

Lunch Entrée

Curried Organic Beans \$12

Eatmore Sprouts mixed sprouted beans braised with Indian curry spices, served on steamed short grain rice pickled pumpkin and cucumber mint cream

Pan Seared Fish Fillet \$15

Pan Seared fresh fish of the day served with roasted capers and herbs butter, steamed rice and daily vegetables

Thai Chicken Curry \$14

Local chicken breast morsels sautéed with diced vegetables then simmered in Thai green coconut curry sauce, served with steamed rice, and celeriac slaw

Seasonal Seafood Linguine \$15

Medley of white fish, candied salmon, mussels and clams tossed with artisan Prontissima carrot and dill linguini in a light fresh herb and local cheese cream

Four Cheeses Tortelloni \$14

Filled with Natural Pastures Parmadammer, Peppered Verdelait and Little Qualicum Cheeseworks fromage frais, finished with basil pesto, roasted sweet peppers and Kalamata olives

Baked Seafood St-Jacques \$16

West Coast fish, mussels, clams, shrimps and mushrooms simmered in a creamy white wine sauce and baked with artisan cheese, steamed rice and daily vegetables

Soup

Served with fresh grilled Grain's Bakery bread

Fish Market Chowder

small \$10 large \$13

West Coast medley of fresh seafood and smoked candied salmon simmered in a creamy vegetable broth

Chicken & Garlic Soup

small \$9 large \$12

Simmered free range chicken broth with roasted garlic, herbs and Island Farms Cream

Soup Of The Day

cup \$5 small \$7 large \$10

Baked Onion Soup \$10

baked with Little Qualicum Cheeseworks Rathtrevor cheese

Appetizers

Crispy Pork Belly \$13

Roasted fennel seed infused Tannadice Farm pork served on celeriac slaw with pickled garlic scape, and a tarragon peppercorn dressing

Pan Seared Fanny Bay Oysters \$12

Lightly dusted, served with homemade organic tomato and horseradish salsa, fresh dill and citrus Aioli, pickled garlic scape and fennel crustini

Cortes Island Mussels or Clams \$13

Simmered in anise infused light cream with shaved fennel, roasted garlic, pickled ginger, seasonal herbs and green peppercorns

Salad

Raclette Cheese and Apple Salad \$13

Little Qualicum Cheeseworks Raclette cheese and sautéed apples served on seasonal greens with walnut bread and lavender jelly

Fresh Shrimp & Rice Salad Rolls \$14

Fresh hand peeled shrimp and organic winter greens rice roll, served with roasted cashew pesto, ginger chili sauce and wasabi aioli

Charbroiled Halibut Salad \$18

West Coast halibut fillet served on seasonal greens, crispy vegetables, Little Qualicum Cheeseworks Blue Claire and leek fondue, Cider Press apple cider vinaigrette

Tossed with fresh celery, seasonal herbs and citrus mayonnaise, served with local greens and tomatoes in a Portuguese bun.

Organic Beet & Goat Cheese Salad \$12

Warm Pattison Farms beets and Okanagan pure goat cheese served on fresh Eatmore Sprouts micro greens with roasted pine nuts and sherry vinegar dressing

Christine's Quackery Duck Salad \$14

Warm slow cooked duck leg confit served on Mesclun greens with roasted cashews and grapes, baked goat cheese crustini and local wild berry dressing

Sandwiches & Burgers

Served with choice of daily soup or salads:
local greens, fresh pasta salad, potato salad.

