

DINNER

SOUPS

O bistro French Onion Soup
topped with melted Oka cheese over croutons 7.95

Chef's Daily Soup Inspiration
please ask your server about today's soup 6.95

SALADS

Organic Baby Greens Salad
mixed greens, garden vegetables, red wine vinaigrette 6.95

Tomato & Bocconcini cheese
extra virgin olive oil, aged balsamic vinegar, fresh basil & organic baby greens 9.95

Grilled Romaine Lettuce Hearts
served with shaved parmesan, garlic croutons, traditional Caesars dressing 8.95

Baby Spinach Goat Cheese Salad
market berries, toasted walnuts & raspberry vinaigrette 11.95

APPETIZERS

Pommes frites & Aioli 6.95

Coquille St-Jacques
*sautéed sea scallops & mushroom in a creamy white wine sauce
gratinée with emmenthal cheese 13.95*

Baked Brie
served with apple-cranberry chutney 12.95

Seafood trio
*sautéed Prawns Provençale,
seared sea Scallop with honey-braised leeks,
steamed Alaskan Crab claws topped with garlic butter 12.95*

'O' Warm Duck Confit Over Puff Pastry
duck confit and caramelized onions, homemade black current & port sauce 11.95

BC Smoked Salmon Cannelloni
thin slices of smoked salmon filled with a mix of avocado, fresh herbs & citrus 10.95

Baked Garlic Escargot in Portabella Mushroom
au gratin 10.95



MAIN COURSES

Wild BC Salmon Salad

*seared wild BC salmon topped with warm citrus-caper vinaigrette
and roasted almonds on a bed of mixed green 17.95*

Steak & Frites

6oz Alberta strip loin steak served with house fries 16.95

Seared Filet of Basa

*fresh water filet of Basa topped with cantaloupe & strawberry salsa
served with Jasmine rice and market vegetables 20.95*

Coco Curried Prawns

served with Jasmine rice and market vegetables 21.95

Seafood Bouillabaisse

*sea scallops, prawns, Alaskan crab claws, mussels, clams, basa, halibut & salmon
served with Jasmine rice in a rich saffron broth 25.95*

Mediterranean Chicken Breast

*pan roasted free range chicken breast
black olives, red & green peppers, tomatoes, basil & parmesan shavings 20.95*

Ginger Maple Glazed Pork Tenderloin

served with potatoes, market grilled vegetables 20.95

'O' Beef Wellington

*seared Alberta AAA beef tenderloin, served on a flaky puff pastry
topped with homemade duck pâté & sautéed mushrooms,
served with potatoes, market grilled vegetables & Bordelaise sauce 31.95*

Cassoulet

*'O' version of a French classic: duck confit, spicy Italian sausage, country bacon,
flageolet beans slowly braised in a rich tomato sauce 23.95*

Slow Braised Lamb Shank

served with potatoes, market grilled vegetables & rosemary broth 25.95

Louisiana Cajun Pasta

prawns, chicken, ham, onions, peppers in a spicy creamy sauce served on penne 18.95

Grilled Vegetables Pasta

grilled market vegetables & penne in a tomato & pesto sauce 16.95

Penne Smoked Salmon

smoked salmon in a creamy dill sauce 16.95