

SEASONS IN THE PARK


SHARE

Warm Spiced Nuts	3
Marinated Olives	4.5
 Stuffed Mushrooms	12
Fish Tacos	9
Antipasti Platter	11
 Dungeness Crab & Risotto Cake	11
Beef Carpaccio	14
 Mussels & Frites	18



SOUP

Carrot Ginger	7
Truffled Mushroom	7
New England Clam Chowder	8

SALAD

Mixed Seasonal Greens <i>maple vinaigrette, goat cheese, candied almonds, berries</i>	8.5
Iceberg Lettuce Wedge <i>blue cheese dressing, tomato confit, candied bacon</i> ...	9.5
Caesar Salad <i>parmesan, capers, croutons</i>	10
Chop Salad <i>beets, olives, tomatoes, cucumber, egg, green beans, feta</i>	14
 Ahi Tuna Niçoise <i>honey Dijon dressing, French beans, olives, tomatoes, egg</i>	17




SIDES

Pomme Frites	4
Maple Glazed Carrots	4
Free Range Chicken	6
 Seared Ahi Tuna	6
Wild Mushroom Risotto	6
 Grilled Salmon	7
Wild Prawns (3 pieces)	8
Grilled Asparagus <i>béarnaise sauce</i>	9

PIZZA & PASTA

Tandoori Chicken Flatbread <i>mango, scallions, red bell pepper</i> ...	13
Pizza Margherita <i>mozzarella, roma tomatoes, basil</i> ...	13
Spaghetti Puttanesca <i>olives, capers, tomato sauce, parmesan cheese</i>	17
Seafood Linguine Carbonara <i>bacon, prawns, snapper, scallops, parmesan cheese</i>	20
Lamb & Mushroom Ravioli <i>balsamic reduction, capers, mint, pecorino romano</i>	24

MAINS

 Miso Soy Marinated Black Cod <i>pineapple chive vinaigrette, jasmine rice</i>	26
 Pan Seared Steelhead Salmon <i>maple butter sauce, mashed potatoes</i>	24
Duck 2 Ways <i>hoisin 5 spice duck breast, leg confit, fig demi-glace, potato rosti</i>	28
Oven Roasted Free Range Chicken Breast <i>porcini demi-glace, wild mushroom risotto</i>	19
 BC Salmon Burger <i>rémoulade, coleslaw, frites</i>	15
Sequoia Burger <i>bacon, cheddar, frites</i>	16

BROILER

<i>served with garlic mashed potatoes & seasonal vegetables</i>	
10 oz Fraser Valley Pork Chop	18
7 oz CAB Sirloin	19
9 oz CAB Sirloin	23
10 oz AAA New York	29
12 oz AAA Rib Eye	33
7 oz AAA Filet Mignon Neptune <i>crab crust, peppercorn demi-glace, sauce béarnaise</i>	36
Rack of Lamb <i>Dijon herb crust, cabernet jus</i>	36

JOIN US SUNDAY NIGHTS

Slow Roasted Prime Rib \$25

or

All 3-courses \$32