



Appetizers/Share

Chicken and Corn Chowder 11
Mini Yorkshire pudding

Chef's Soup 9
Garlic toast

Sylvia's Squid 15
Fried squid, tzatziki,
sweet and spicy glaze

Oven-Roasted Flat Bread 15
Chef's daily creation

Baked Artichoke Spinach Dip 14
Artichoke hearts, spinach, cream cheese,
mozzarella, parmesan, tortilla chips

Charcuterie & Cheese 24
Chef's condiments and crackers

Crab Cakes 18
Fresh crab, sweet chili aioli, crisp salad

Prawn Cocktail 16
Classic cocktail sauce, fresh lemon

Stuffed Mushrooms 15
Fresh crab, herb cream cheese, lemon

Mussels & Frites 19
Tomato saffron OR White wine garlic

Mediterranean Nachos 20
Tortilla chips, cheddar, mozzarella, feta,
olives, red bell peppers, jalapeños, green
onions, sour cream, salsa
♦add guacamole 4 ♦add Cajun chicken or spiced beef 6

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

Entrées

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

Cobb Salad 22
Butter lettuce, artisanal greens, chicken,
avocado, bacon, egg, tomato, blue cheese,
green goddess dressing

B.C. Salmon Greens 21
Arugula & kale, grapefruit, orange, apple,
asparagus, pickled radish, tomato,
honey lemon vinaigrette

Thai Tuna Salad 20
Ahi tuna, edamame, red pepper, cabbage,
Thai ginger peanut vinaigrette, mango salsa

Classic Caesar Salad 14
Chopped romaine, shaved parmesan, crispy bacon,
croutons, house made Caesar dressing
♦add B.C. salmon 8 ♦add chicken 6
♦add prawns 3 for 8

Sylvia's Pot Pie 20
B.C. salmon, fresh local fish, carrots, celery,
onion, creamy velouté, puffed pastry

Fish & Chips 1pc 14 / 2pc 19
Pacific cod, tempura batter, fries, house tartar

Cajun Salmon Ciabatta 17
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

Clam & Chorizo Vongole 25
Linguine aglio e olio, fresh Van Island clams,
Italian parsley, garlic baguette

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

♦ After 4:30 ♦

Market Fish of the Evening 30
Chef's creation

Angus Beef Sirloin & Frites 31
Sautéed mushrooms, French fries,
peppercorn sauce

Roast Chicken Supreme 30
heirloom carrots, herb roast potato,
mushroom demi glaze

West Coast Salmon 30
Butter-poached broccolini, pomme purée,
lobster velouté

Braised Lamb Shank 31
Roasted cauliflower, mashed potato,
rosemary jus

Seared Chilean Seabass 35
Bell peppers, green peas, wild rice,
champagne buerre blanc

18% Gratuity on groups of 8 or more