

Gluten Free

Salads & Starters

Homemade Borscht

Doukhorob Style Vegetarian Soup
Cabbage | Beets | Potato | Carrots | Dill
Ask to hold bread Cup \$10 Bowl \$12

Steamed Mussels

PEI Mussels | Sambal Cream Sauce
Ask for Tortillas Instead of Baguette \$21

Szechuan Lettuce Wraps

Marinated Chicken | *Wonton Crisps | Onion
Peanuts | Sweet Soy Lime | Wasabi Mango \$19½
*Ask to hold the Wonton Crisps
Try Vegetarian with Crispy Tofu
Vegan with Tofu and no Wasabi Mango

Chicken Wings

Hot, BBQ, Thai Sweet Chili or Dry Cajun \$18
Add Carrot & Celery Sticks \$3
Add Blue Cheese or Ranch Dip \$2

Chili Lime Brussels Sprouts

Roasted & Fried | Sambal Olek
Himalayan Salt | Lime \$17½

Beet Salad

Rosemary Infused Roasted Beets | Spring Mix
Goat Cheese | Candied Pecans | Walnut Oil
Balsamic Reduction \$19

Classic Nachos

Tomatoes | Onions | Olives | Jalapeños
Refried Beans | Three Cheese Blend | Sour
Cream Salsa | Home-Cooked Tortillas \$25
Add Guacamole \$3½ Extra Nacho Cheese \$3
Add Chicken or Ground Beef \$4

Spicy Ahi Bites

Ahi Tuna Salad | Crispy Sushi Rice Cakes
Avocado | Jalapeño | Sweet Chili
Seaweed Caviar \$20

Halloumi Greek Salad

Seared Halloumi Cheese | Feta | Fennel
Green Peppers | Grape Tomatoes
Cucumber | Red Onions | Kalamatas
Dijon Red Wine Vinaigrette \$18

New York Steak Salad

AAA Butcher Block Striploin | Mixed Greens
Beets | Carrots | Seeds | Grape Tomatoes
Tahini Vinaigrette 8oz \$25

Grilled Salmon Salad

Wild BC Salmon | Baby Greens | Dried
Cranberries | Goat Cheese | Pumpkin Seeds
Blueberry Rosemary Vinaigrette \$20

Although we do not have a gluten-free kitchen, we will make every attempt to meet your needs for a gluten-restricted diet. The items listed on the menu are appropriate for a gluten-restricted diet, as is, or can be ordered with minor changes as mentioned in the description. We take measures to prevent cross contamination, however, it still may occur. Please note that we do not use separate fryer oil for gluten-free items.

Pastas & Bowls

Ahi Tuna Poke Bowl

Marinated Ahi Tuna | Quinoa | Carrot Ribbons
Mango | Green Onions | Avocado | *Wonton Crisps
Pickled Ginger | Edamame Beans
*Ask to hold the Wonton Crisps \$24
Try it Vegan with Crispy Tofu

Seafood Fettuccine

Wild BC Salmon | Halibut | Tiger Prawns
PEI Mussels | Crimini Mushrooms | Sambal Cream
Ask for Corn Penne \$30
Add Starter Caesar (no Croutons) or House Salad \$6

Barrister's Bowl

Wild BC Salmon or Crispy Tofu | Cabbage
Carrots | Peppers | Daikon Sprouts | Sesame Seeds
Quinoa | Ginger Soy Dressing \$20

Specialty Plates

These items begin at 5 pm - Add House Salad \$6

Jose's Halibut

Chorizo | Roasted Potatoes | Asparagus
Wild Mushrooms | Onions | Chimichurri \$35

Cauliflower Steak

Charred & Oven-Roasted | Crispy Rice Cake
Za'atar Spice | Toasted Almonds | Fresh Parsley
Harissa Sauce | Chimichurri Drizzle
Lemon Zest Broccolini \$26

Lamb Medallions

Herb Roasted | Balsamic Plum Reduction
Thyme-Roasted Red Potatoes
Lemon Zest Broccolini \$35

New York Strip

AAA Butcher Block Beef Striploin
Lemon Zest Broccolini
Thyme-Roasted Red Potatoes
8oz \$36 12oz \$44

Filet Mignon

BC Free Range AAA Tenderloin | Morel Butter
Lemon Zest Broccolini | Thyme-Roasted
Red Potatoes 6oz \$46

Steak & Prawns

AAA Butcher Block Beef Striploin
Garlic Prawns | Lemon Zest Broccolini
Thyme-Roasted Red Potatoes \$46

Whistler Brewing Company
Forager Beer \$7½

Vegetarian V Vegan Oceanwise

Gluten Free Pizza

Gluten-Free Crusts Avail in 10" Small Only

The Tuscan

Artichokes | Sundried Tomatoes
Roasted Garlic | Spinach | Onions
sm \$22

Kootenay Herbivore

Mushrooms | Onions | Kalamatas
Green Pepper | Tomato | Pesto Base
sm \$21

Mediterranean Special

Chorizo Sausage | Green Pepper
Olives | Tomato | Onions | Feta
sm \$22

Chicken Fiesta

Chicken Breast | Pineapple
Green Pepper | Onions | BBQ Sauce
sm \$21

The Forest Floor

Shimenji Mushrooms | Pine Nuts
Pesto Base | Truffle Oil
sm \$22

Popeye The Greek

Spinach | Feta
sm \$21

Heritage Classic

Mushroom | Green Pepper
Pepperoni
sm \$21

The Big Kahuna

Ham | Pineapple
sm \$21

Big Pepperoni

Yup...Pepperoni!
sm \$21

The House Special

Ground Beef | Onions
Feta | Pepperoni
sm \$21

Three Cheese

Mozzarella | Edam | Parmesan
sm \$19

Extras

Dipping Sauce


Marinara | Caesar | Hume Hot Sauce
\$2 each

Veggie Toppings

Small \$2 each

Meat & Cheese Toppings

Small \$3 each

 Sub Vegan Mozza \$3

*The Angry Bee, the Ultimate and the '55 Vette have been taken off this menu as our Capiccoli is not gluten-free. You may substitute it for another ingredient.

Desserts

Cashew Cream Custard

Burnt Miso | Almond Milk | Dark Chocolate
Candied Pecans | Himalayan Salt \$10

Crème Brûlée

Vanilla Bean-Infused Creamy Custard
Caramelized Brown Sugar \$10

Chocolate Mousse

Classic Rich Chocolate
Fresh Whipped Cream \$10

Ice Cream

Vanilla \$6