

Lunch Spring 2010



Appetizers

Tapenade Crostini 6

Provençal olive puree, olive oil and sea salt crostini

Feature Soup 8

Daily soup inspired by the season and whimsy of the Tapenade Bistro kitchen

Fraser Valley Duck Confit 12

Crispy leg, red beet tartare, herbed goat cheese, baby frisee, Tapenade herb garden puree, sherry vinegar caramel

Harvest Salad 9.5

Artisan baby lettuces, Gruyere, pickled cucumber, dried apricot, red pepper relish, crispy ham, toasted almonds, aged sherry vinaigrette

"Fish and Chips" 11

Crispy halibut cheeks, chickpea "frites", fennel carrot slaw, Chef's tartare sauce

Beef Striploin Carpaccio 11

Parmigiano-Reggiano, capers, roquette, lemon truffle aioli, balsamic reduction, extra virgin olive oil

Beet Salad 10

Marinated teen beets, chickpea puree, chévre, horseradish cream, beet vinaigrette

Romaine Heart Salad 9

Parmigiano-Reggiano, garlic confit and anchovy crouton, "Caesar dressing"

"Insalata Caprese" 11

Vine ripened tomato, hand pulled mozzarella, basil, filone croutons, extra virgin olive oil, crema di balsamico

House Made Charcuterie One 9 Three 25

All charcuterie served with cornichon, olive oil and sea salt crostini

Duck Rilette

Traditional shredded duck pate, grainy mustard, saffron cucumber, rhubarb vanilla confiture

Chicken Liver Parfait

Bruleed parfait, Port onion jam, pickled pink onion

Pate de Campagne

Country style terrine, apricot thyme compote, Cognac Dijon mustard

Mains

Nicoise Salad 16

Seared albacore tuna, Yukon gold potato salad, olives, capers, 6 minute eggs, haricot vert, grape tomato, tapenade vinaigrette

Pink Shrimp and Spinach Crepe 13

Pink shrimp, spinach, béchamel, artisan baby lettuces, light tomato cream

Mushroom and Arugula Crepe 12

Mixed mushrooms, baby arugula, béchamel, artisan baby lettuces, Parmigiano-Reggiano, confit garlic cream

The "Marseille" Sandwich 12

Hand peeled shrimp, fennel, radish sprouts, filone baguette, organic field greens or pommes frites

The "Provence" Sandwich 10

Cured ham, honey ham, gruyere, young arugula, caramelized onion, tomato confiture, filone baguette, organic field greens or pommes frites

Prawn Romaine Salad 14

Sautéed tiger prawns, romaine heart, Parmigiano-Reggiano, garlic confit and anchovy crouton, "Caesar" dressing

"Steak, Fries and Salad" 20

Pan seared 6oz flat iron, chick pea "frites", iceberg lettuce, Chef's blue cheese dressing, Marchand de Vin sauce

Bouillabaisse 19

Provençal fish stew, fresh fish, tiger prawns, scallop, mussels, clams, shellfish and tomato broth, rouille

Pasta AP 11 MC 20

Linguine "Boscaiola"

Ground AAA Canadian striploin, mushroom and root vegetable soffrito, Parmigiano-Reggiano, Cognac and truffle cream

Linguine "Pomodoro"

Grape tomatoes, hand rolled mozzarella "fiore di latte," basil, Chef's tomato sauce

Salt Spring Island Mussels AP 11 MC 20

Choice of three styles, main course served w/ pommes frites & aioli

Provençal Capers, olives, tomato, Provençal sauvignon blanc broth

Piggy Double smoked bacon, garlic, grape tomato, light tomato cream, rouille

Breton Fennel, shallots, chives, creamy Pernod pinot gris broth

Please do not hesitate to specify dietary requirements or if you require an item simply prepared.

Alex Tung
Executive Chef



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