

MENU

OYSTERS

Fresh Oysters on the Half Shell *ea.3.50*
ponzu mignonette, tomatillo cocktail sauce,
chilled soda & limoncello

Monks Oysters Rockefeller *12.00*
baked with spinach, shallots,
bacon, cream, gruyere cheese
& sambuca

Oysters Puttanesca *12.00*
anchovies, kalamata olives, capers,
garlic, tomatoes & basil

« The consumption of RAW oysters poses an increased risk of food borne illness. A cooking step is needed to eliminate potential bacterial or viral contamination »

*Medical Health Officer
By order of Vancouver Coastal Health*

SALADS & CHOWDER

Seafood Corn Chowder *8.00*
baby corn and cream,
clams and fresh fish

Organic Spring Greens *11.00*
english cucumber, peppered feta,
carrot spaghetti, cherry tomatoes
& citrus vinaigrette

Monks Caesar Salad *11.00*
creamy anchovy emulsion,
brioche croutons, crispy capers
& grated parmesan

add chicken, shrimp *5.00*
add salmon *7.00*

Summer Spinach Salad *12.00*
baby spinach, lemon goat cheese,
angel hair of beet, field berries,
warm bacon & apple cider vinaigrette

Grilled Prawn Salad *16.00*
spicy thai marinade, crispy wontons,
gourmet greens, mandarin oranges,
sweet chili peanut vinaigrette

Arrachera Chop Salad *16.00*
chipotle & orange marinated skirt steak,
wedge of iceberg lettuce, avocado,
cherry tomatoes, bell peppers,
& ranch dressing

SMALL PLATES

Halibut & Shrimp Ceviche 16.00
tequila spiked haida gwaii caught halibut,
baby shrimp, bell peppers,
red onion, zest & juice of lime

Lobster Corn Dogs 15.00
crispy corn batter,
miso mustard, traditional cocktail sauce,
& lemon garlic aioli

Crab & Shrimp Cakes 16.00
house made dungeness crab &
hand peeled baby shrimp cake
spinach & artichoke dip

Dim Sum 12.00
ha gau (shrimp dumpling)
siu mai (pork & prawn mousse dumpling)
traditional dipping sauces

Beef Burger Sliders 15.00
three mini prime rib burgers,
with bacon, tomato & dill pickle

Flash Fried Calamari 14.00
seasoned japanese panko,
red onion, cilantro & tzatziki

Fish Tacos 16.00
salmon, ahi tuna & scallops,
crispy iceberg lettuce,
tomato corn salsa, avocado,
lime crème fraiche,
& tomatillo jalapeno hot sauce

Monks Salt & Pepper Wings 15.00
crunchy corn meal crust, sea salt,
cracked black pepper
& frank's hot sauces

Roasted Eggplant Caviar 12.00
red bell pepper, garlic,
basil and parsnip chips

CASUAL PLATES

Monks Prime Rib Burger 17.50
8 oz house recipe prime rib
& mild italian sausage patty,
cheddar cheese, bacon, sautéed mushrooms,
red relish & roasted garlic mayo, yukon gold fries

Caribbean Jerk Salmon Burger 17.00
wild sockeye salmon filet, mango relish,
leaf lettuce, citrus aioli,
yams fries

Monks Fish & Chips 16.00
black tusk beer battered
& fried pacific cod, cabbage coleslaw,
traditional tartar sauce

MUSSELS & CLAMS

1lb of Clams or Mussels 18.00
served in your choice of sauce:

- * chorizo sausage, fennel, chili flakes,
garlic & saffron white wine
- * sky vodka tomato broth, dill, garlic,
shallots & fresh basil
- * garlic citrus, with white wine, fresh lemon,
dill weed & roasted garlic

MAIN PLATES

Pacific Halibut 29.00
roasted mustard seed potato rosti,
grilled asparagus &
sundried tomato beurre blanc

Pan Seared Arctic Char 24.00
soya ginger citrus marinated,
crispy cashew rice cake, bok choy,
gomaii salad & brown butter

Grilled Wild Salmon & Jambalaya 25.00
fire roasted peppers, andouille sausage,
house smoked ham hock,
fresh peas with orzo pasta

8 oz. Triple A NY Denver Cut 30.00
organic AAA beef, pomme frites,
peppercorn demi-glace, watercress salad
& horseradish vinaigrette

Seafood Linguine 26.00
clams, mussels, prawns, fin fish,
cracked chili, roasted garlic
tossed with linguine & white wine sauce

Vancouver Bouillabaisse 30.00
crab, mussels, clams, prawns,
squid, scallops, white fin fish,
tomato saffron broth, grilled filone bread

Vegetable Phyllo Pocket 23.00
spring vegetable ratatouille
brie cheese, rustic marinara
& crème balsamic

Executive Chef **Rick A. Bowman**

18% gratuity added to all parties of 8 persons or more