



Soups & Salads

French Onion Soup	16
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.	
Poets Seafood Chowder 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.	
The Gowland Caesar Salad	15/19
Fresh cut romaine lettuce tossed with seasoned croutons, shaved parmesan, crisp bacon, garlic dressing & fresh lemon.	
Bedwell Supreme House Salad	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

Roasted Beet Hummus:	VG/V	16
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.		
Fire Dusted Calamari		17
Shaved red onion, creamy house made tzatziki.		
Spalding Chicken Wings or Cauliflower “Wings”		18
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.		
Mussels & Frites		21
The perfect combination, plump mussels tossed in a coconut curry sauce topped with crispy fries.		
Poke Nachos		27
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.		
Poets Nachos	GF Option	24
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		

VG- Vegetarian V-Vegan GF – Gluten Free

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

2024



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 Option 27

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

Bedwell Beef Burger GF Option 24

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

Jerk Chicken Club GF Option 24

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 Option 25

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 Option 45

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

Pacific Spring Salmon GF Option 39

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

Westcoast Spaghettini 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 Spaghettini VG 29

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 GF 27

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

Fish & Chips | one or two piece 19/26

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

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