

Soups & Salads

French Onion Soup A heartwarming beef broth, caramelized onions laced with sherry, seasoned with fresh thyme, a splash of brandy, topped with baguette loaded with gruyere cheese & baked to perfection.	16
Poets Seafood Chowder small or large bowl A creamy hearty chowder with cod, shrimp, clams, vegetables, seasoned with dill, fennel seed, hints of pernod & candied smoked salmon. Served with grilled focaccia bread.	15/18
The Gowlland Caesar Salad Fresh cut romaine lettuce tossed with seasoned croutons, shaved parmesan, crisp bacon, garlic dressing & fresh lemon.	13/17
Bedwell Supreme House Salad Vegan Option GF/VG Artisan greens, grape tomato, cucumber, housemade pickled beets, bermuda onion, tossed with lemon thyme poppy seed vinaigrette crowned with feta cheese & roasted pumpkin seeds.	14/17
ADD Grilled Chicken +11 5 Sautéed Shrimp +12 Grilled Salmon +15 Grilled Steak +18 Tofu +7 Blue Cheese +4	
Starters	
Roasted Beet Hummus:VG/VA blend of baby beets, dried fig, chickpeas roasted with onion & garlic pureed to perfection, seasonwith fresh thyme & lemon, served with crudités & traditional fry bread.	14 ned
Fire Dusted Calamari Shaved red onion, creamy house made tzatziki.	17
Spalding Chicken Wings or Cauliflower "Wings" A Poets favorite, fried wings tossed in your favorite sauce served with crudités. Choose your flavor, Salt & Pepper, Blue Moon, Bourbon BBQ, Hot, Honey Garlic or Korean Chili.	18
Mussels & Frites The perfect combination, plump mussels tossed in a coconut curry sauce topped with crispy fries.	19
Poke Nachos Ahi tuna over crisp tógarashi dusted won ton chips layered with scallion, wakame (seaweed salad), sesame seeds & pickled ginger. Drizzled with siracha aioli & kabayaki sauce. Guacamole & pico de gallo for dipping.	22
Poets Nachos GF Option House made corn tortilla chips layered with shredded cheddar & jack cheese, fresh tomatoes, pick jalapeños, black olives, topped with green onions. Served with sour cream & salsa. ADDITIONS Beef or Chicken +7 Guacamole +5	24 led

Sandwiches & Burgers

All served with crisp fries seasoned with sea salt or Bedwell supreme house salad

SUBSTITIONS | Yam Fries +3 | Coleslaw +4 | Caesar Salad +5 | Chowder +5 | Gluten Free Bun +2 | Lettuce Wrap +3

Plumper Sound BC Salmon Burger

Grilled fresh pacific salmon with wasabi mayo, asian slaw, pickled red onion & tomato on a toasted Brioche Bun

Bedwell Beef Burger

6oz fresh ground chuck, bacon, jalapeño jack cheese, chipotle mayo, lettuce, tomato & pickles on a toasted brioche bun

Jerk Chicken Club

5oz marinated chicken breast, fire grilled and topped with smoked applewood bacon, jalapeño jack cheese, tomato, pickle & lettuce on a toasted ciabatta bun brushed with house made jerk aioli sauce.

The Mezze Burger

Grilled garden burger loaded with sautéed mushrooms, housemade beet hummus, honey garlic dijon slaw, pickled red onion & tomato on toasted brioche bun.

New York Steak

Entrees

8oz Striploin grilled to your perfection. Compound garlic herb butter, fresh garden vegetables tossed with sherry vinaigrette & rosemary fingerling potatoes.

Pacific Spring Salmon

7oz portion marinated with sweet soy, ginger, fennel and fresh garlic. Pan seared and served over jasmine rice pilaf with fresh garden vegetables.

Wescoast Spaghettini

Mussels, prawns and salmon in a rich white wine garlic cream sauce with shallots, a hint of pernod, topped with parmesan. Served with a grilled baguette.

Vegetarian Spaghettini

Shallots, roasted garlic, tomatoes, mushrooms tossed in arrabiata sauce, garnished with extra virgin olive oil, fresh basil & parmesan. Served with a grilled baguette.

Poke Bowl

Marinated raw ahi tuna, rice, cucumber, pickled ginger, wakame (seaweed salad), grape tomato, scallions, avocado, drizzled with kabayaki, chimichurri & siracha aioli. Vegan Option sub Tofu

Fish & Chips | one or two piece

Beer battered cod with hints of lemon & dill, served with a honey garlic & grainy dijon mustard coleslaw, crisp fries, tartar sauce & lemon.

ADD | Grilled Chicken +11 | 5 Sautéed Shrimp +12 | Grilled Salmon +15 | Grilled Steak +18 | Tofu +7 | Blue Cheese +4 |

GF/V Option

37

36

VG/V Option GF 26

19/24

2023

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GF Option 25

GF Option 23

GF Option 23

GF Option

21

32

27

VG