



LUNCH MENU

STARTERS

Soup of the day \$16 🍲

Daily soup. Toasted focaccia.

Minnoz signature

seafood chowder** \$18 🌱

Mussels. West coast fish. Baby shrimp.
Bacon. Potato velouté. Toasted focaccia.

Calamari \$18

House tzatziki. Lemon. Gremolata.
Fresh chili. Squid ink aioli.

Chickpea fritters \$17 🍲 🌱

Roasted red pepper hummus.
Green salad with sherry vinaigrette.

Minnoz signature crab cakes** \$25

Lemon and caper remoulade. Arugula
and fennel salad with white balsamic
and local honey vinaigrette. Herb oil.

Caesar salad \$18 🍲

Crisp romaine hearts. House dressing.
Focaccia croutons. Shaved parm.

Minnoz greens \$17 🍲

Mixed green. Tomato. Shaved vegetables.
Little Qualicum feta. White balsamic
and Fredrich's Honey vinaigrette.
Toasted pumpkin seeds.

Tuna vermicelli salad** \$21 🍲

Mixed greens. Rice vermicelli. Avocado.
Cucumber. Carrot. Ponzu dressing.
Togarashi seared albacore tuna. Sesame seeds.
Seared togarashi tuna.

SALAD ENHANCEMENTS

5 PRAWNS \$10. TUNA \$12. SALMON \$12.
CRABCAKE \$10. CHICKEN BREAST \$10.
3 CHICKPEA FRITTERS \$5.

FLAT BREADS

Artichoke flatbread \$19

Roasted artichoke, pepper
and house dried tomato mix.
Little Qualicum feta. Pesto.
Mozzarella. Arugula.

Chicken flatbread \$19

Island Farmhouse chicken.
Pancetta. Caramelized
onions. Tomato base.
Mozzarella. Arugula.

Spicy capocollo flatbread \$19

Tomato base. Capocollo.
House dried tomato.
Mozzarella. Grana
padano. Arugula.

ENTRÉES

One good burger \$21

6oz House made 63 acres patty. Roasted garlic
aioli. Lettuce. Tomato. Natural Pastures Courtney
cheddar. Portofino brioche bun.

Minnoz salmon burger \$21 🌱

Kuterra salmon filet. Lemon caper remoulade.
Lettuce. Pickled red onion. Portofino
brioche bun.

Grilled chicken burger \$21 🌱

Island Farmhouse chicken breast. Roasted garlic
aioli. Lettuce. Tomato. Natural Pastures Courtney
cheddar. Portofino brioche bun.

Chickpea burger \$20

House made chickpea patty. Lettuce. Tomato.
Tzatziki. Pickled onion. Little Qualicum feta.
Portofino brioche bun.

BURGER ADD ONS:

MUSHROOM \$3. BACON \$3. CAESAR UPGRADE \$2.
GLUTEN FREE BUN \$2.50.

Focaccia turkey club \$21

Oven roasted turkey. Roasted garlic aioli.
Lettuce. Bacon. Tomato. Rosemary focaccia bun.

Pulled pork sandwich \$20

House made pulled pork. Dijon BBQ sauce.
Crisp slaw. Pickled red onion.
Portofino brioche bun.

Soup and half sandwich of the day \$16

Daily sandwich special and small cup of soup.

Golden beetroot curry \$25 🍲 🌱

Golden beetroot and chickpea curry.
Basmati rice. Carrot and coconut sambal. Naan.
5 PRAWNS \$10. TUNA \$12. SALMON \$12.
CRABCAKE \$10. CHICKEN BREAST \$10.

** Minnoz signatures

🌱 Vegan

🍲 Gluten-free

🌱 Refreshingly Local™

Please inform your server of
any allergies or dietary concerns.