

Why did the chicken cross the road? Because it was being escorted back to your place in an H2 takeout bag! Time to get to choosin'...




## LIGHT BITES

- SHOUT A LITTLE CHOWDA** 9  
plump local west coast clams and mussels, prawns, salmon and baby scallops, prepared new england style (that's the creamy one)
- H2 MUSHROOM SOUP** 9  
mikuni wild harvest BC field mushrooms in a truffle spiked creamy house made broth
- CHARCUTERIE PLATTER** 25  
a selection of local charcuterie, house pate, black olive tapenade, house pickled vegetables, dressed prosciutto and melon salad, grana padano, grilled baguette
- CHEESE LOUISE LOCAL CHEESE PLATE** 23  
chef's selection of six canadian artisan cheeses with mixed nuts, dried fruit and house made accompaniments

## SALADS

- H2 COBB SALAD**  21  
roisserie free run chicken, pancetta crisps, egg, barnston island gem tomatoes, avocado and crisp lettuce served with a side of blue claire dressing
- OH, KALE YEAH! KALE QUINOA SALAD**  13  
organic kale, red quinoa, avocado, tomato, roasted corn, lime vinaigrette
- ALL HAIL CAESAR** 14  
crisp romaine hearts, focaccia croutons, pancetta, parmesan, caper lemon vinaigrette
- RAIN OR SHINE SUMMER SALAD** 12  
garden greens, barnston island gem tomatoes, little qualicum cheese works goat cheese crumble, fresh strawberries, honey scallion vinaigrette

ADD

pulled rotisserie chicken  7 | wild bc salmon  12 | seared scallops  12 | jumbo prawns 12

## MAIN EVENTS

includes choice of sea salted fries or summer green salad

- TO GET TO THE OTHER SIDE CHICKEN PANINI**  16  
pulled rotisserie chicken panini, oven dried tomato, fresh avocado mash, artisan bakery hot pressed scallion loaf
- GRILLED THREE CHEESE SANDWICH** 14  
mozzarella, gruyere and provolone melted between two slices of sourdough
- THAT'S A WRAP! CHICKEN AND VEGGIE WRAP** 15  
sliced chicken breast, carrots, cucumber, bell pepper and avocado
- THE BURGER** 19  
ground certified black angus beef, melted cheddar, smoked bacon with honey pepper mayo on a mix the bakery challah bun
- CLUCK WORTHY CHICKEN TENDERS** 15  
all white meat chicken tenders, served with plum sauce

## ROTISSERIE



### MAPLE HILLS FARM SIGNATURE HOUSE ROTISSERIE CHICKEN

QUARTER 18 | HALF 24 | WHOLE 32

served with house baked buttery bread

### YOUR CHOICE OF 2 SIDES

herb roasted fingerling potatoes | homestyle fries  
chive mashed potatoes | panko crusted onion rings |  
yam fries | roasted baby carrots, local honey |  
creamed corn | grilled asparagus | steamed vegetables

## WET YER WHISTLE

<b>FRESHLY BREWED STARBUCKS BLEND COFFEE</b>	<b>4.5</b>	<b>CHOCOLATE MILK OR HOT CHOCOLATE MILK</b>	<b>5</b>
regular or decaffeinated		<b>MILKSHAKE</b>	<b>8</b>
<b>LATTE, CAPPUCCINO OR AMERICANO</b>	<b>5.5</b>	chocolate or vanilla	
<b>ESPRESSO</b>	<b>3</b>	<b>ASSORTED TAZO® TEAS</b>	<b>4.5</b>
<b>DOUBLE ESPRESSO</b>	<b>4</b>	<b>SOY OR ALMOND MILK</b>	<b>5</b>
<b>JUICE</b>	<b>5</b>		
orange, pineapple, cranberry, apple			

### WESTIN FRESH BY THE JUICERY FRESH PRESSED JUICE

8


beetroot, blueberry, pomegranate, spinach and coconut water      cucumber, spinach, romaine, lemon, basil and coconut water


## TREAT YO-SELF

<b>NO ONE DOES IT BETTER LAYERED CARROT CAKE</b>	<b>9</b>
carrot ginger cake with orange cream cheese icing, sugar spiced pecans, served with a scoop of honey sorbet	
<b>DROP IT LIKE ITS POPPED, SALTED CARAMEL POPCORN CHEESECAKE</b>	<b>9</b>
new york cheesecake with oven baked caramel sauce and topped with salted caramel popcorn	
<b>SINK YOUR TEETH IN FLOURLESS CHOCOLATE TORTE</b>	<b>11</b>
served with raspberry coulis	
<b>FRUIT AND PASTRIES</b>	<b>12</b>
whole fruit and selection of pastries	

“YOU WANNA  
PIECE OF ME?”

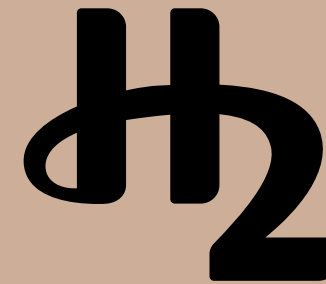


 Indicates Oceanwise Seafood Choice

 Indicates a SuperFoodsRx™ dish. SuperFoodsRx powerfully pairs together whole foods to boost nutritional composition and flavors.

All items are subject to applicable tax. Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food borne illness.

## HAUL-IT-HOME MENU



ROTISSERIE & BAR

Order online at [H2RESTAURANT.COM](http://H2RESTAURANT.COM) or call 604-691-6966