



Lunch & Dinner

Soups & Salads

<b>French Onion Soup</b>	17
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.	
<b>Poets Seafood Chowder</b>   small or large bowl	18/20
A creamy hearty chowder with cod, shrimp, clams, bacon, vegetables, seasoned with dill, fennel seed, hints of pernod & candied smoked salmon. Served with grilled focaccia bread.	
<b>The Gowland Caesar Salad</b>	16/20
Fresh cut romaine lettuce tossed with seasoned croutons, shaved parmesan, crisp bacon, garlic dressing & fresh lemon.	
<b>Bedwell Supreme House Salad</b>	Vegan Option GF/VG 16/20
Artisan greens, grape tomato, cucumber, housemade pickled beets, bermuda onion, tossed with lemon thyme poppy seed vinaigrette crowned with feta cheese & roasted pumpkin seeds.	
ADD   Grilled Chicken +13   5 Sautéed Shrimp +15   Grilled Salmon +18   Grilled Steak +25   Tofu +7   Blue Cheese +4	

Starters

<b>Roasted Beet Hummus:</b>	VG/V	17
A blend of baby beets, dried fig, chickpeas roasted with onion & garlic pureed to perfection, seasoned with fresh thyme & lemon, served with crudités & traditional fry bread.		
<b>Fire Dusted Calamari</b>		17
Shaved red onion, creamy house made tzatziki.		
<b>Spalding Chicken Wings or Cauliflower “Wings”</b>		21
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.		
<b>Mussels &amp; Frites</b>		23
The perfect combination, plump mussels tossed in a coconut curry sauce topped with crispy fries.		
<b>Poke Nachos</b>		29
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.		
<b>Poets Nachos</b>	GF Option	26
House made corn tortilla chips layered with shredded cheddar & jack cheese, fresh tomatoes, pickled jalapeños, black olives, topped with green onions. Served with sour cream & salsa. ADDITIONS   Beef or Chicken +9   Guacamole +5		



## Sandwiches & Burgers

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

SUBSTITUTIONS | Yam Fries +3 | Coleslaw +4 | Caesar Salad +5 | Chowder +7

| Gluten Free Bun +2 | Lettuce Wrap +3

**Plumper Sound BC Salmon Burger**

GF Option27

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

**Bedwell Beef Burger**

GF Option24

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

**Jerk Chicken Club**

GF Option24

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**

GF/V Option25

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

## Entrees

**New York Steak**

GF Option46

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

**Pacific Spring Salmon**

GF Option39

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

**Westcoast Spaghettni**

34

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

**Vegetarian Spaghettni**

VG29

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**

VG/V Option GF29

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

Vegan Option with Tofu \$26

**Fish & Chips | one or two piece**

20/27

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

ADD | Grilled Chicken +13 | 5 Sautéed Shrimp +15 | Grilled Salmon +18 | Grilled Steak +25  
| Tofu +7 | Blue Cheese +4 |

VG- Vegetarian V-Vegan GF – Gluten Free

Taxes and gratuity not included.  
Reservations for 8 or more only. Subject to 18% gratuity

2025