

# DINNER


## BEGIN

<b>Seawall Seafood Chowder</b>	13
new england style . bay scallops . shrimp . mussels . daily catch	
<b>Tomato Basil Soup</b> 	12
cilantro crème	
<b>Crab Cake</b>	15
harissa tartar . corn & jicama salsa . cilantro	
<b>Poached Prawns</b>	16
sons of vancouver chili vodka compressed pineapple . avocado . cucumber salsa	
<b>Seawall Louie</b> 	19
seared albacore tuna . poached prawns . tomato . radish . smoked free range egg . baby iceberg lettuce . chili aioli	
<b>Heirloom Tomato Salad</b> 	14
buffalo mozzarella . tomato water . 10 year balsamic . pistou	
<b>Summer Greens</b> 	8
organic greens . baby spinach . kale . pumpkin seeds . sun dried cherries . house vinaigrette	
<b>Baby Romaine &amp; Kale Caesar</b>	9
garlic & caper vinaigrette . focaccia crouton . shaved grana padano	

## OCEANSIDE

<b>Wild B.C. Salmon</b> 	29
warm pancetta potato salad . shallots . green beans . citrus butter emulsion	
<b>Seared Scallops</b> 	29
merguez sausage . puy lentils . oven dried tomatoes . scallion oil	
<b>Mussels &amp; Clams</b>	18
salt spring island mussels and manila clams . coconut milk . fingerling potato . english pea . fresh coriander . grilled artisan bread	
<b>Prawn &amp; Clam Linguine</b>	25
garlic . white wine . olive oil . seared tomato . chili . fresh thyme	
<b>B.C. Ling Cod</b>	28
oceanwise pacific ling cod . heirloom tomato crudiola . red quinoa	


## FROM THE GRILL


<b>Grilled Sirloin Steak</b> 	30
8oz. angus sirloin . mashed potato . roasted baby carrots . chimichurri	
<b>Fraser Valley Organic Chicken Breast</b>	27
7 beans . swiss chard . wild mushroom . roasted garlic and leek broth	
<b>Wild Mushroom Ravioli</b>	19
shiitake . portobello & asparagus fricassee . truffle parmesan crème	

seawall  
bar and grill

## FOR THE TABLE

<b>Hummingbird Loaf</b> 7
locally crafted grains & seed bread whipped rosemary butter
<b>Wild Mushrooms</b> 8
confit garlic
<b>Asparagus Tips</b> 8
parmesan & chili
<b>Seasonal Vegetables</b> 8

 denotes a SuperFoodsRx™ dish - these selections are packed with amino acids, vitamins and minerals. Antioxidant rich and naturally low in calories.

 This item is gluten free, please enquire with your server about other gluten free options.

All items are subject to applicable tax.

Groups of 8 or more may be subject to an additional 18% gratuity.

