

SOUPS

VANCOUVER ISLAND CHOWDER 22

Clams, prawns, island fish, double smoked bacon, house focaccia

SALADS

CAESAR SALAD 19.99

Romaine hearts, caesar dressing, parmesan, strawberries, croutons

BEAR SPINACH SALAD GF 19.99

Young spinach, sliced strawberries, shaved apples, toasted almonds, goat cheese, champagne dressing

GARDEN VEGETABLE GF 19.99

Iceberg, sliced fresh oranges, steamed seasonal vegetables, shaved apple, ricotta salata, sesame dressing

NICOISE SALAD GF 19.99

Spring mix, green beans, confit potato, egg, olives, fresh local blueberries, citrus dressing
Choice of confit tuna or seared ahi

TRADITIONAL TOMATO CAPRESE 19.99

Heirloom tomato, fior de latte, focaccia crisp, ricotta salata, limoncello reduction, mint sauce

ADD

Grilled Blackened Chicken (7oz.) 15
Grilled Tenderloin (6oz.) 22
6 Grilled Prawns 16

SHARE PLATES

HOUSE BREAD 13

Baguette, focaccia

ANTIPASTI FOR TWO 58

Chef's selection of grilled & pickled vegetables, dips, bread, cheese, & charcuterie

SCALLOP 26

Pan seared scallops, vanilla cauliflower puree, sauce vierge

OLIVES VG 15

Chili, orange, thyme, parmesan rosemary grissini

LAND & SEA

SALMON GF 42

House potato & two fresh seasonal vegetables
*New World Pinot Gris, Oaked Chardonnay

PAN ROASTED CHICKEN GF 39

House potato & two fresh seasonal vegetables
*Oaked Chardonnay, Pinot Noir

SAUTEED HALIBUT GF 46

House potato & two fresh seasonal vegetables
*Pinot Noir, Sangiovese, Malbec

STEAKS

6 OZ. TENDERLOIN 65

8 OZ. STRIPLOIN 58

10 OZ. RIBEYE 60

ALL STEAKS SERVED WITH

House potato & two fresh seasonal vegetables
*Merlot, Cabernet Sauvignon (& Blends)

PASTA

LAMB PAPPARDELLE 35

Braised lamb, red wine pomodoro, basil, tomato, pine nut, chili me de pain
*Pinot Noir, Sangiovese (& Blends)

PRAWN LINGUINE 39

Chili garlic prawns, tomato ragu, olives, capers, feta cheese
*Sauvignon Blanc, Pinot Gris, Oaked Chardonnay

ADDITIONAL SIDES

CHIVE MASHED POTATO 10

Buttermilk mashed potato, crispy onions, chives

MUSHROOM RISOTTO 14

Foraged mushrooms, herbs, parmesan, lemon

CRISPY BRUSSELS SPROUTS 11

Honey gochujang glaze, sesame aioli

BEETS 10

Caramelized yoghurt, candied pecans, fig dust

CAULIFLOWER 11

Au gratin

GF Gluten free VG Vegetarian

Please advise your server of any allergies or dietary restrictions you may have.

All prices are subject to applicable government taxes.

An additional 18% service charge applicable for parties of 6 and above.

EAT WELL MENU

Half/Full

NICOISE SALAD GF 12/19.99

Spring mix, green beans, confit potato, egg, olives, fresh local **blueberries**, citrus dressing
Choice of confit tuna or seared ahi

BEAR SPINACH SALAD GF 12/19.99

Young spinach, sliced **strawberries**, shaved apples, toasted almonds, goat cheese, champagne dressing

GARDEN VEGETABLE GF 12/19.99

Iceberg, sliced fresh **oranges**, steamed seasonal vegetables, shaved apple, ricotta salata, sesame dressing

LAMB PAPPARDELLE 20/35

Braised lamb, red wine pomodoro, basil, tomato, pine nut, chili me de pain

VANCOUVER ISLAND CHOWDER 14/22

Clams, prawns, island fish, double smoked bacon, house focaccia

PRAWN LINGUINE 27/39

Chili garlic prawns, tomato ragu, olives, capers, feta cheese

OUR SOURCING PROMISE

We actively seek out suppliers we trust, to source ethical, sustainable and organic ingredients wherever possible.

Our Chef has crafted these delicious dishes with your well-being in mind, giving you the freedom to choose when it comes to portion size, nutritional balance and quality of ingredients.

WESTIN®



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