



## LUNCH


### ..... SOUPS & STARTERS .....

- Seawall Seafood Chowder** 13  
new england style . bay scallops . shrimp . mussels . daily catch
- Tomato Basil Soup**  12  
cilantro crème
- Poached Prawns** 16  
sons of vancouver chili vodka compressed pineapple .  
avocado . cucumber salsa

- Crab Cake** 15  
harissa tartar . corn & jicama salsa . cilantro

### ..... SALADS .....

- Quinoa and Wild Salmon Salad**  19  
seared wild BC salmon fillet . red quinoa . strawberries . feta cheese .  
organic greens . fresh lemon vinaigrette

- Seawall Louie**  21  
seared albacore tuna . poached prawns . tomato . radish .  
smoked free range egg . baby iceberg lettuce . chili aioli

- Romaine Heart & Kale Caesar** 19  
grilled chicken breast . house made garlic & caper vinaigrette .  
shaved grana padano

- Heirloom Tomato Salad**  14  
buffalo mozzarella . tomato water . 10 year balsamic . pistou

- Summer Greens**  12  
organic greens . baby spinach . kale . pumpkin seeds .  
sun dried cherries . house vinaigrette

### ..... SANDWICHES AND FAVORITES ....

- Fish & Chips** 23  
oceanwise pacific ling cod . house made tartar . apple coleslaw

- Wild B.C. Salmon Tacos** 19  
lemon jalalpeño aioli . fresh cabbage . cilantro . pico de gallo

- Angus Beef Burger** 19  
maple smoked bacon . aged cheddar . smoked ketchup . challah bun  
*add avocado 3 . add mushroom 3 . add fried egg 3*

- Grilled Reuben Sandwich** 22  
pastrami . sauerkraut . swiss cheese . grainy dijon . marble rye

- Roasted Vegetable Panini** 18  
grilled eggplant . zucchini . red onion . oven roasted tomato .  
provolone . spiced tapenade aioli . house made focaccia

- Prawn & Clam Linguine** 25  
garlic . white wine . olive oil . seared tomato . chili . fresh thyme

- Wild Mushroom Ravioli** 19  
shiitake . portobello & asparagus fricassee . truffle parmesan crème


### FOR THE TABLE


- Hummingbird Loaf** 7  
locally crafted grains & seed bread  
whipped rosemary butter

- Truffle Fries** 10  
parmesan reggiano  
salt & vinegar aioli

- Sweet Yam Fries** 8  
chipotle aioli

- House Made Potato Chips** 8  
smoked sea salt

 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.