Free Range Chicken Clubhouse \$14

Double decked sandwich with Tannadice Farm double smoked bacon, tender slices of local chicken, seasonal greens, tomatoes, homemade mayonnaise, served on toasted Grains Bakery multigrain bread

Fresh Shrimp & Crab Roll \$16

Winter Season Salad \$10

Local organic greens and BC Belgium endive salad garnished with roasted hazelnuts, Cider Press apple cider vinegar house dressing and Big D Bees pure honey

Chicken & Vegetable Rolls \$14

Local free range chicken and crispy vegetables wrapped in rice paper with fresh ginger, garlic and Asian five spice, served on fresh Mesclun greens with homemade red plum sauce and cashew pesto

Tannadice Farm Pulled Pork Sandwich \$14

Slow braised pork infused with Surgenor Brewing Company's Red House Ale, served on a grilled Portuguese bun with fresh shredded slaw, sautéed apple and caramelized onion

Grilled Cheese Sandwich \$13

Gold medal Natural Pastures Camembert cheese and pears, Grains Bakery walnut bread and homemade preserves

Cheeseburger Trio \$14

Ground beef burgers served on brioche with Qualicum Cheeseworks Raclette cheese, Blue Claire cheese and Okanagan pure goat cheese

Land Burger Trio \$14

- Island Bison and caramelized onion, lavender jelly
- Minced lamb with tarragon Dijon sauce
- Local chicken breast, tomato herb Provençal

Sea Burger Trio \$14

- West Coast salmon with wasabi aioli
- Marinated snapper with fresh dill Dijon sauce
- Fire seared Albacore tuna with roasted cashew pesto

Lunch Menu

Locals – Food from the Heart of the Island

“Locals” showcases the best in food the Comox Valley and Vancouver Island have to offer. Chef Ronald St. Pierre’s passion lies in providing memorable dining experiences that marry the bounty of the Island with his culinary artistry, served in a unique dining setting with heartfelt service. We celebrate the uniqueness of Vancouver Island as everyone who works at Locals is passionate about life in the Comox Valley.



Chef Ronald St. Pierre CCC

Fresh Individual Pizza

Served with choice of daily soup or salads:
local greens, fresh pasta salad, potato salad.

Vegetarian Pizza \$13

Caramelized onions, roasted sweet peppers, fresh tomatoes, roasted garlic, olives, Bates Beach Farms basil pesto and Little Qualicum Cheeseworks feta cheese

West Coast Seafood Pizza \$15

Smoked candied salmon and hand peeled shrimp, local grated artisan cheese, caramelized onion, capers and fresh herb tomato sauce

Island Bison Pizza \$14

Locally made bison pepperoni sausage, Natural Pastures Mozzarella di Buffala cheese, sweet peppers, caramelized onion and BC mushrooms

Artisan Cheese Pizza \$14

Natural Pastures Cheese Co. and Little Qualicum
Cheeseworks grated assorted cheeses, caramelized onions,
spiced apples and roasted organic hazelnuts

Bon Appetit!!!

If you have any dietary restrictions
please advise your server and we will be pleased
to accommodate your needs.

Nature Springs Wasabi - Brian & Lia McCormick

Nature's Way Farm – Marla & George Ehrler

Pattison Farms - Gerry & Dagmar Pattison

Prontissima Pasta – Sarah Walsh

Royston Roasting Company – Gary & Dyan Spink

Stoney Bog Farm – Carl & Cyneth McKinnon

Seaview Game Farms – Lo Lanning

Tannadice Farm – Heather & Allen McWilliam

Watrin Orchard - Larry & Angelina Watrin

Whaletown Bay Oysters - Ces Robinson

Thank you for supporting our Local Producers!

Bates Beach Farms – Grace Obal

Big D Bees – Dan Ludwig

Bite Size Specialty Food Co. - Karen Pattison

Christine's Quackery - Christine Gauvin

Cider Press - Bill LePage

Coal Creek Farm – Paul & Christine

Eatmore Sprouts - Glen & Carmen Wakeling

Grains Bakery - Bernadette Pitcher

Gunter Bros Meat Co Ltd. – Dennis & Harry

Hot Chocolates – Jordan Marshall

Island Bison – Dick & Carol Watson

Island Scallops - Qualicum Bay

Karma Coffee – Coombs, B.C.

Little Qualicum Cheeseworks Ltd. – Parkville, B.C.

MV. Estevan Tuna - Bruce W. Devereux

Natural Pastures Cheese Co.-Edgar & Maryanne Smith



Lunch Menu