mayo, Sliced Tomato



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ENTREES

Fish & Chips with Sockeye Salmon, House Made Tartar Sauce \$15
Herb & Sea Salt Fries, Southern Style Cole Slaw

Roasted Hazel Nut & Ginger Glazed Halibut \$18
"Jump Fried" Vegetable Stir-fry with Sesame Sticky Rice

♥ Poached Wild B.C. Salmon or Free Run Chicken Breast \$14
With Baby Red Potatoes & Steamed Vegetables

Roasted Prawn, Fettuccini Tossed with a Sambuca Cream Reduction \$15
Grape Tomatoes, Chopped Olives, White Wine, Seasonal Herbs

Ash Street Bistro Burger with Caramelised Shallot Aioli & Maple Bacon \$16
Apple Wood Smoked Cheddar, Sesame Seed Bun

Pad Thai with Grilled Salmon or Grilled Chicken \$18
Tamarind & Tomato Soy, Pea shoots, Onion, Garlic & Toasted Peanuts

Slow Roasted Prime Rib Beef Dip with Horse Radish Aioli
Apple Wood Smoked Cheddar & Garlic Baguette, Au Jus
Served with Your Choice of Salad, Fries or Soup
Half \$10 / Full \$15

♥ 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