

[Lunch]

Starters

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

YANGNYEOM KOREAN SPICED WINGS 16.00
Gochujang, honey garlic 

SOUTHERN BELLE 15.00
1/2 slab BBQ pork ribs, brussel sprout slaw

TEMPURA PRAWNS 15.00
Furikake mayo


CRISPY CHICKEN WINGS 15.00
BBQ, hot & spicy, honey garlic, salt & pepper

PARSNIP AND PEAR VELOUTE 14.00
Camembert & walnut croquette, roasted bosc pear 

CALAMARI 14.00
5-spice, wok fried garlic & chili, cilantro, lemongrass aioli

CARROT AND GINGER COCONUT SOUP 14.00
Pumpkin seed 

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

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

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

TOGARASHI SPICED EDAMAME 8.00
Steamed, sea salt  *gf*

 **SuperFoodsRx™** 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.

 **ocean wise.** A SUSTAINABLE CHOICE

gf These items can be prepared gluten-free

Burgers and Sandwiches

Served with your choice of Fries or House Salad

Add Fire Roasted Tomato Soup for 4.00 or Yam Fries 2.00

B-SEA CLUB SANDWICH 18.00

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



CHICKEN CLUB 16.00

Bacon, lettuce, tomato, mayo



CHICKEN BURGER 16.00

Swiss, lettuce, onion, tomato

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, avocado 4.00

VEGGIE BURGER 14.00

Corn & rice patty, lettuce, onion, tomato

YAM FALAFEL 14.00

Wheat pita, tzatziki, tomato, cucumber



Mains

WEST COAST SEAFOOD LINGUINE 27.00

Prawns, island clams, scallops, white wine broth



BUTTER CHICKEN 23.00

Creamy masala based sauce, house-made naan bread,
cilantro raita, caramelized onion & cumin basmati rice

SPAGHETTINI BOLOGNESE 20.00

Parmesan, fresh basil, tomato, extra virgin olive oil

FARMHOUSE CHEESE PANINI &

FIRE ROASTED PLUM TOMATO SOUP 18.00

Aged Cheddar, Gouda, Havarti, goat cheese

APRON'S ARTISAN PIZZAS 17.00

Choose one of the following: margherita, pepperoni,
pancetta & caramelized onion, or spinach & goat cheese

COAST COBB SALAD 16.00

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



GRILLED CHICKEN SALAD 16.00

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



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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