

## TAPAS

*The serving of tapas is designed to encourage conversation, people are not so focused upon eating an entire meal that is set before them. In some countries it is customary for diners to stand and move about while eating tapas.*

### Day Soup

ask your server.

**Cup...4 Big Bowl...9** (with a focaccia stick)

### Vegan Chili

medium spiced, with lots of beans, corn & roasted veg.

**Cup...4 Big Bowl...9** (with a focaccia stick)

### Roasted Garlic Bean Dip

beans, cilantro, tahini, roasted garlic, olive oil & lime, with crispy corn tortillas & fresh veggies...7

### Wild Mushroom Risotto

creamy brown rice with local wild mushrooms...8

### Focaccia Cheese Sticks

multigrain focaccia sticks baked with edam & mozza.

Balsamic vinaigrette for dipping...5

### Yam Fries & Dip

crispy yams with our garlic herb mayo...7

### Screamins & Dip

cajun spiced house fries with our garlic herb mayo...5

### Fries & Dip

house fries with our garlic herb mayo...5

### Grilled Caesar Starter

a smaller version of your favorite...6

### Spinach Salad Starter

a smaller version of your favorite...6

### Artisan Greens Starter

mixed greens, slaw, zucchini curls, Eatmore sprouts, pumpkin seeds. Your choice of dressing...6

### Grotto Quinoa

organic herb quinoa, with Artisan greens, olives, cucumbers, tomatoes, feta & balsamic vinaigrette...7

### Fanny Bay Oysters

lightly coated & fried, how can you go wrong? Served with a sweet chili sauce...9

### Saltspring Island Mussels

steamed with peppers, onions in a coconut curry sauce...12

**Add Focaccia Stick...1**

### Grilled Prawn Tacos

corn tortilla cups with romaine, grilled prawns, roasted corn, beans and chipotle sauce. Served with fresh pico de gallo salsa...13

### Fish Tacos

BBQ rock fish, romaine, sprouts, cabbage slaw, in Abuelos soft corn chia tortillas with fresh pico de gallo salsa...12

### Schooner Squid

a classic, served with garlic yogurt...11

**Add Grilled Onions...2**

### Tataki Tuna

local Albacore tuna, seared & served with our sesame wasabi sauce & herb corn crisps...9

### Panko Chicken

crispy fried chicken breast, with our honey mustard dip...7

### Pork Ribs

our balsamic marinated pork ribs with sweet chili sauce...9

## SALADS

### Thai Prawn Salad

grilled prawns, Thai vinaigrette on warm rice noodles with spinach, julienne peppers, green onions & sprouts...17

### Grilled Caesar Salad

charbroiled baby romaine, toasted focaccia croutons, house dressing, shaved parmesan...10

**Add BBQ Chicken...5**

**Add BBQ Rock Fish...4**

### Charbroiled Chicken Salad

what can we say? It's a classic. BBQ fresh chicken breast, served on Artisan greens with almonds & honey yogurt...15

### Pork n' Feta

charbroiled, thinly sliced BBQ pork, served hot, over Artisan greens with feta & honey yogurt...15

### Quinoa Avocado Salad

grilled baby romaine, grilled peppers, fresh avocado, feta & balsamic vinaigrette on organic quinoa...14

**Add Walnut Mushroom Patty...4**

### Spinach Salad

with mushrooms, sundried tomatoes, artichoke hearts, shaved parmesan & honey yogurt...11

**Add BBQ Rock Fish...4**

### Add Ons

Grilled Garlic Bread

Focaccia Stick

BBQ Pork Roast

BBQ Chicken Breast

BBQ Rock Fish

Grilled Albacore Tuna

Grilled Prawns

Avocado

Grilled Red Peppers

### Salad Dressings

Spicy Thai Vinaigrette

Chipotle

Balsamic Vinaigrette

Honey Yogurt

**How Else May We Serve You?**

**Have an allergy? A food sensitivity?**

**Please let your server know.**

**GLUTEN FREE MENU AVAILABLE!**

**Good, Fresh Food Takes Time.**

## LUNCH MEALS

Comes with Soup, Vegan Chili, Fries, Screamins or Greens.  
Sub Yam Fries or Grilled Caesar...2

