



Small Things

Chicken and Corn Chowder 10
Mini Yorkshire pudding

Chef's Soup 9
Garlic toast

Sylvia's Squid 14
Fried squid, tzatziki,
sweet and spicy chili glaze

Flat Bread 14
Chef's daily creation

Mediterranean Nachos 19
Tortilla chips, cheddar, mozzarella, feta,
olives, red bell peppers, jalapeños, green
onions, sour cream, salsa Fresca
♦ add guacamole 4
♦ add Cajun chicken or spiced beef 6

Crab Cakes 17
Fresh crab, sweet chili aioli, crisp salad

Shrimp Cocktail 15
Classic cocktail sauce, fresh lemon

Stuffed Mushrooms 13
Fresh crab, prawns, herb cream cheese

Mussels & Frites 19
Lemongrass coconut OR Pernod cream

Baked Artichoke Spinach Dip 13
Artichoke hearts, spinach, cream cheese,
mozzarella, parmesan, tortilla chips

Chicken Wings 15
One pound, choice of salt & pepper, hot, or BBQ

Bigger Things

Moroccan Vegetable Lentil Stew 17
Seasonal vegetables, chickpeas, beans,
lentils, mint raita, Naan bread

Cobb Salad 19
Butter lettuce, artisanal greens, chicken,
avocado, bacon, egg, tomato, blue cheese,
green goddess dressing

B.C. Salmon Greens 19
Arugula & kale, grapefruit, orange, apple,
asparagus, pickled radish, tomato,
honey lemon vinaigrette

Thai Tuna Salad 19
Albacore tuna, edamame, red pepper, cabbage,
Thai ginger peanut vinaigrette, mango salsa

Classic Caesar Salad 13
Chopped romaine, shaved parmesan, crispy bacon,
croutons, house made Caesar dressing
♦ add B.C. salmon 8 ♦ add chicken 6

Sylvia's Pot Pie 19
B.C. salmon, fresh local fish, carrots, celery,
onion, creamy velouté, puffed pastry

Fish & Chips 1pc 13 / 2pc 17
Pacific cod, tempura batter, fries, house tartar

Cajun Salmon Ciabatta 16
B.C. salmon, cucumber curls, red onion,
mango salsa, mayo, fries

The Sylvia Burger 16
House beef patty, cheddar, lettuce, tomato,
red onion, pickle, red relish, mayo, fries
♦ add mushrooms 1 ♦ add bacon 2
♦ organic veggie burger available

Prawn Linguini 22
Black tiger prawns, San Marzano tomato, garlic,
shallots, arugula, parmesan, garlic baguette

Late Riser Breakfast 15 ♦ until 4:30PM
Two eggs any style, choice of ham, sausage or
bacon, crisp potatoes, toast

Dinner ♦ After 4:30

Fresh Fish of the Evening
Chef's creation ♦ Market price

Angus Beef Tenderloin 32
Winter veg, pomme puree,
Pinot Noir jus, fried parsnip

Rosstown Farms Chicken 28
Brussel sprouts, potato confit,
mushroom demi glace, fresh pea shoots

West Coast Salmon 29
Yellow pepper velouté, broccolini,
warm orzo salad, balsamic reduction

Braised Short Ribs 31
A Sylvia favorite is back!
Asparagus, mashed potato,
espresso bigarade, leek hay

♦ Sylvia Hotel is a proud member of Oceanwise♦

18% Gratuity on groups of 8 or more