



## **APPETIZERS**

### ***CANDIED SALMON GOUGÈRES***

Light Savory Pastry filled with Home Made Candied Salmon and Cream Cheese Mousse served with Red Pepper Emulsion and Lemon Oil

**7.95**

### ***BEACHES SEAFOOD CHOWDER***

With Clams, Wild Salmon and Market Seafood

**7.00**

### ***BEACHES SALAD***

Toasted Pine Nuts, Dried Cherries, Shallots and Pomegranate Dressing

**5.45**

### ***WARM SPINACH SALAD***

Pan Seared Scallops, Toss with Mushroom, Bacon and Thistle Honey Lemon Dressing

**6.95**

### ***CAESAR SALAD***

Home Made Dressing, Garlic Croutons and Parmesan Cheese

**5.95**

### ***PISTACHIO CRUSTED GOAT CHEESE***

With Pear Chutney and Toasted Baguette Croutons

**9.95**

### ***SABLE CAKES***

Sablefish Brandade, Panko Breaded and served in a Red Pepper Nage with Gaufrette Potatoes

**11.95**

### ***SCALLOPS AND PRAWNS PROVENÇAL***

Sautéed with Tomatoes, Garlic, White wine and Herbs with Saffron Rice

**11.95**



## ENTREES

### BEACHES SHARED DINNER FOR TWO

53.95 per couple

#### To Start

Beaches Seafood Chowder

Or

Beaches House Salad

Choice Of:

#### THE GRILLED MEAT PLATTER

Bacon wrapped Filet Mignon and Double Lamb Chops served with Fresh Thyme Jus, Port Demi Glace, Seasonal Vegetables and Roasted Red Jacket Potatoes

Suggested Wine:

*Pinot Noir, Quail's Gate  
British Columbia, VQA*

#### BEACHES SEAFOOD PLATTER

Potato Crusted B.C. Salmon, Steamed Black Cod and Grilled Sea Scallops served with Shallot Brandy Sauce, Merlot Blueberry Sauce, Seasonal Vegetables & Saffron Rice

Suggested Wine:

*Pinot Gris, Mt. Boucherie  
British Columbia, VQA*

#### MONTHLY MARKET FISH

Ask your Server for Details

Market price

#### WILD SALMON ESCALOPE

Baked on a Potato Crust, served with Roasted Red Jacket Potatoes, Vegetables and a Merlot & Blueberry Sauce

22.95

#### HERB CRUSTED CHICKEN

##### BREAST

Filled with Apricots and Brie Cheese Served with Roasted Red Pepper Risotto, Vegetables and Natural Pan Jus

19.95

#### PEPPERCORN BUTLER STEAK

Marinated, Grilled 8 oz and served with Roasted Red Jacket Potatoes, Vegetables and Brandy Peppercorn Sauce

23.95

#### HAND ROLLED PARMESAN

##### GNOCCHI

Specialty of the House, served with a Mosaic of Seasonal Vegetables in Truffle Cream

15.00

Add King Prawns- 6

Add Scallops- 4.5

Add Chicken- 4.5

#### SCALLOPS AND PRAWNS

Sautéed Sea Scallops and Tiger Prawns Flambéed with and served with Brandy Lobster Sauce Saffron Rice and Seasonal Vegetables

23.95

#### DOUBLE ROASTED RACK OF

##### LAMB

Crusted with Garlic & Grainy Mustard and served with Thyme Jus, Hand Rolled Parmesan Gnocchi and Seasonal Vegetables

28.95

#### BACON WRAPPED BEEF

##### TENDERLOIN MEDALLION

Alberta Beef, Pan Roasted and served with Port Demiglace, Roasted Red Jacket Potatoes and Seasonal Vegetables

26.95

Add King Prawns- 6

Add Scallops- 4.5

Add Chicken- 4.5

#### ROASTED RED PEPPER RISOTTO

With Shelled Peas, served in a Roasted Portabello Mushroom Cap with Vegetables and Parmesan Cream

15.95

Add King Prawns- 6

Add Scallops- 4.5

Add Chicken- 4.5