

MENU

OYSTERS

Fresh Oysters on the Half Shell ea.3.00
a rotating selection of B.C.'s freshest pearls & gems watermelon mignonette

Monks Oysters Rockefeller 13.00
baked with creamed spinach, double smoked bacon & béarnaise sauce

Pan-Fried Oysters 15.00
four pieces served on red cherry quinoa

« 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 kernels and cream, clams, smoked salmon and fresh fish

Aggasiz Organic Frisee Salad 12.00
chorizo, citrus vinaigrette, vine ripened tomatoes, candied pecans & parmesan cheese

Tiger Prawn Salad 16.00
six tiger prawns, pork belly, spinach & romaine, avocado, shaved radish six minute egg, blue cheese vinaigrette

Monks Caesar Salad 10.00
creamy anchovy cheese dressing popcorn capers & shredded parmesan

add 6oz Grilled Chicken Breast 8.00
add 5oz Grilled Sockeye Salmon 8.00

Tuna Poke 15.00
soya marinated tartar, toasted sesame seeds, green onion, cracked chilies & cilantro

Nova Scotia Lobster Mango Salad 8.00
chilled Canadian Lobster, shaved fennel string beans & peppers & cherry tomato on mixed greens, mango vinaigrette

Roasted Red & Golden Beet Salad 12.00
sour cherry red beet salad, golden beet carpaccio, fresh arugula

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

SMALL PLATES

Mascarpone Crab & Shrimp Cakes 16.00
house made dungeness crab &
baby shrimp cakes,
sangria poached pears
chipotle aioli

Flash Fried Calamari 14.00
seasoned japanese panko, panko tatziki

Harbenero Scented Seafood Tacos 16.00
a medley of our freshest seafood, sockeye
salmon, baby scallops, avocado sour cream,
valentine sauce

1lb Steamed Mussels 18.00
skyy vodka & tomato basil broth
grilled bread

CASUAL PLATES

Monks Burger 17.00
8 oz special recipe burger with blended
prime rib & mild Italian sausage patty
aged cheddar, bacon, pickled red onion
french fries

Salmon Burger 17.00
wild BC Salmon filet, iceberg lettuce tomato,
cucumber tartar sauce brioche bun, french fries

Monks Halibut & Chips 19.00
2 pieces of beer battered queen charlotte
halibut cabbage coleslaw, tartar sauce

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MAIN PLATES

Grilled Wild Sockeye Salmon 25.00
mushroom polenta, apple-celery slaw,
vermouth sauce

Roasted Sable Fish 27.00
glazed with agave nectar & tequila, roasted
golden & blood beets, chilliwack corn risotto,
shimiji-soy sauce

Pan Seared Red Trout 24.00
basil crab quinoa & summer vegetable medley

10 oz. NY & Crab Surf 'n Turf 34.00
angus NY steak with dungeness crab meat
cracked black pepper potato rosti
asparagus, béarnaise sauce & demi glace

White Stripe Spring Lamb Rack 34.00
3 Bone espresso-ancho rubbed summer
vegetables potato hash with merguez sausage
brandy-cherry jus

Short Rib & Scallop Aqua Terra 27.00
braised beef short rib, seared baja scallops
soft truffled polenta guinness-cherry coffee sauce

Pan Roasted Sturgeon 26.00
orange carrot puree, champagne beurre blanc
steelhead caviar, fennel-orange & arugula salad

Rosedale Farms Free Range Chicken 24.00
butter poached leeks, potato & smoked bacon
fondant, pinot noir jus

Vancouver Bouillabaisse 29.00
crab, mussels, clams, prawns, scallops,
salmon, tomato saffron broth

Vegetarian Linguini 18.00
braised lobster mushrooms, carrot coulis
sautéed vegetables

please note entrees are available after 4 pm

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