



STARTERS

Minnoz Signature Seafood Chowder** \$18

Mussels. Kuterra salmon. Baby shrimp. Bacon. Potato velouté. Toasted focaccia.

Soup of the Day \$16

Daily soup. Toasted focaccia.

Calamari \$19

House tzatziki. Lemon. Gremolata. Fresh chili.

Minnoz Signature Crab Cakes ** \$25

Lemon and caper remoulade. Arugula and fennel salad with white balsamic and fredrich's honey vinaigrette. Herb oil.

Charcuterie \$28

Local island cheeses. Cured meats. House pickles. Crostini. Raincoast crisps. House made jam. Quince paste. Grainy mustard. Olives. Cornichons.

Steamed Mussels \$25

Ravenswood apple cider. Bacon. Leek. Toasted focaccia.

Chickpea Fritters \$18

House made chickpea fritters. Roasted red pepper hummus. Mixed greens. Cashew crema.

FLAT BREADS

Artichoke Flatbread \$19

Roasted artichoke, pepper and house dried tomato mix. Pesto. Mozzarella.

Chicken flatbread \$19

Grilled breast of chicken. Pancetta. Caramelized onions. Tomato base. Mozzarella.

Spicy Capocollo flatbread \$19

Tomato base. Capicollo. House dried tomato. Mozzarella. Grana padano.

SALADS

Minnoz Greens \$17

Mixed greens. Grape tomato. Shaved vegetables. Feta cheese. White balsamic and honey vinaigrette. Toasted pumpkin seeds.

Tuna Vermicelli Salad \$21**

Mixed greens. Rice vermicelli. Avocado. Cucumber. Carrot. Radish. Ponzu dressing. Togarashi aioli. Sesame seeds. Togarashi seared Albacore tuna.

Caesar Salad \$18

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

SALAD ADD ONS

Tuna \$12, Salmon \$12, Prawns \$10, Chicken \$12, Chickpea balls \$8 and Crab cake \$10.



SIMPLY FISH *at Minnoz, fish is what we do* ☺ 🌱

Served with lemon and herb risotto, market vegetables and sauce vierge.

Salmon \$39**

Kuterra salmon

Tuna \$39

BC Albacore

Daily Catch market price

ENTRÉES

Thai Noodle Bowl \$24

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

Seafood Pasta \$29 ☺

Mussels. Prawns. Fresh chilies. Lemon. Parsley. Shallot. Garlic. Olive oil. Butter. Tagliatelle. Shaved parm. Toasted focaccia.

Chicken Supreme \$39 ☺ 🌱

Grilled 8oz chicken supreme. Miso and honey glaze. Roasted fingerling potatoes. Market vegetables.

Pork Tenderloin \$38 🌱

Espresso and porcini rub. Confit fingerling potatoes. Market vegetables. Red wine jus.

Braised Short Ribs \$42 🌱

Alberta beef short rib falling off the bones and full of flavor. Served with mashed potatoes, chefs veg and a red wine demi.

HANDHELDS **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

Beef Burger \$22

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

Chicken Burger \$22 ☺

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

Salmon Burger \$24 ☺

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

BURGER UPGRADES

Mushroom \$3. Bacon \$3. Caesar upgrade \$2. Gluten free bun \$2.50.

STEAKS

10oz NY Striploin \$49**

Alberta beef served with potato and market vegetables, chive and Vancouver Island sea salt brown butter**

ENHANCEMENTS

Garlic Mushroom \$5. 5 Prawns \$10. Red Wine Jus \$5.

** **Minnoz signatures**



Vegan



Gluten-free



Refreshingly Local™

Please inform your server of any allergies or dietary concerns.