

## STARTERS

### SALTSPRING BLACK MUSSELS

garlic and white wine braised, fine herbs  
fire roasted tomatoes 13

### ARTISAN CHEESE & CHARCUTERIE SLATE

selection of three cheeses and three meats served  
with seasonal accompaniments 23

### ROASTED GARLIC HUMMUS

crispy chickpeas, cucumber  
radish, grilled flatbread 12

### ROASTED SPANISH OCTOPUS

charred baby romaine, piquillo pepper  
grilled local cactus 14

## BREAKFAST SPECIALS

### TWO EGGS ANY STYLE

hash browns, choice of applewood smoked bacon or all natural pork sausage 14

### HUEVOS RANCHEROS

over easy eggs, chorizo, black beans, avocado, sour cream, corn tortilla 16

### BLUEBERRY BUTTERMILK PANCAKES

vermont maple syrup, all natural butter 13

### CORNED BEEF HASH

two eggs, corned beef, caramelized onions, potatoes 16

### EGG WHITE FRITTATA

house dried tomato, forest mushrooms, feta cheese, basil pesto 15

## SALADS

*{ add organic chicken, prawns, salmon or flat iron steak\* 8 }*

### ROASTED HEIRLOOM BEET CAESAR

red romaine, parmesan cheese, focaccia croutons 11

### SUMMER VEGETABLE SALAD

chopped romaine, haricot vert, corn, tomato, kale, radish, oregano vinaigrette 13

### ORGANIC GREENS

moody blue cheese, apple pear, spiced port wine 11

### TOSSED COBB

chopped romaine, watercress, grilled chicken, olives, tomato, blue cheese, bacon  
egg buttermilk herb dressing 18

## SANDWICHES

*{ served with choice of: french fries, mixed greens, seasonal fruit, or cup of soup }*

### ROASTED DIESTEL FARM TURKEY CLUB

applewood smoked bacon, sprouts, avocado, tomato, garlic aioli 16

### T.COOK'S BURGER\*

red onion and bacon aioli, cave aged white cheddar, arugula, brioche bun 15

### PASTRAMI REUBEN

sauerkraut, gruyère, thousand island, rye bread 16

### ALL NATURAL TURKEY BURGER

grilled onion, avocado, house dried tomato, swiss cheese, chipotle aioli 15

### T.COOK'S B.L.A.T

butter lettuce, heirloom tomato, avocado, applewood smoked bacon 14

## ENTREES

### PAN ROASTED BRANZINO

summer vegetable salad, fingerling potato, roasted garlic, champagne vinaigrette 30

### SCOTTISH SALMON\*

summer pepper succotash, fingerling potato, tomato vinaigrette 28

### GRILLED 8OZ FLAT IRON STEAK

broccolini, chimichurri, potato gaufrette 28

### BRAISED BEEF SHORT RIB TACOS

habanero salsa, avocado, cotija, flour tortilla 12

### SEA BASS FISH TACOS

pico de gallo, avocado, cabbage, chipotle crema 13

## SIDES

FRESH SEASONAL FRUIT 10

FOREST MUSHROOMS 7

FRENCH FRIES 6

APPLEWOOD SMOKED BACON 6

ALL NATURAL PORK SAUSAGE 6

BOWL OF FRESH BERRIES 12

All dishes may be modified to gluten free upon request.

\*contains (or may contain) raw or undercooked ingredients.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

## WINES BY THE GLASS

### WHITES & SPARKLING

Prosecco, Lunetta, Italy	12
Champagne, Taittinger Brut, France	20
Riesling, Dr. Loosen, Mosel Germany 2015	12
Pinot Grigio, Benvolio, Friuli Italy 2015	12
Sauvignon Blanc, Kim Crawford, New Zealand 2015	14
Sauvignon Blanc, Cakebread, Napa 2015	20
Rose, Chateau Miraval Cotes de Provence, France 2015	16
Chardonnay Silver Ridge, CA 2015	12
Chardonnay, Patz & Hall Sonoma Coast 2015	20

### REDS

Pinot Noir, Silver Ridge, California 2014	12
Pinot Noir, Le Charmel, France 2014	14
Pinot Noir, Paul Hobbs Crossbarn, Sonoma Coast 2014	20
Malbec, Red Diamond Argentina 2012	14
Super Tuscan, I Giganti Buoni 2009	12
Barolo, Brezza, Italy 2011	25
Merlot, Canyon Road, California 2015	10
Cabernet, William Hill, California 2014	12
Cabernet Blend, Altitudes, Bekka Valley 2010	16
Meritage, Blackbird Arise, Napa 2013	25