

## EAT

### SMALL PLATES

<b>Sammie</b> Always changing, sometimes twice a day. Always local stuffing.	12
<b>Gazpacho (DF) (V)</b> SUNWING tomatoes and cucumbers, olive oil, PAGLIACCI'S focaccia croutons, served iced	8
<b>WHOLE BEAST Meat Board</b> A selection of cured and handcrafted meats. Served with NICHE crostini, pickles and small-batched condiments	15
<b>Cheese Board</b> A selection of soft and hard cheeses, small-batched condiments, NICHE crostini, NICHE spiced nuts	15
<b>Samosas</b> Two SAMOSA BOX samosas with tamarind chutney	12

### KIDS AND BABES

<b>Mini Cheese and Meat Plate</b> Cheese, cured meat, bread, fresh fruit or veg	6
<b>Kid's Tacos (GF)</b> CAFÉ MEXICO cochinita pork, lime crema	9
<b>Juice Box or Glass of Milk</b>	2

### BEVERAGES

<b>Mile Zero Coffee</b> Medium Roast, Dark Roast, Decaf	4
<b>Mile Zero Cold Brew</b>	4
<b>Westholme Tea</b> Cowichan Breakfast, Earl Grey, Jasmine, Minty Nettle, Lemon Ginger, Rooibos Chai. add \$1.50 Matcha Keiki	4
<b>Spinnakers Sparkling Water</b> O'de Vie, Strawberry/Kiwi, Grapefruit, Black Cherry, Watermelon/Lime	3
<b>Spinnakers Sodas</b> Cola, Root Beer, Ginger Ale	4

### MAINS

<b>Octopus Salad (GF) (DF)</b> FINEST AT SEA octopus, NICHE marinated white beans, cherry tomatoes, olives (contains pits)	17
<b>Nicoise Salad (GF) (DF)</b> FINEST AT SEA albacore tuna, green beans, SUNWING cherry tomatoes, BLACK ROSE new potatoes, NICHE tapenade, sauce gribiche	17
<b>Tacos (GF)</b> MAIIZ NIXTAMAL corn tortillas, CAFÉ MEXICO cochinita pork, NICHE pickled red onions and peppers, NICHE lime crema, PERKS cress	16
<b>Haliburton Farm Salad (GF) (DF) (V)</b> Local salad greens, fresh farm vegetables, NICHE seed mix, NICHE preserved lemon and fresh herb vinaigrette	14
<b>Strata</b> Bread baked with LOCKWOOD FARM eggs, AVALON cream, cheese. Ask for today's flavour. Served with local salad.	15
<b>BICYCLE PIZZA</b> Ask for today's selection	24

### HAPPY HOUR (ONLY AVAILABLE 3PM-5PM)

<b>CICCHETTI</b> Little snacks reimagined each day	2
<b>SPICED NUTS (GF) (DF)</b>	4
<b>WARM MARINATED OLIVES (GF) (DF)</b>	4
<b>SAMOSA</b> With tamarind chutney	5
<b>SWEETS</b>	
<b>SIJI SPECIALTY DESSERTS</b> Ask for today's selection	9
<b>OTTAVIO'S GELATO</b> Ask for today's selection	8
<b>49 BELOW ICE CREAM SANDWICH</b> Ask for today's selection	9

