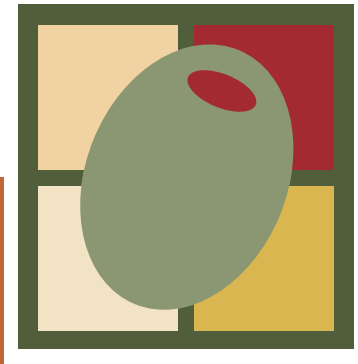


Eclectic

Med

restaurant inc.



Appetizers

Alaskan Snow Crab Cakes	12
sweet corn and chives with micro greens salad and sweet chilli sauce	
Surf and Turf	10
seared Atlantic scallops on micro greens with crisp fried chorizo and brown butter jus	
Fresh Steamed Mussels	12
with garlic, white wine, tomatoes, fennel and a dash of cream with bread for dipping ~ or ~ Spicy in a Thai coconut curry broth	
Calamari Calabrese	10
spiked with ground chorizo, simmered with tomato, garlic and capers, served with sour cream relish	
Garlic Prawns	10
baked in a lemon, herb, garlic and shallot butter with a splash of white wine and bread crumb crust	
Coconut Shrimp Satay	9
coconut crusted tiger prawns skewered and served with mango chutney	
Sesame Shrimp Satay	9
sesame seed crusted tiger prawns skewered and served with mango chutney	
Chicken Satay	9
on bamboo skewers with spicy peanut sauce	
Roasted Portabella Mushroom	9
topped with pine nut, basil, parmesan pesto, served with toasted baguette	
Walnut Crusted Okanagan Goat Cheese	10
served warm with micro greens, honey drizzled grapefruit sections and toast rounds	
Roasted Garlic Buds & Brie	10
with red currant preserve and toast rounds	
House Salad	8
mixed baby greens with fresh herbs tossed with feta cheese, toasted pine nuts, kalamata olives, red onion and raspberry orange vinaigrette	
Caesar Salad	8
whole leaf romaine, roasted garlic dressing, oven dried proscuitto, baked parmesan crisp and herbed croutons	
Lime & Coconut Curry Cream Soup	9
with Alaskan snow crab and sweet corn	
Tuscan Tomato Soup	6
garnished with sour cream and oven dried proscuitto chips	
Extra Basket of Bread	1
~ 2 piece	
~ 4 piece	2

From the Sea

Two Way Alaskan Black Cod	28
roasted wrapped in proscuitto and served atop smoked black cod infused potato mash with blistered cherry tomatoes and grilled zucchini in a rosé sauce	
Wild Salmon Filet	24
grilled and served with seasonal vegetables, caper dill aioli and your choice of: risotto, scalloped potatoes ~ or ~ Alaskan Crab infused potato mash	
The Lobster, Scallop, Shrimp, Crab, Smokie Grab	38
Rock Lobster tail, seared scallops, tiger prawn skewer, crab cake and smoked Black Cod infused potato mash served with micro green salad, grilled lemon wedges, garlic butter jus and caper dill aioli	



From the Land

Oven Roasted Maple Hills Farm Chicken Breast Supreme	24
stuffed with basil, sundried tomato feta cheese pesto, served with seasonal vegetables and your choice of goat cheese or mushroom risotto or scalloped potatoes	
Violet Creek Kurobuta Pork Chop	26
all natural local pork, jerk smoke roasted, topped with mango chutney and served with mixed leaves and scalloped potatoes	
~ or ~ Alaskan Crab infused potato mash	30
Coffee Rubbed Breast of Duck	26
slow roasted, sliced medium rare with goat cheese or mushroom risotto, seasonal vegetables and a red wine and orange mocha reduction sauce	
Striploin of Opal Valley Australian Lamb	28
brushed with rosemary and garlic, roasted and served in "pink" medallions with Okanagan goat cheese or mushroom risotto, seasonal vegetables and a cabernet, red currant, mint reduction	
~ or ~ Moroccan spiced, grilled and sliced with an apricot, pinenut cous-cous dressed with minted yogurt	
Tenderloin of High Plains Alberta Bison	32
a 7 oz cut, pan seared, oven finished and served with scalloped potato, seasonal vegetables and a blueberry demi glaze	
Spring Creek Ranch Beef	
superior taste and texture, free of growth hormones, feed additives and antibiotics, grilled and served with scalloped potato and seasonal vegetables	
	8 oz Top Sirloin 24
	10 oz Ribeye 28
Enhance your steak with Alaskan Crab infused potato mash	4
~ and/or ~	
add mushroom cream sauce	3
add red wine chasseur sauce	5
add Madagascar green Peppercorn sauce	5
add lobster tail	16
add prawn skewer	7

Pastas and World Travellers

Fire Cracker Shrimp Linguine	18
tiger prawns tossed with chilli flakes, garlic, sundried sicillian cherry tomatoes and finished with basil, pinenut and parmesan pesto	
The Bangkok Express	18
chicken, tiger prawns, peanuts and veggies in a spicy Thai coconut curry sauce mounted in an Asian noodle twist	
Chicken Singapore	17
chicken and veggies sauteed with portabella mushroom and rice noodles, flavoured with ginger, garlic, chilli peppers, soy sauce and sesame oil	
Penne Putanesca	16
peppers, onion, fennel, artichokes, garlic, olives, capers and cherry tomatoes tossed with extra virgin olive oil, pesto and parmesan cheese	
Lemon Pesto Chicken	17
linguine tossed with chicken, fennel and capers simmered in a creamy lemon pesto sauce topped with extra parmesan	
Pollo Al Funghi	17
chicken and portabella mushrooms simmered in a peppercorn cream sauce, tossed with linguine and topped with parmesan	
Sicillian Seafood Penne	18
prawns, scallops, mussels, clams and calamari with Bell pepper, fennel and black olives in a hearty marinara sauce with parmesan	
The Lobster, Scallop, Tiger Prawn Special	32
Rock lobster tail, Atlantic scallops and tiger prawns flamebèed in anise liquor and served with penne in a citrus, fennel cream sauce	



