

# SOBO LUNCH

## SOUPS & SALADS

<b>Smoked wild fish chowder</b> (gf/shellfish-free)	cup 7
spicy wild salmon, cream dill broth	bowl 11
<b>Seasonal vegetarian soup</b> (gf)	cup 6
please ask server	bowl 10
<b>Miso soup</b>	6
shiro miso, shitake mushrooms, smoked tofu	
+ add udon noodles \$1	
<b>House-baked rustic sourdough</b>	2
or <b>cream biscuit</b> or <b>cast-iron cornbread</b>	
<b>Asian salad</b> (vegan)	9
Nanoose Edibles greens, seasonal vegetables, sprouts, sesame seeds, soy ginger vinaigrette	
<b>Garden salad</b> (gf)	9
Nanoose Edibles greens, seasonal vegetables, pumpkin seeds, creamy green goddess dressing	
<b>Cold noodle salad</b> (vegan)	12
buckwheat soba noodles, mixed shredded vegetables, peanut sauce, sunflower and bean sprouts	
<b>Beet and goat cheese salad</b> (gf)	12
Nanoose Edibles greens, roasted beets, goat cheese, hazelnuts, port wine vinaigrette	
+ add seared albacore tuna to any salad \$6.5	

## SMALL PLATES

<b>Raw oysters</b> (gf)	each 3
Marina's Top Drawer (Outlandish Shellfish Guild), horseradish, key lime, champagne mignonette	six 14
	twelve 26
<b>Broiled oyster</b> (gf)	each 5
beach oyster, salmon bacon, miso mayo	
<b>Tofu pocket</b>	4
sushi rice, wasabi mayo, avocado, sprouts, sesame shiitake mushroom or smoked tuna or smoked salmon	
<b>Killer fish tacos</b> (gf)	each taco 6.5
spicy wild fish, crispy corn tortilla, fruit salsa	
<b>Polenta fries</b>	three 6
hand-made crispy asiago polenta, caesar dip	six 10.5
<b>Fried oysters</b>	four 10
cornmeal crusted beach oysters, sweet mustard sauce	
<b>Crispy shrimp cakes</b>	two 10
west coast shrimp, sautéed onions, peppers, herbs, sweet mustard sauce	

## PIZZAS

<i>Topped with parmigiano-reggiano and fresh arugula</i>	
<b>Exotic mushroom</b>	16
shiitake, portabella, herbed pesto, goat cheese, caramelized onions, mozzarella, san marzano base	
<b>Calabrese</b>	16
spicy Italian salami, fresh and aged mozzarella, mixed olives, san marzano tomato base	
<b>Duck confit</b>	17
Brome Lake duck, bleu claire cheese, hazelnuts, balsamic reduction, ricotta caramelized onion base	

## LARGE PLATES

<b>Breakfast sandwich</b>	11
smoked tuna bacon, cream biscuit, fried egg, aged white cheddar, avocado mayo, jalapeños	
<b>Huevos rancheros</b> (gf)	11
fried egg, cheddar and onion enchilada, pinto beans, avocado, ancho sauce	
<b>Bean burrito</b>	10
pinto beans, whole flour tortilla, avocado, ancho sauce, aged cheddar, fresh spinach	
<b>Chicken enchilada</b> (gf)	14
organic brown rice, onion, pinto beans, avocado, aged white cheddar (vegetarian option available)	
<b>Veggie burger</b>	14
quinoa, black beans, portabella, avocado, onion, dijon mustard, aged cheddar, jalapeños, kale chips	
<b>Thai chicken</b>	14
soy-marinated chicken thighs, house-made roti, root vegetable slaw, orange vinaigrette, peanut sauce	
<b>Hot &amp; sour noodle bowl</b> (gf)	14
Cowichan chicken, mushrooms, rice noodles, cilantro, mint, ginger, lemongrass, chilli	

## TO DRINK

House-brewed iced tea	3.5
Phillips soda pop root beer or ginger ale	3.5
Blue Sky natural cola	3
Natural juices (orange, apple, cranberry or tomato)	4
Tofino Tea Bar loose leaf tea	3
Creekmore Coffee drip	2.5
Americano / espresso	3
Latte / cappuccino	4