



GLUTEN FREE MENU

SOUP

SQUASH SOUP 12

Roasted Butternut Squash Soup, Crème Fraîche, Toasted Pumpkin Seeds

CUP SQUASH SOUP 7

SALADS

Add Grilled Chicken, Prawns, or Salmon Skewer to Any Salad ...\$10

KANAKA SALAD 16

Mixed Greens, Feta Cheese, Candied Nuts, Fresh Berries, Honey Poppyseed

STARTER KANAKA SALAD 9

HARVEST SALAD 18

Mixed Greens, Candied Squash, Heidi Cheese, Pickled Beets, Radish, Fennel, Pumpkin Seeds, Endive, Cranberry Vinaigrette, Craisins

STARTER HARVEST SALAD 9.5

CAESAR SALAD 14

Romaine, House Caesar Dressing, Parmesan

STARTER CAESAR SALAD 8

BOWLS

GINGER CHICKEN CHIPOTLE BOWL 23

Ginger Chicken, Steamed Rice, Pickled Vegetables, Lettuce, Green Onion, Chipotle Drizzle

SWEET CHILI PRAWN BOWL 23

Sautéed Prawn Skewers, Steamed Rice, Pickled Vegetables, Lettuce, Arugula, Green Onion, Sweet Chili

STARTERS & SHARES

CHARCUTERIE & CHEESE 32

Iron Butcher Meats, Farmhouse Natural Cheeses, Pickles, Preserves

SALMON TRIO BOARD 32

Smoked Salmon, Candied Salmon, Salmon Rillette, Cucumber Slices

FRESH SHUCKED OYSTERS (MARKET \$)

Lemon, Mignonette Pearls, Fresh Horseradish

RED BEET HUMMUS 13

House Hummus, Crispy Chickpeas, Olives, Cucumber Slices

BEEF CARPACCIO 19

Thinly Shaved Beef Tenderloin, Peppercorn Aioli, Kabritt Cheese, Arugula, Olive Oil, Lemon, Served With Sliced Cucumber

CHICKEN WINGS (MCG) 19

1lb Salt & Pepper, Honey Garlic, Hot Sauce, or Korean BBQ

2 FISH TACOS 14

2 Pan Seared Rockfish Tacos on Lettuce, Coleslaw, Tomato Red Pepper Salsa, Cilantro, Chipotle Mayo

STEAMED HONEY MUSSELS 23

1/2 lb French Style Creamy Broth, Chive Oil

HOKKAIDO SCALLOP RISOTTO 23

Three Seared Scallops, Italian Risotto, Parmigiano Reggiano, Pumpkin Seed Pesto

TUNA TATAKI 19

Seared Albacore Tuna, Cucumber, Spicy Mayo, Rice Crisp, Watermelon Radish

FRENCH ONION POTATO PAVE 15

Potato Pave Stacks, Caramelized Onions, Cheddar Gratin, Chives, French Onion Aioli, Bacon

YOUNG GUESTS

Includes Soft Drink & Dessert

YG MAC & CHEESE 14

Not From The Box, Real Cheddar & Parmesan, Gluten Free Penne

YG CHEESEBURGER 15

Iron Butcher Patty, Cheddar, Lettuce Bun, Burger Sauce



DINNER

Served After 4:30 PM

HERB CRUSTED ROCKFISH 27

Mashed Potatoes, Seasonal Vegetables, Mustard Cream Sauce

BEEF SHORTRIB 44

6 Hour Braised Beef (8oz), Mashed Potatoes, Seasonal Vegetables, Green Peppercorn Gravy

SPRING SALMON 35

Sauteed leeks, Spinach, Mashed Potato, Green Onion, White Wine Cream Sauce

BEEF TENDERLOIN 44

Grass fed Beef Tenderloin, Potato Pave, Ratatouille

SEAFOOD PASTA 31

Mild Spiced Tarragon Marinara, Hokkaido Scallop, Prawns, Mussels, Rockfish, Salmon, Roasted Red Peppers, Gluten Free Penne

CAJUN PASTA 27

Chicken Breast, Cajun Cream Sauce, Sundried Tomatoes, Parmesan, Gluten Free Penne

