



a contemporary fish restaurant

## Valentine's Day 2010

### Starters

- Bacon Wrapped 'Ocean Venture' Pacific Sardine**, thyme de pain, spinach, pine nuts, mustard paper  
or  
**Haida Gwaii Dungeness Crab**, wintermelon salad, hazelnuts, preserved lemon  
or  
**Study Of Salish Sea Albacore**, cured, tartare, tataki, watermelon radish ponzu gel  
or  
**Octopus Bacon Wrapped Scallops**, fennel three ways, almonds, truffled hollandaise  
or  
**Pink Salmon Ceviche**, shaved vegetable salad, jellyfish slaw, cilantro vinaigrette  
or  
**Shellfish Bisque**, black pepper croutons, saffron rouille  
or  
**Howe Sound Spot Prawn Gnocchi**, preserved tomato jam, basil emulsion  
or  
**Quebec Foiegras**, seared, twice cooked, parfait, poached rhubarb, brioche

### Mains

- Hazelnut Crusted NamuKeta Salmon**, caramelized onion tart, sautéed brussel sprouts, brown butter  
or  
**7 C's Crusted Salish Sea Albacore Tuna**, seared ultra rare, north arm farm sunchokes, sweet onion scallion sauce  
or  
**Maple Glazed Bayne Sound Scallops**, pea shoots, bacon crumble, salt spring island grenadine apple & fennel slaw, apple gel  
or  
**Pan Roasted Dr. Larry Albright Trout**, creamy dungeness crab spatzle, braised cauliflower, truffle beurre blanc  
or  
**Honey Glazed Sena Il Sablefish**, "coq au vin" vegetables wilted, swiss chard, preserved lemon jus  
or  
**Butter Poached Atlantic Lobster** (\$20 addition), spinach, confit orange puree, Israeli couscous, pickled ramp vinaigrette  
or  
**Roasted 'AAA' Beef Ribeye 6oz/10oz**, caramelized gnocchi, braised beef shin, broccolini, bone marrow jus  
or  
**Silver Creek Chanterelle Mushroom Risotto**, toasted almonds, parmesan froth, add spot prawns 2.5

### Desserts

- Chocolate Brownie**, creamy marshmallow, milk chocolate mousse, dark chocolate ganache  
or  
**Toasted Almond & Cinnamon Bread Pudding**, preserved farmhouse quince, quince jellies  
or  
**C Food Lemon Tart**, apricot jelly, vanilla chantilly cream, pistachio stick  
or  
**Salt Spring Island Goat Cheese Cake**, poachedlytton stone fruits, cinnamon infused red wine reduction  
or  
**Earl Grey Tea Poached Anjou Pear**, thyme short bread, fresh cheese mousse