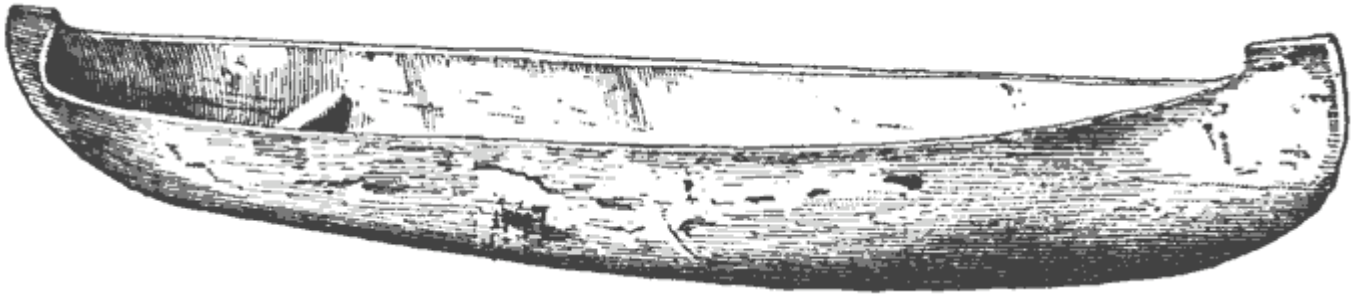


Canoe Club Café



At Strathcona Park Lodge every food item on property is natural and without preservatives. All of the main ingredients on this menu are from local and mostly organic farms. All of our entrees are served with an appropriate starch and seasonal vegetable selection which will change weekly as the summer goes on. We receive our vegetables from Pattison Farms, an organic family farm located in Black Creek, Vancouver Island. Our breads and desserts are made in-house. We are pleased to prepare an option that is not on the menu for our guests with allergies or dietary needs. Please let our Chef know your preference.

A personal note from your Chef

“For the 2010 season, I am honored to be surrounded by a wonderful team of creative people. All of our cooks take great pride in preparing your food. When using ever-changing fresh local ingredients, flexibility and creativity becomes the key to success. Cooking for you this evening will be myself or Arnaud Lavergne; all of your appetizers, desserts, and baking are prepared by Amy Benskin. This year I have chosen to serve your food “family style;” in my home, food is served on platters so that every member can share each element of the meal. Please let me personally invite you to my table to share this love and way of enjoying food. Take your time, sit back, and indulge in the Strathcona experience.”

Yours Truly,

Jessie P. Dufour

Executive Chef

This Week's Table d' Hôte

Beginning with homemade bread and flavoured butter, your Table d'Hote dining experience will include your choice of appetizer, entrée, and dessert. All entrees are served with local seasonal vegetables and appropriate condiments.

Let's Start With...

Organic Green Leaf Salad from Pattison Farms with Strathcona dressing
\$9

or

Soup of the Day
\$8

or

Today's Inspiration (Made daily)
Price will vary

Your Main Choices This Week Are...

BC Wild Salmon with Sauce Vierge

Paired with a herb butter rice sushi cone, served on bed of seasoned bok choy chiffonnade
Coho Salmon; Origin: Terry Tobacco, South East of Queen Charlotte Islands, BC.

\$32 Table d'Hote

Main Only \$24

Bison Rib eye

Pan fried with rock salt, Argentinean style, served with a side of BC Mushroom Sauce
Origin: Delton Henrich, Island Bison, Campbell River, BC.

\$42 Table d'Hote

Main Only \$34

Duck Comfit

Two French duck legs prepared in a traditional Parisian comfit
Origin: A favourite of Jessie and Arnaud's, this duck has flown from Lake Brome in Quebec... while it's not local per se, rare are the places that they raise duck with the pride that they do over there!

\$38 Table d'Hote

Main Only \$30

Handmade Lemon Pepper BC Prawn Pasta

Prawns, fresh tomatoes, garlic, butter, white wine, green olives, and thyme
Origin: Sarah, Patissima Pasta Maker, Courtenay, BC

\$32 Table d'Hote

Main Only \$24

Lavergne Ratatouille

A recipe straight from the south of France in the kitchen of Arnaud's mother. What more can we say...

Vegan, vegetarian, dairy free, gluten free, flavourful and healthy

\$28 Table d'Hote

Main Only \$20

The Challenge by Choice Experience

One of our core values here at Strathcona Park Lodge is "Challenge by Choice." For me as a chef, that is a tasting platter. If you are up for a culinary adventure, let me take you to my table, where I create a sampling platter of what I believe to be the best we have in house - the way I like to eat.

\$46, \$86:2

Kids' Entrée

(Includes Dessert)

Kids are important here at the lodge, and we would like to prepare something to suit their needs. We encourage you to let us prepare something different; get the kids to challenge our chef to make them something delicious! And don't forget the greens!

\$16

Some of our kids' favourites are:

Handmade Fettuccine Pasta Promo Doro

Plum tomato sauce and grand pandano parmesan cheese (the best parmesan cheese in the world!)

Aioli Pasta

Olive oil, a touch of garlic, fresh parsley, and grand pandano parmesan cheese

Margarita Pizza

Handmade thin crust with tomato sauce, fresh basil, and a mix of mozzarella and provolone cheeses. After six months in Italy, this became Jessie's favourite...

Selection of Sweets...

Cheese Selection \$12

Four BC award-winning cheeses, served with homemade bread, roasted walnuts, hazelnuts, and Mission Hill Fig Chutney

or

Maple Crème Caramel (Gluten Free)\$6

or

Chocolate Decadence Cake-Style Soufflé (Gluten Free) \$6

with blackberry coulis and crème anglaise