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CASUAL FAVOURITES

Your Choice of Fries or Garden Salad...
Sub for Yam Fries, Kanaka, Caesar, Harvest Salad, Squash Soup \$4

BUTCHERS BURGER 26

Iron Butcher Beef Patty, Farmhouse Cheesemakers Heidi, Bacon Jam, Black Garlic Aioli, Arugula, Lettuce Bun

CHEDDAR BURGER 21

Cheddar Cheese, Tomato, Onion, Burger Sauce, Lettuce Bun

CHICKEN & BRIE SANDWICH 24

Chicken Breast, Double Cream Brie, Balsamic Glaze, Arugula, Tomato, Pesto Aioli, Lettuce Bun

PORTOBELLO BURGER 20

Arugula, Brie Cheese, Rattatouille, Pesto Aioli, Sunchoke Chips, Lettuce Bun

FISH TACO MEAL 21

2 Tacos on Lettuce Wrap, Herb Crusted Rockfish, Coleslaw, Tomato Red Pepper Salsa, Cilantro, Chipotle Mayo, Lime Wedge

SIRLOIN STEAK 38

7oz CAB Sirloin, Mashed Potatoes, Seasonal Vegetables, Demi-Glace

DESSERTS

ICE CREAM SUNDAE 11

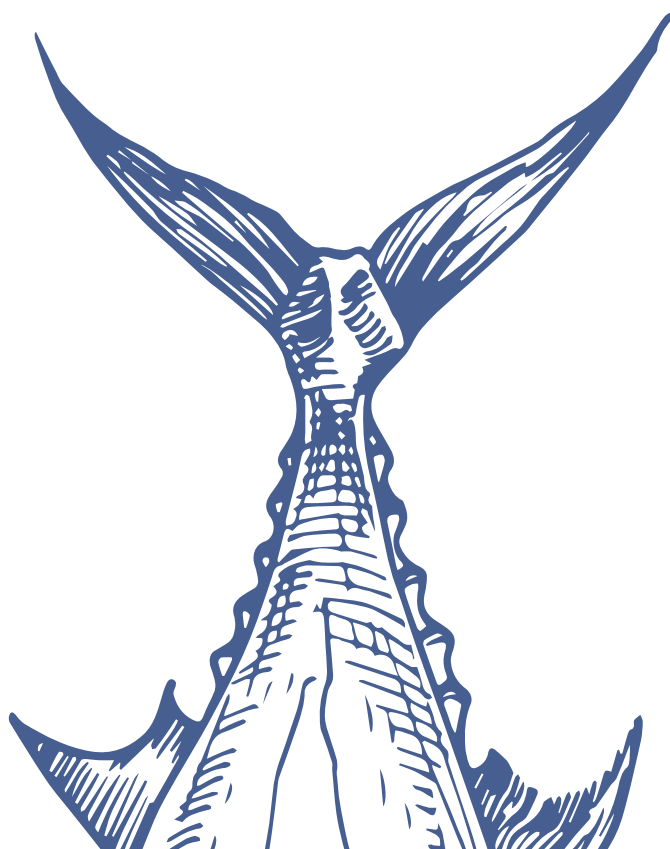
House Made Ice Cream, Berries, Chocolate Sauce, Chantilly

GF BROWNIE BITES 5

3 Bite Size Brownies

CRÈME BRÛLÉE 10

Vanilla Citrus Custard, Caramelized Sugar



GLUTEN FREE MENU

Welcome to Kingfishers. We are committed to providing all guests with a positive dining experience, including those with food allergies and sensitivities. However, we cannot ensure gluten contamination will never occur.

If you are Celiac or have a high sensitivity to gluten, please be advised that while we take every precaution to prepare your gluten-free meal, there is always a small risk of gluten in the air or on adjacent work surfaces that may contaminate your food.

When ordering from this menu, please be sure to mention your allergy, sensitivity, or dietary to your server.

Please note the following designation

*MCG denotes May Contain Gluten

Pure, Simple, Local

Our philosophy is simple:
Fresh, local ingredients prepared in-house with care and skill. At Kingfishers, we commit to this in everything we do, including vegetables and herbs from our own garden. Dive into a menu designed to showcase the best our local suppliers, farms and waters have to offer.

** General Disclaimer:

The consumption of raw oysters poses an increased risk of foodborne illness

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