



The Lunch Menu

Appetizers

- Bacon Wrapped Scallops** Four juicy scallops wrapped in crispy bacon served with cocktail sauce and wasabi aioli \$17
- Shrimp Mushroom Caps** Mushroom caps stuffed with shrimp, roasted garlic, fresh herbs and cream cheese, baked with Swiss cheese and accompanied by garlic baguette \$13
- Coconut Prawns** Four prawns served with papaya salsa and red curry aioli \$12.5
- Calamari** Cajun marinated tossed with tomato, red pepper, onion, jalapeno and flour, crispy fried and served with cilantro lime yogurt Starter \$8 Sharing \$14.5
- BBQ Chicken Bacon Bites** Chicken breast wrapped in Hertel's bacon, baked with our apple BBQ Sauce \$11
- Signature Coconut Onion Rings** Coconut and panko breaded Spanish onions served golden brown with a red curry aioli \$8.5
- Crispy Fried Pickles** Dill pickle spear dipped in a smoked spicy paprika tempura and rolled in panko served crispy fried with a buttermilk parmesan ranch dipping sauce.
\$1.65 per spear
- Fresh Bruschetta** Fresh tomato diced and tossed with garlic, basil, oregano and extra virgin olive oil served on golden brown breaded zucchini with parmesan cheese \$9

Soups and Salads

Candied Salmon Chowder Chef's 2014 people's choice award winning recipe

cup \$7 bowl \$10

Soups of the Day ask your server about today's Chef's creations cup \$5 bowl \$8

Starboard Salad Seasonal greens, beets, feta cheese, pumpkin seeds, cucumber, mandarin orange and kalamata vinaigrette appy \$8 meal \$12

Caesar Salad Gem lettuce, caesar dressing, shredded parmesan, sourdough rye croutons and fresh lemon appy \$8 meal \$12

Beet Salad Cubed beets, fresh mint, carrots and pumpkin seeds tossed in a balsamic vinaigrette, served on a bed of greens and topped with goat cheese appy \$8 meal \$12

Green Salad Seasonal greens, beets, red peppers, carrot, grape tomato, cucumber and your choice of dressing appy \$7 meal \$10.5

Daily Soup and Salad Combo Your choice of daily soup and any side salad with a garlic baguette \$11.5

Add to any salad your choice of grilled chicken, baby shrimp, prawn skewer or seared tuna \$7

Add garlic baguette \$1.5

Sandwiches and Wraps

Steak Sandwich AAA striploin steak grilled to your liking, garlic baguette, mushrooms, Dijon aioli and crispy onion strings \$20

Canal Beach Clubhouse Toasted bread of your choice, guacamole, bacon, baby shrimp, leaf lettuce, tomato and chipotle mayonnaise \$14.5

Soft Fish Taco Wrap Spicy seasoned cod, guacamole, pineapple slaw, chipotle mayonnaise, leaf lettuce and papaya salsa in a grilled flour tortilla \$15.5

Dutch Buoy Wrap Pickled herring, pickled beet, red onion, spinach and red pepper with a hint of balsamic aioli \$14

Chicken BCLT Wrap Chicken breast, bacon, lettuce, tomato, mayonnaise and 3 cheeses \$16

Veggie Wrap Spinach, cucumber, carrot, beet, tomato, feta cheese, kalamata vinaigrette, red onion and pepper \$13

All sandwiches served with fries, soup, yam fries or a side of any salad *chowder instead add \$2*

coconut onion rings instead add \$4

add gravy \$2

Burgers

Sproat Lake Classic In-house fresh ground beef burger on a brioche bun, Dijon aioli, lettuce, tomato, pickle and crispy onion strings \$16

Sesame Crusted Tuna Seared rare on a brioche bun with papaya salsa, lettuce and red curry aioli \$16

Dragon Boat Chicken Teriyaki glazed chicken breast, Kaiser bun, wasabi aioli, lettuce, pineapple slaw and red onion \$16

Veggie Burger Our own patty of sweet potato, roasted vegetables, smoked tofu, black bean and corn served on a brioche bun with Dijon aioli, lettuce, tomato and red onion \$14 ... or have it spicy Cajun style

Salmon Burger Baked salmon with local Metropolitan Chef West Coast rub with a brioche bun, lettuce, tomato, red onion and a balsamic aioli \$16

All burgers served with fries, soup, yam fries or a side of any salad *chowder instead add \$2* *add gravy \$2*
coconut onion rings instead add \$4 *Add sautéed mushrooms, cheese or bacon to your burger \$1.5*
Substitute gluten free bun upon request

Starboard Favorites

Fish and Chips Dipped in a light tempura batter with pineapple coleslaw and our tartar sauce

