



LUNCH MENU

STARTERS

Soup of the Day \$16

Daily soup. Toasted focaccia.

Minnoz Signature

Seafood Chowder** \$18

Mussels. West coast fish. Baby shrimp. Bacon. Potato velouté. Toasted focaccia.

Calamari \$19

House tzatziki. Lemon. Gremolata. Fresh chili. Squid ink aioli.

Chickpea Fritters \$18

Roasted red pepper hummus. Green salad with sherry vinaigrette.

Minnoz Signature Crab Cakes** \$25

Lemon and caper remoulade. Arugula and fennel salad with white balsamic and local honey vinaigrette. Herb oil.

Caesar Salad \$18

Crisp romaine hearts. House dressing. Focaccia croutons. Shaved parm.

Minnoz Greens \$17

Mixed green. Tomato. Shaved vegetables. Little Qualicum feta. White balsamic and Fredrich's Honey vinaigrette. Toasted pumpkin seeds.

Tuna Vermicelli Salad** \$21

Mixed greens. Rice vermicelli. Avocado. Cucumber. Carrot. Ponzu dressing. Togarashi seared albacore tuna. Sesame seeds. Seared togarashi tuna.

SALAD ENHANCEMENTS

5 PRAWNS \$10. TUNA \$12. SALMON \$12. CRABCAKE \$10. CHICKEN BREAST \$10. 3 CHICKPEA FRITTERS \$5.

FLAT BREADS

Artichoke Flatbread \$19

Roasted artichoke, pepper and house dried tomato mix. Little Qualicum feta. Pesto. Mozzarella. Arugula.

Chicken Flatbread \$19

Island Farmhouse chicken. Pancetta. Caramelized onions. Tomato base. Mozzarella. Arugula.

Spicy Capocollo

Flatbread \$19
Tomato base. Capocollo. House dried tomato. Mozzarella. Grana padano. Arugula.

ENTRÉES

One Good Burger \$22

100% Alberta Beef patty. Roasted garlic aioli. Lettuce. Tomato. Aged white cheddar. Potato bun.

Minnoz Salmon Burger \$24

Kuterra salmon filet. Lemon caper remoulade. Lettuce. Pickled red onion. Potato bun.

Grilled Chicken Burger \$22

Grilled breast of chicken. Roasted garlic aioli. Lettuce. Tomato. Aged white cheddar. Potato bun.

Beef Dip \$26

Slow Roasted Alberta Beef cooked to perfection, thinly sliced, and served on a potato bun and accompanied with a Brandy au Jus for dipping

BURGER ADD ONS:

MUSHROOM \$3. BACON \$3. CAESAR UPGRADE \$2. GLUTEN FREE BUN \$2.50.

Focaccia Turkey Club \$22

Oven roasted turkey. Roasted garlic aioli. Lettuce. Bacon. Tomato. Rosemary focaccia bun.

Pulled Pork Sandwich \$20

House made pulled pork. Dijon BBQ sauce. Crisp slaw. Pickled red onion. Potato bun.

Soup and Sandwich of the Day \$19

Daily sandwich special and small cup of soup.


Thai Noodle Bowl \$24

Green curry, shallots, bok choy, peppers, ponzu sauce.

** Minnoz signatures

 Vegan

 Gluten-free

 Refreshingly Local™

Please inform your server of any allergies or dietary concerns.