

GLUTEN FRIENDLY

GUILT FREE SOUPS & SALADS

CHICKEN SOUP	\$8½
CAVU SALAD  \$11½ full	\$8 half
oven dried tomato beet string watermelon radish catalina vinaigrette	
CHOPPED CAESAR \$11½ full	\$8 half
romaine pancetta kalamata crumble parmesan grilled herb flatbread lemon	
CAVU COBB \$15½	
chicken prawns peppers beets tomato smoked cheddar cucumber blue cheese ranch	
FIERY SZECHUAN BEEF SALAD \$21	
6oz flat iron steak baby greens citrus segments yuzu crispy noodle black sesame seed miso vinaigrette	

BIGGER BOWLS

GODDESS BOWL \$18	
cucumber heirloom tomato pickled red onion roasted peppers spiced chickpeas carrot hummus mint kalamata feta cheese green goddess dressing	
DYNAMITE BOWL \$17½	
crispy togarashi prawn avocado yam chips cucumber tobiko nori sesame aioli citrus dressing sushi rice yuzu pearls	

add grilled chicken breast or salmon \$6½ or (6) garlic prawns \$9 to any salad

SHAREABLES

JAR OF PRAWNS (6) \$8	
garlic herbs white wine lemon butter	
YAM WEDGES  \$9½	
togarashi spiced sesame mayo kimchi ketchup	
STICKY RIBS (GF) \$16	
chipotle bbq cilantro honey drizzle	
WINGS \$15½	
house hot mess ranch balsamic	
or	
bbq sauce cilantro honey smoked salt	
or	
sea salt black pepper lime	

FORK, KNIFE OR SPOON

BRAISED BEEF TACOS (2pc) \$16	
chipotle bbq braised beef corn taco shells jalapeno pickled onion slaw cilantro	
THAI-GER RICE BOWL  \$15½	
bok choy peppers shiitake peas carrot roasted peanuts coconut crumble tangy slaw red thai curry jasmine rice	
add marinated chicken - \$5½ or (6) prawns \$9	
LAMB KOFTA PASTA \$16½	
spiced lamb meatballs red pepper & cured olive salsa fresh basil tomato ragu manchego gluten free pasta	
CHICKEN TIKKA CURRY \$19	
marinated chicken saffron curry sauce cashew potato hay fried mint citrus raita papadum jasmine rice	
MUSHROOM & LENTIL RAGU \$16	
local mushrooms sherry grainy mustard garlic cream gluten free pasta	
add grilled chicken breast \$6½ or (6) garlic prawns \$9	

DINNER (4:30pm – 10:00pm)

BRAISED BEEF SHORT RIB \$28	
charred corn & jalapeno succotash root vegetable pickle bourbon jus potato hay	
LAMB DUO \$28	
grilled loin chop & kofta coriander hummus roasted turnip & carrot ras el hanout jus	
BBQ SALMON STEAK \$26	
bone in pacific salmon sushi rice & nori risotto pickled cucumber chili sesame oil tobiko	
10oz CANADIAN "ANGUS RESERVE" NY STEAK \$36	
carrot puree french beans sautéed mushroom natural jus	
add whipped potatoes, fries or jasmine rice for \$4	

Ask not what your country can do for you. Ask, what's for lunch?

- Orson Welles



item is on the OceanWise list of sustainable seafood



symbol denotes vegetarian option

GLUTEN FRIENDLY

SIGNATURE SANDWICHES

Served with a choice of fries, soup or salad

CAVU-CADO TOAST  \$16
hass avocado | roasted peppers | heirloom tomato |
goats cheese | arugula | balsamic drizzle |
gluten free bread (white or whole wheat)

BIG GRILLED CHEESE \$14
armstrong cheddar | swiss cheese | brie |
gluten free bread (white or whole wheat)
add bacon \$2

ULTIMATE BLT SANDWICH \$16
pork belly | tiroler bacon | smoked bacon | pancetta |
lettuce | tomato | mayo |
gluten free bread (white or whole wheat)

ROAST TURKEY CLUB \$13½
fresh house roasted breast | smoked bacon | lettuce |
tomato | gluten free bread (white or whole wheat)

CRAFT BURGERS

Served with a choice of fries, soup or salad

CAVU BURGER \$18½
8oz fresh beef patty | port roasted onions | tiroler bacon |
applewood smoked cheddar | dijonaise | gluten free bun

NORTHERN STAR \$18
6oz natural bison patty | roasted mushroom | swiss cheese |
smoked bacon | mayo | lettuce | tomato | gluten free bun

VERACRUZ COD BURGER \$15
chili seared cod | lettuce | tomato | jalapeno |
green olive | avocado crema | gluten free bun

EL BANDITO \$16
chipotle bbq braised beef | grilled mexican chorizo |
caramelized onions | aged cheddar | gluten free bun

THE ME BURGER  (GF) \$18
"beyond" burger patty | carrot hummus |
roasted peppers | arugula | gluten free bun

BUILD YOUR OWN BURGER - \$16

Served with a choice of fries, soup or salad

YOUR BUN.....

GLUTEN FREE BUN

CHOOSE A PROTEIN...

8oz BEEF PATTY
6oz NATURAL BISON PATTY
GRILLED CHICKEN BREAST
SEARED COD FILLETS
THE BEYOND "MEATLESS" BURGER

CHOOSE A SPREAD...

DIJON MAYO
CLASSIC MAYONNAISE

CHOOSE YOUR CHEESE (\$2 ea)...

ARMSTRONG CHEDDAR
APPLEWOOD SMOKED CHEDDAR
STILTON
SWISS CHEESE
SALTSPRING GOATS CHEESE
BRIE CHEESE

UPGRADES! (\$2 ea)...

SMOKED BACON
TIROLER BACON
CURED PORK BELLY
BBQ PULLED PORK
PORT ROASTED ONIONS
ROASTED MUSHROOMS
CARAMELIZED ONIONS
SLICED AVOCADO (\$4)

CHOOSE YOUR SAUCE(S)...

CHIPOTLE BBQ
SWEET GRAINY MUSTARD
SRIRACHA
RANCH
CAESAR DRESSING
FRANK'S RED HOT

CHOOSE YOUR ROUGHAGE...

RED ONION
LETTUCE
TOMATO
ARUGULA
SPINACH

"Good food is very often, even most often, simple food."

— Anthony Bourdain



KidSport

\$1 from every signature sandwich sold at lunch will go to the Richmond KidSport Foundation. A local charity that helps underprivileged kids play and enjoy the benefits of sport.