

BVC Courtside Grill

Appetizers


Tempura Crusted Calamari
with Bermuda onion and ginger citrus aioli
9.


Chef's Inspirational Soup
please check with your server for daily selection
6.


Red Fife Organic Wheat Flatbread
with duo of artichoke dip and stonefruit bruschetta
9.

Salads

Organic Green Salad  
tangled melange of greens in a crisply baked Asiago collar
with homemade raspberry thyme vinaigrette
small 7.
large 10.
add grilled chicken breast 6.
add prawn brochettes 6.

Cobb Salad 
blackened chicken breast on tangled greens with tomato, bacon rashers,
cheddar cheese and hardboiled egg, drizzled with a grainy Dijon vinaigrette
full order 17.
half order 11.

Bow Valley Caesar Salad 
crisp heart of romaine with tart red wine vinaigrette,
double smoked bacon rashers, herbed croutons and shaved parmesan Reggiano
small 8.
large 11.
add grilled chicken breast 6.
add prawn brochettes 6.

Yellow Fin Tuna Steak Salad 
seared fillet of yellow fin tuna perched atop a bed of romaine leaves with
Mediterranean Greek salad, topped with marinated onion relish and
fresh herb croustade, drizzled with aged balsamic vinaigrette
18.



Baby Spinach Salad  
tender baby spinach leaves topped with citrus segments, white cannellini beans,
feta, toasted almonds, sundried cherries and Bermuda onion,
finished with a cumin scented yogurt dressing
full order 14.
half order 9.
add grilled chicken breast 6.
add prawn brochettes 6.



Zinfandel BBQ Salmon Salad  
with hazelnut butter on a bed of Mediterranean cous cous salad
with grilled vegetable brochette, dressed with roast red pepper Tahini emulsion
18.

Chili Smoked Pork Tenderloin 
on a bed of tangled greens with roasted sweet corn, house pickled beets, shaved fennel,
Roma tomato and asparagus, dressed with creamy blue Stilton dressing
full order 17.
half order 10.

Whole Nutrition Choices

These Healthy, Gluten and Dairy Free Selections were developed with the guidance of
Dr. Marnie Wachtler, RMT, ND

Orange Pepper Seared Wild Salmon Fillet  
served on a bed of Quinoa pilaf with steamed market fresh vegetables
18.

Fresh Vegetable Curry  
with chickpeas and wilted spinach, served over brown rice
full order 14.
half order 9.

Oven Baked Fillet of Fresh Arctic Char  
served on a bed of sauteed organic greens with Caramelized Garlic and garden fresh herbs
19.

Chicken Brochettes Tikka Masala (contains dairy) 
with spicy rose tomato and coconut sauce, served over brown rice
full order 17.
half order 11.

Grilled Free Range Chicken Supreme 
served on chilled quinoa and chard salad with crumbled feta, pomegranate seeds,
drizzled with citrus-fresh herb vinaigrette
19.

Sandwiches

BVC Beef Dip
thinly sliced black pepper roasted Canada Gold Angus beef on potato rye bread
with horseradish mayonnaise, watercress, and aged white cheddar
with Mornay cheese sauce for dipping
15.

Sirloin Steak Sandwich
6 oz Canada Gold Angus sirloin, served on garlic grilled French bread
with crisp homemade onion rings
16.

Reuben Quesadilla
corned beef, onion, hot English mustard, sauerkraut, Swiss cheese and asparagus
grilled in a pesto tortilla, served with Russian vinaigrette for dipping
15.


Canada Gold Angus Burger with Pretzel Bun
fresh chopped Canada Gold Angus beef patty with Canadian Gouda on a unique
pretzel kaiser with butter leaf lettuce, Bermuda onion and fresh tomato
with horseradish aioli and honey Dijon BBQ glaze
15.

Grilled Yellowfin Tuna Bagnat 
Provençal seared tuna on artisanal Italian bread, spread with olive tapenade,
green leaf lettuce, roma tomato, sauteed onion and bellpeppers and hard boiled egg
17.

Grilled Chicken Club
with roma tomato, double smoked bacon, cheddar and crisp lettuce
on ciabatta with tangy roast garlic aioli
15.

Turkey Wrap
Roasted turkey meat with lettuce, zucchini, bell pepper, spinach, cranberry aioli
and sage emulsion wrapped in a spinach infused tortilla
15.

Entrees



Double Smoked Bacon Wrapped Meatloaf 
served with maple roasted root vegetables and ale infused pan juices
16.


Roast Vegetable Gnocchi 
potato and ricotta gnocchi tossed with caramelized roast butternut squash,
pumpkin oil, grape tomatoes and caramelized shallots
full order 16.
half order 9.

Spaghettini Bolognese
traditional Italian meat sauce tossed with spaghettini noodles,
accompanied by Peruvian Palitos breadsticks
full order 16.
half order 10.

Classic "Macaroni & Cheese" 
baked Cavatappi noodles with our house blend of cheese and rich béchamel
14.
add double smoked bacon 5.
add chorizo sausage 5.

Angus Gold

 Indicates choices that are vegetarian
 Indicates choices that are celiac free

Ocean Wise  Recommended by the Vancouver Aquarium as an ocean-friendly seafood choice.

Executive Chef Kurt Warner