

BQC Dining Room



Appetizers

Crisp Sweet Potato Fries
with smoked tomato dipping sauce
7.


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.

Chicken Brochette Salad
with citrus soy sauteed Asian noodles tossed with Bermuda onion,
pickled carrot and grilled scallion, finished with tangy black bean aioli
full order 17.
half order 10.

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 spinach leaves with sundried blueberries, toasted sunflower seeds,
dill havarti and fresh citrus segments,
dressed with thyme scented mandarin vinaigrette
full order 14.
half order 9.
add grilled chicken breast 6.
add prawn brochettes 6.

Moroccan Seared Salmon Salad  
harissa seared fillet of wild sockeye salmon on a bed of watercress
and romaine with stonefruit bruschetta, caramelized shallot and
bing cherries, accompanied by spears of chili spiked polenta
18.

Chili Smoked Pork Salad 
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.

Entrees

Roast Chicken Supreme 
pan roasted, hunter style with candied walnut and zucchini relish
19.

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.

Seafood Canneloni
pasta tubes stuffed with a melange of fresh fish, seafood
and baby Atlantic shrimp in a sherried Mornay sauce and
oregano scented tomato ragout
17.

**Bourbon and Stone Ground Dijon Glazed
Roast Pork Striploin** 
with pink peppercorn and Granny Smith apple confit
19.



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



New York Steak Forestierre
grilled Canada Gold Angus New York with wild mushroom ragout,
blue cheese and caramelized cippolini onion
23.

Chorizo and Smoked Pork Tenderloin Penne
with roast pimento, marinated oyster mushrooms and wilted watercress
tossed in Dijon and piri piri infused tomato compote
18.

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.

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