### BBQ Steak Sandwich

our famous, charbroiled AAA 6oz sirloin served on grilled French bread with sautéed mushrooms & onions...18

### Avocado Wrap

shredded romaine, Eatmore sprouts, fresh avocado, tomatoes, cucumber & garlic herb mayo...11

**Add BBQ Chicken...**5

**Add BBQ Rock Fish...**4

### Chicken Caesar Wrap

charbroiled, fresh chicken breast, chopped romaine, shaved parmesan, caesar dressing. The best...13

**Add Back Bacon...**2

### BBQ Pork Gyro

charbroiled, thinly sliced BBQ pork, shredded romaine, our cabbage slaw, feta & garlic yogurt wrapped in a pita...13

### Rock Fish Gyro

BBQ rock fish, shredded romaine, cabbage slaw, cucumber dill sour cream, wrapped in a pita...13

### Spinach Cheese Omelette

fresh spinach, edam, mozza, fresh pico de gallo salsa on the side...11

**Add Avocado...**2

**Add Back Bacon...**2

### Breaky Burrito

scrambled eggs, peppers, onions, chorizo, cheese, cajun spice in a tomato tortilla. Served with fresh pico de gallo salsa & cucumber dill sour cream...14

### Roasted Veg Quesadilla

tomato tortilla filled with grilled yam, peppers, onions, edam, mozza, with fresh pico de gallo salsa & cucumber dill sour cream...12

**Add Chicken...**3

**Add Chorizo Sausage...**3

### Enchiladas

Abuelos soft corn tortillas with beans, corn, grilled yam, onions & peppers, baked with a fire roasted tomato sauce & cheese...12

**Add Chicken...**3

**Add Chorizo Sausage...**3

## BURGERS

Comes on Grains focaccia bun & your choice of Soup, Vegan Chili, Fries, Screamins or Greens.  
Sub Yam Fries or Grilled Caesar...2

### Oyster Burger

crispy fried Fanny Bay oysters, lettuce, tomato, cucumber dill sour cream...15

### Tuna Burger

local charbroiled albacore tuna, lettuce, tomato, avocado, pickled ginger, sweet wasabi sauce...15

### Monterey Burger

charbroiled beef burger, back bacon, Monterey Jack cheese, lettuce, tomato, garlic herb mayo...14

### Chicken Burger

barbequed fresh chicken breast, roasted peppers, Monterey Jack cheese, lettuce, tomato, chipotle mayo...14

### Walnut Mushroom Burger

our own famous, vegetarian burger made with roasted walnuts, mushrooms & garbanzos, topped with sautéed mushrooms, lettuce, tomato, garlic herb mayo...14

### Greek Lamb Burger

delicious charbroiled lamb patty, lettuce, tomato, feta, cucumber dill sour cream...14

### Add Ons

Avocado  
Back Bacon  
Monterey Jack Cheese  
Sautéed Onions  
Sautéed Mushrooms  
Grilled Red Peppers

## LUNCH PASTA

Comes with a focaccia stick & your choice of Soup, Vegan Chili, Fries, Screamins or Greens.  
Sub Yam Fries or Grilled Caesar...2

### Grilled Prawn Tortellini

cheese stuffed pasta baked with green onions, edam, mozza & mushrooms in a prawn bisque cream sauce...14

### Little Italy

linguine, tossed with fresh spinach, fresh tomatoes, kalamata olives, green onions, garlic, in extra virgin olive oil with feta...11

**Add Chorizo Sausage...**3

### Sausage Sicilian

penne pasta, chorizo sausage, artichokes, green onions, sundried tomatoes, roasted garlic in extra virgin olive oil, with shaved parmesan...13

### Chicken Milano

penne pasta, mushrooms, green onions, fresh tomatoes in a garlic cream sauce with shaved parmesan...13

### Mac & Cheese

gf fusilli pasta, butternut yam sauce & lots of cheese...14

*We use locally sourced products where ever possible.*