

# quench

## cocktails made w/ fresh juice

mojito	10
bacardi rum   fresh lime   mint	
cosmopolitan	10
cointreau   cranberry   lime   absolute citron	
lynchburg lemonade	10
jd   triple sec   lemon	
the claudette	10
absolute citron   chambord   lemon   mint	
classic sour	7
amaretto or vodka whiskey   strong   sweet   sour	
ice wine martini	14
vqa ice wine   vodka peach schnapps	

## wines by the glass

sauvignon blanc   j. bouchon	9
pinot grigio   argento	9
dry riesling   vineland   vqa	10
chardonnay   jackson triggs	10
viognier   yalumba	12
chardonnay   parducci	11
merlot   jackson triggs	10
chardonnay   martin ray	16
chianti   straccali	10
pinot noir   henry of pelham   vqa	14
cabernet sauvignon   jackson triggs	10
shiraz-cabernet   penfold's	12

## ice cold beer on tap

sapporo 8 | guinness 8 | mill street organic 7 | mill street tank house ale 7  
stella artois 8 | alexander keiths 7 | sam adams 7 | steam whistle pilsner 7

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## dinner

our chef is inspired by great seasonal produce, top quality meats & fresh sustainable seafood, indulging his passion the menu changes weekly

### starts & shares

house made kettle chips caramelized onion dip	6
crispy Italian flat bread nicoise olive   grilled artichoke   goat cheese   pancetta   tomato	10
classic salad lyonnaise frisee   lardons   free range poached egg   dijon dressing	10
beef & bacon sliders canadian white cheddar   caramelized onion   maple pepper bacon	14
trios signature crab cakes maryland lump crab   micro greens   spicy remoulade	18
caesar salad romaine hearts   grana padano   classic anchovy-garlic dressing	10
frothy asparagus & watercress soup sweet snow crab   white asparagus   toasted almonds	9
soup du jour market inspired   chef crafted	7
pan roasted scallops tomato confit   spring pea puree   micro greens	16

# bistro

	grain fed breast of chicken barley risotto   roasted mushrooms   creamy thyme jus	26
	angus beef burger w/ bacon & cheese hand cut fries   tomato   onion   lettuce	16
	gnocchi oven roasted tomato sauce   ricotta   torn basil   grana padano add rock shrimp	22 26
	sleeman beer battered fish & chips wild canadian haddock   tartar sauce   lemon   malt vinegar	18
	big bowl caesar salad w/ grilled chicken or wild salmon romaine heart   grana padano   classic dressing	17
	not yo' mamma's meat loaf proscuitto crusted veal and pork meat loaf   whipped potatoes   pan gravy	17
	hecate straight halibut lemon pepper spaetzle   spring pea   asparagus   tomato olive relish	26
	raja thani (lamb curry) jasmine rice   berry chutney   mint raita   house made naan	24
	lemon pepper spaghetti grilled chicken   artichokes   tomatoes   oregano	19
	pan seared snapper fava beans   fingerling potatoes   leeks   double smoked bacon   grilled corn	24

**simply grilled** items from the grill include your choice of one side

## Sides

	willowgrove hill pork chop roasted apple thyme butter	31	asian wok vegetables garlic   chili	5
	b.c. wild sockeye salmon lemongrass citronade (carb conscious)	26	spring vegetables market's best	5
	yellow fin tuna grilled lime, herb oil (low cholesterol)	28	green & white asparagus pancetta	5
	10 oz angus n.y. steak maitre d'hotel butter	34	roasted mushrooms parsley   garlic	5
	7 oz angus beef tenderloin red wine jus	36	hand cut fries sea salt   0 trans fats	5
			5 spice scented coconut rice	5
			creamy whipped potato	5

**Ocean Wise**  Recommended by the Vancouver Aquarium as an ocean-friendly seafood choice.

executive chef morgan wilson | restaurant chef frank amore