



# [Lunch]

## Starters

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

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

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

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

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

**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

### COAST COBB SALAD 16.00

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


### CASARECCE 23.00

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

### SPAGHETTINI BOLOGNESE 20.00

Fresh basil, tomato, Parmesan cheese, extra virgin olive oil

### WEST COAST SEAFOOD LINGUINE 27.00

Prawns, island clams, scallops, in a light white wine broth  

### APRON'S ARTISAN PIZZAS 17.00

Your choice of: margherita, pepperoni, pancetta & caramelized onion, or spinach & goat cheese

### GRILLED CHICKEN SALAD 16.00

Candied pecans, blueberries, fennel, avocado, honey buttermilk dressing  

### YAM FALAFEL 14.00

Wheat pita, tzatziki, tomato, cucumber 

### BUTTER CHICKEN 23.00

Chicken in a creamy masala based sauce, house-made naan bread, cilantro raita, caramelized onion & cumin basmati rice

### CHICKEN CLUB 16.00

Chicken, bacon, lettuce, tomato, mayo 

### B-SEA CLUB SANDWICH 18.00

Seared slices of wild Pacific salmon, smoked bacon, lemon caper mayo  

### FARMHOUSE CHEESE PANINI & FIRE ROASTED TOMATO SOUP 18.00

Aged Cheddar, Gouda, Havarti, goat cheese 

### WALL CUBAN SANDWICH 15.00

Slow roasted pork, honey ham, caramelized fennel, Swiss cheese, Dijon mayo

### THE WALL BURGER 15.00

Cheddar, bacon, lettuce, onion, tomato  
add mushrooms or a fried egg 3.00