Halibut: one piece \$18 / two piece \$26

Ling Cod: one piece \$16 /two piece \$22

Pickarel: one piece \$17 / two piece \$24

Salmon: one piece \$16 / two piece \$22

The Hot Pot Salmon, ling cod, prawns, chorizo sausage and roasted vegetables bound in a Butter curry and served with coconut basmati rice \$22

Chicken & Waffle Sandwich Belgian waffles, charbroiled chicken breast, bacon, lettuce, tomato and maple syrup, comes with sandwich side of choice \$16

Ultimate Beef Dip Garlic artisan baguette, thin sliced roast beef, Swiss cheese, sautéed onion, peppers, mushrooms and au jus with your choice of side salad, soup of the day or fries \$16

Roasted Vegetable Quesadilla Served with pineapple slaw, roasted corn salsa, guacamole and sour cream \$14.5 (with chicken) \$17.5

Vegetable Mixed Grill Freshly grilled assorted vegetables drizzled with pesto olive oil accompanied by basmati rice and flatbread \$16.5



The Dinner Menu

Appetizers

Bacon Wrapped Scallops Four juicy scallops wrapped in crispy bacon served with cocktail sauce and wasabi aioli \$17

Shrimp Mushroom Caps Mushroom caps stuffed with shrimp, roasted garlic, fresh herbs and cream cheese, baked with Swiss cheese and accompanied by garlic baguette \$13

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Calamari Cajun marinated tossed with tomato, red pepper, onion, jalapeno and flour, crispy fried and served with cilantro lime yogurt Starter \$8 Sharing \$14.5

BBQ Chicken Bacon Bites Chicken breast wrapped in Hertel's bacon, baked with our apple BBQ Sauce \$11

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Fresh Bruschetta Fresh tomato diced and tossed with garlic, basil, oregano and extra virgin olive oil served on golden brown breaded zucchini with parmesan cheese \$9

Soups and Salads

Candied Salmon Chowder Chef's 2014 people's choice award winning recipe from the Pacific Rim Chowder Chowdown cup \$7 bowl \$10

Soups of the Day Ask your server about today's Chef's creations cup \$5 bowl \$8

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Beet Salad Cubed beets, fresh mint, carrots and pumpkin seeds tossed in a balsamic vinaigrette, served on a bed of greens and topped with goat cheese appy \$8 meal \$12

Green Salad Seasonal greens, beets, red peppers, julienne carrot, grape tomato, cucumber and your choice of dressing appy \$7 meal \$10.5

Add your choice of grilled chicken, baby shrimp, prawn skewer or seared tuna \$7

Add garlic baguette \$1.5

On the last day of each month we make a pot of our 2016 Chowder Chowdown winning BBQ Salmon and Asparagus Chowder - available until the batch runs out!

A bit about us:

The Starboard Grill was opened in October 2012 by Brad DeClercq and continues with the efforts of his hard working team of cooks, dishwashers, servers and bussers. Brad can often be found in the kitchen working away and creating new dishes which are featured every two weeks. Originally From Dryden, Ontario Brad found his love of cooking as a teenager and has worked in various restaurants and resorts in Western Canada. He met his wife in Tofino and the two of them moved to the Alberni Valley in 2010 and were fortunate to land this sweet spot. Brad loves food, beer, hockey, football, camping, playing darts and his dogs. He is grateful every day to be able to come to work at his own restaurant in this great place. We hope you enjoy your dining experience and, if you are a visitor to Port Alberni, we hope you enjoy your time here – it's a great place. Please sign our guest book at the counter. Thank you!

Main Dishes

Striploin Steak Stirling Silver Alberta beef cooked to your specifications, topped with a wild mushroom peppercorn demi 6oz \$25 10oz \$35

Blueberry Lamb Roast Petite lamb sirloin marinated with rosemary and garlic, roasted to your preference and finished with local Avalon Farm blueberry demi \$28

BBQ Chicken and Ribs Charbroiled chicken breast and Hertel's smoked ribs baked with our own apple BBQ sauce \$26

BBQ Pork Ribs Succulent smoked Hertel's pork ribs baked with our apple BBQ sauce.
½ lb \$19 Full lb \$25

Pecan Pesto Chicken and Prawn Charbroiled sundried tomato marinated chicken breast finished with black tiger prawns sautéed with pesto, spinach and a splash of cream \$26.5

Seafood Platter for Two BBQ salmon filet, fresh herb ling cod, garlic prawns served with potato of the day, three grain rice and freshly steamed vegetables, perfect for two people to share \$56

Mango BBQ Ling Cod Fresh ling cod baked with our mango BBQ puree and accompanied by red curry aioli \$26

Maple Walnut Salmon Salmon filet basted with maple syrup and walnuts baked to perfection accompanied by an apple sundried cranberry ceviche \$26

The above dishes are accompanied by vegetable medley and rice or potato of the day

Enhance your meal with a Garlic Prawn Skewer \$7

* Add a half pound of pork ribs to any main for \$7 *

But wait! There's more....

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