


GLUTEN FREE

LUNCH PLATES

STEAK FRITES* 7 oz cab® top sirloin with parsley butter, arugula salad and mashed potatoes. 19.99

 **LUNCH SALMON** west coast salmon grilled medium-moist with maple butter sauce served with aromatic rice. 19.49

 **MAPLE SALMON** grilled medium-moist with maple butter sauce served with mashed potatoes & seasonal vegetables. 22.99

ROTISSERIE CHICKEN* the most succulent chicken you've ever tasted served with mashed potatoes & seasonal vegetables. 19.49

BABY BACK BARBEQUED RIBS* slowly braised in spicy honey barbeque sauce, with mashed potatoes & seasonal vegetables. half 19.49 full 25.49

ROTISSERIE CHICKEN & RIB COMBO* 1/4 chicken & a half-rack of ribs with mashed potatoes & seasonal vegetables. 24.49

BOMBAY BUTTER CHICKEN (no naan or pompadom) served with toasted almond basmati rice. 17.49

ENTREES

CAB® TOP SIRLOIN* considered to be the most flavourful steak.
7 oz 21.99 9 oz 23.99

STEAK & GRILLED PRAWNS* butterflied prawns & 7 oz cab® top sirloin. 27.49

BEEF TENDERLOIN* the ultimate in tenderness. 7 oz centre cut fillet mignon. 28.99

NEW YORK* 12 oz striploin. the king of steaks. 30.99

STEAKS

Our steaks are served with mashed potatoes and seasonal vegetables.

Our gravy contains gluten, so our mashed potatoes will not be served with gravy. mashed potatoes can also be substituted for a salad, vegetables or basmati rice

SIDES

+ **GRILLED PRAWN SKEWER** 6.99

+ **SEASONAL VEGETABLES** 3.99

+ **PEPPERCORN SAUCE** 2.99

+ **ALMOND BASMATI RICE** 1.99

WORTH KNOWING

Meet our Executive Chef Chris Mills... appeared on Iron Chef Japan (it was battle potato), Canadian representative at Bocuse d'or, James Beard House guest chef, a culinary rock star and an all around good guy.



Recommended by the Vancouver Aquarium as an ocean-friendly seafood choice.