

# P2B

bistro & bar

## STARTER & SOCIAL

### **Signature Crab Cakes** 17

Frisée, orange segments, bell peppers, and edamame salad with mango citrus vinaigrette

### [GF] **Jicama Fish Tacos** 13

Pan seared Pacific lingcod, pickled fennel coleslaw, pico de gallo in a thin jicama shell

### **Chicken Wings** 12

One pound of chicken wings tossed in your choice of Franks Red-Hot, bbq, or sea salt and fresh ground pepper

### **Albacore Tuna Tataki** 13

Togarashi spice, cucumber, edamame, beet curls, carrot, arugula, spinach and cilantro with ginger orange soy reduction

### **Beer Battered Prawns** 12

Crispy fried prawns tossed in our own Creole Spice with lemon, roasted garlic chipotle aioli and sweet chili sauce

### [GF] **Galiano Island Mussels** 16

A full pound of Thai coconut mussels with grilled focaccia

### **Spicy Creole Calamari** 10

Fresh hand cut calamari, tossed in our own creole spice with onion, jalapeño, lemon and tzatziki sauce

### **Truffle Frites** 11

Fresh herbs, shaved parmesan and white truffle oil with roasted garlic chipotle aioli

### **Cured Meat and Artisan Cheese** 21

Genoa salami, prosciutto, spicy capicola, grana padano, Danish blue, double creamed brie, olives, fig jam, caramelized onions, and crostini with house made crisps

### **Grilled Flatbread Pizza** 14

Grape tomato, bell peppers, julienne onions Kalamata olives and local goat feta

### **Nachos** 15

Housemade tri-colour corn tortilla chips with all the fixings, fresh pico de gallo, sour cream and house made guacamole

### [GF] **Prawn Cocktail** 11

Poached tiger prawns with cocktail sauce

## SOUPS, SALADS & SANDWICHES

### **Daily Soup**

Cup 6 / Bowl 9  
Chef's creation

### **West Coast Bouillabaisse** 7 / 11

Mussels, clams, prawns and fin fish in tomato coconut broth with grilled focaccia

### **House Greens** 8

Organic greens with goat feta, grape tomato, spicy almonds and Dijon vinaigrette

### **Crispy Caper Caesar** 8

Crisp romaine, house made dressing with parmesan cheese, tossed croutons and crispy capers

### [GF] **Quinoa Salad** 11

Organic baby kale, spinach, arugula, carrot curls, spiced toasted almonds, sundried cherry, crumbled goat feta, braised quinoa and lemon raspberry vinaigrette

### **Blackened Chicken Caesar** 16

Creole spiced breast, crisp romaine, house made dressing with parmesan cheese tossed croutons and crispy capers

### [GF] **Chargrilled Chicken & Organic Greens** 19

Local chicken breast, organic greens, cherry tomatoes, sliced egg, hickory smoked bacon, avocado with Danish blue cheese tossed in a grainy Dijon dressing

### [GF] **Steak and Rockets** 19

6oz. Certified Angus Beef® flat iron with arugula, spinach frisée, red onion, julienne bell pepper, grape tomato, and truffle vinaigrette

### **Angus Burger** 16

Hand formed Certified Angus Beef®, hickory smoked bacon, B.C. cheddar, vine tomato, lettuce, and onions on brioche bun

### **Chicken Sandwich** 16

Creole spiced chicken breast, hickory smoked bacon, roasted garlic chipotle aioli, avocado, lettuce and vine tomatoes on brioche bun

### **Grilled B.C Salmon Sandwich** 16

Fresh local wild sockeye with lettuce, vine tomato, onions, beet slaw and caper tartar sauce on brioche bun

### **Prime Rib Dip** 16

24 hour roasted prime rib served with caramelized onions, garlic horseradish mayo and savory red wine jus on a pretzel baguette

*(All Sandwiches served with house greens or French fries)*

## LAND, SEA & BOWLS

### [GF] **Filet & Atlantic Lobster** 42

Sautéed fingerling potatoes, daily vegetables with garlic butter and cabernet demi-glace

### [GF] **5oz Filet Mignon** 29

Certified Angus Beef® with sautéed fingerling potatoes, daily vegetables and cabernet demi-glace

### [GF] **10oz Rib Eye** 34

Certified Angus Beef® with sautéed fingerling potatoes, daily vegetables and cabernet demi-glace

### [GF] **BBQ Baby Back Ribs** 25

Slow Braised local pork with hickory smoked barbeque sauce, sautéed peppers, corn, jasmine rice and beet slaw

### [GF] **Prawn and Scallops** 29

Grilled Pacific shellfish with fresh herb risotto, daily vegetables and citrus butter sauce

### [GF] **Haida Gwaii Halibut** 29

Sautéed fingerling potatoes with daily vegetables and citrus butter sauce

### [GF] **Grilled Wild Sockeye** 25

Sautéed fingerling potatoes with daily vegetables and citrus butter sauce

### **Pacific Lingcod & Chips** 19

Lemon and dill tempura batter, beet slaw, crispy fries and caper tarragon tartar sauce

### [GF] **Stone Pot Bi Bim Bap** 15

Sizzling rice, poached egg, fresh pickled and sautéed vegetables with sesame pepper sauce  
(substitute tofu for egg no charge)

**Add chicken or beef 7**

### **Tikka Masala** 18

Prawn or chicken in authentic garam masala sauce with jasmine rice, grilled naan and toasted almonds  
(tofu substitute for prawns available – no charge)

### **Mushroom and Chicken Penne** 18

Grilled chicken, sautéed wild mushrooms, chorizo sausage in porcini alfredo

### **Classic Spaghetti Bolognese** 16

Ragu of sautéed mirepoix, tomatoes, cream and ground Angus prime rib with grilled focaccia

### **Blackened Chicken Rice Bowl** 17

Creole spiced chicken breast, beet slaw, sautéed peppers, corn and jasmine rice with house made pico de gallo

### **All Day Breakfast** 15

Two eggs any style, blistered tomato, Yukon garlic potato, artisanal bacon, ham or sausage

### **Enhance Your Meal**

6 Grilled Prawns \$7 | 6oz Grilled Flat Iron Steak \$10  
5oz Grilled Local Chicken Breast \$7  
5oz Wild Sockeye Salmon \$8