



# [Dinner]

## Soups, Salads and Starters


**FIRE ROASTED PLUM TOMATO SOUP** 10.00  
Sourdough croûton, basil pistou  

**CRAB & ROASTED PEPPER VELOUTE** 14.00  
Crab croquette, pepper and fennel slaw


**COAST COBB SALAD** 16.00  
Sockeye salmon, hearty romaine & curly kale, blueberry, tomato, avocado, pumpkin seed, free run hen egg, buttermilk & Jersey blue dressing    

**CAESAR SALAD** 13.00  
Parmesan cheese dressing, brioche croûton, house-cured bacon

**WALL GREEN SALAD** 12.00  
Blend of red lollo rosa, red oak, green frisee lettuces, apple, pumpkin seed, Pecorino, sherry, maple, balsamic vinaigrette 

**CURED DUCK PROSCIUTTO** 15.00  
Thinly sliced breast, baby beets, shaved radish, arugula  

**TOGARASHI SPICED EDAMAME** 8.00  
Steamed, sea salt  

**TUNA CARPACCIO** 15.00  
Sustainable albacore tuna, spring garlic puree, green pea salad, burnt lemon dressing 

**TEMPURA PRAWNS** 15.00  
Furikake mayo

**LOADED NACHOS** 19.00  
Olives, tomato, green onion, spicy beef, jalapeño


**CALAMARI** 14.00  
Five spice, wok fried garlic & chili, cilantro, lemon grass aioli


**CRISPY CHICKEN WINGS** 15.00  
Hot and spicy, honey garlic, BBQ, salt and pepper


**YANGNYEOM KOREAN SPICED WINGS** 16.00  
Gochujang, honey garlic 

**SOUTHERN BELLE** 15.00  
½ slab BBQ pork ribs, Brussel sprout slaw

 Indicates a SuperFoodsRx™ dish. SuperFoodsRx powerfully pairs together whole foods to boost nutritional composition and flavours.

 Mealshare will provide one meal to someone in need

 Recommended by the Vancouver Aquarium as an ocean friendly seafood.

 These items can be prepared gluten-free, please ask your server.

Groups of six or more will be subject to a 17% gratuity.  
All prices are subject to 5% GST tax.  
Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food-borne illness.  
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## Mains

**CASARECCE** 23.00  
Braised pork cheek ragu, cured egg,  
smoked almond and lemon gremolata


**WEST COAST LINGUINE** 27.00  
Prawns, island clams, scallops, in a light  
white wine broth  

**WILD PACIFIC COAST SALMON** 32.00  
Quinoa, lemon pilaf, avocado brulée,  
anchovy aioli  

**HAIDA GWAI**  
**CLEAR WATER HALIBUT** 36.00  
Tamarind & makrut lime dust, sticky rice,  
mango, coconut green curry broth  

**RED SNAPPER** 30.00  
Red snapper, carrot spaetzle, cream corn  
sauce, smoked snapper croquette  

**FREE RUN ROCK GAME HEN** 30.00  
Chicken apple sausage, apple butter,  
Brussel sprouts, miso and bacon   *gf*

**SPRING LAMB** 38.00  
Goat cheese pomme puree, baby beets,  
beet puree 

**SEARED GRASS FED  
BEEF TENDERLOIN** 40.00  
Broccoli gratin, potato coins, frico, natural jus

**ASPARAGUS RISOTTO** 24.00  
Spring asparagus, peas, morels 

**CHICKEN CLUB** 16.00  
Chicken, bacon, lettuce, tomato, mayo 

**SPAGHETTINI BOLOGNESE** 20.00  
Fresh basil, tomato, Parmesan  
cheese, extra virgin olive oil

**APRON'S ARTISAN PIZZAS** 17.00  
Choose one of the following: margherita,  
pepperoni, pancetta & caramelized  
onion, or spinach & goat cheese

**THE WALL BURGER** 15.00  
Cheddar, bacon, lettuce, onion, tomato  
**add mushrooms or a fried egg 3.00**