

M E N U

APPETIZERS AND SHAREABLES

AGEDASHI TOFU 16.95

Marinated Firm Tofu, House Made Spicy Pickles, Chili Sesame Soy Glaze, Sriracha Aioli, Scallions, Sesame Seeds
V · VP

COCONUT CRUSTED PRAWNS 19.95

Mango Jalapeno Aioli, Lemon Black Pepper, Smoked Honey, Scallions, Chili

CALAMARI 18.95

Sun Dried Tomato Bruschetta, Feta, Balsamic Reduction, Tzatziki, Fresh Lemon

BABY BACK RIBS 20.95

1 LB, Choice Of: Sweet Chili Or Salt & Pepper GP

CHICKEN WINGS 17.95

Choice Of: Jalapeno BBQ, Salt & Pepper, Maple Chili, Lemon Pepper or Classic Hot

GREEK STYLE CAULIFLOWER 16.95

Crispy Tempura Cauliflower, Vegan Tzatziki, Sundried Tomato And Caper Bruschetta, Fresh Cucumber, Radish, Dill, Lemon VG

MEDITERRANEAN MEATBALLS 18.95

Kofta Spiced Beef Meatballs, Harissa Tomato Compote, Tzatziki, Toasted Pita, Arugula, Feta

DAILY SPECIALS

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|-----------|--------------------|
| MONDAY | CHEF'S CHOICE |
| TUESDAY | TACO NIGHT |
| WEDNESDAY | BBQ RIBS NIGHT |
| THURSDAY | LIVE PASTA BAR |
| FRIDAY | FRESH SEAFOOD |
| SATURDAY | SUSHI & SAKE NIGHT |
| SUNDAY | ROAST NIGHT |

KYC HOUSEMADE BUFFALO CAULIFLOWER 18.95

Crispy Panko Cauliflower, Buffalo Sauce, Ranch, Blue Cheese Crumble, Scallions V

WAGYU BEEF CARPACCIO 21.95

Parmesan, Baby Arugula, Maple Dijon Aioli, Pickled Shallots, Fried Capers, Crostini GP

SPINACH ARTICHOKE DIP 16.95

Parmesan & Goat Cheese, Lemon, Dill, Toasted Pita Bread.
GP-V

CHARCUTERIE BOARD FOR TWO 23.95

Regionally Sourced Salami, Smoked Duck Breast, Coppa, Prosciutto, Artisanal Cheeses, Pickles, Preserves, Crostini GP

NACHOS 15.95

Perfect For One! Jalapeno, Bell Peppers, Monterey Jack Cheese, Tomato, Sour Cream, Smoked Tomato Salsa GF · V
+Nacho Beef 1.95 + Nacho Chicken 1.95 +Guacamole 2.95

V · Vegetarian VG · Vegan VP · Vegan Possible GF · Gluten Free GP · Gluten Free Possible



SOUP OF THE DAY 11.95
Ask Your Server For More Details

SUMMER SPINACH half 8.95 · full 12.95
Fresh Baby Spinach, Fresh Cherry Tomato,
Cucumber, Pickled Red Onion, Fresh
Radish, Toasted Seeds, Red Wine
Vinaigrette VG · GF

SEAFOOD CHOWDER 12.95
Creamy New England Chowder, Fresh
Fish, Clams, Seafood Medley GP

CAESAR SALAD half 9.95 · full 13.95
Romaine Hearts, Smoked Bacon, Croutons,
Grana Padano Parmesan, House Made
Dressing GP

HOUSE FAVORITES

FLATIRON STEAKHOUSE SALAD 26.95
6oz Sterling Silver Flatiron, Red Wine
Vinaigrette, Arugula, Candied
Walnuts, Pickled Red Onion, Cherry
Tomato, Fresh Radish, Blue Cheese
Crumble GF

RAINBOW POKE BOWL 24.95
Marinated Ahi Tuna, Wild Canadian
Rice, Mango, Edamame Beans,
Cucumber, Pickled Carrot, Radish,
Cabbage, Poke Sauce, Honey Sriracha
Mayo GP

SOUTHWEST CAJUN CHICKEN BOWL 24.95
Cajun Grilled Chicken Breast, Black
Bean Pico De Gallo, Fresh Avocado,
Spice Roasted Yam, Cherry Tomato,
Pickled Red Onion, Feta Cheese,
Romaine Lettuce, Chipotle Lime Aioli,
Crispy Tortilla GF

FALAFEL BURGER 18.95
Green Chickpea And Fresh Herb Patty,
Vegan Tzatziki, Alfalfa Sprouts, Fresh
Tomato, Fresh Cucumber, Toasted
Vegan Brioche Bun & Choice Of Side
VG · GP

FISH & CHIPS 22.95
Local Beer-Battered Haddock, French
Fries, Traditional Tartar Sauce, Dill Salt,
House Coleslaw
Substitute Halibut 28.95

MUSHROOM & SWISS BURGER 23.95
Fresh Ground Chuck Burger, Smoked
Bacon, Swiss Cheese, Sautéed
Mushrooms, House Made Burger
Sauce, Pickled Red Onion, Lettuce,
Tomato, Toasted Brioche Bun &
Choice Of Side GP

KYC POWER BOWL 24.95
Baby Arugula Salad, House Made Falafel, ,
Beetroot Hummus, Vegan Tzatziki, Crispy
Chickpeas, Cucumber, Radish, Pickled Red
Onion, Kalamata Olives, Feta, Grilled Pita
Bread, Lemon Miso Vinaigrette VP · GP
Sub Marinated Grilled Chicken 25.95
Sub Garlic Seared Prawns 29.95

STEAK SANDWICH 24.95
5 OZ Sterling Silver Striploin, Roasted
Garlic Aioli, Arugula, Blue Cheese
Butter, Garlic Ciabatta & Choice Of
Side GP

SIDES

Choice of: Harvest Salad , Caesar Salad,
French Fries OR Daily Soup
Chowder, Half & Half, Yam fries for \$2.95
Onion Rings, Truffle Fries for \$ 3.95

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AVAILABLE ALL DAY

CHICKEN CLUB SANDWICH 21.95

Grilled Farmcrest Chicken Breast, Smoked Bacon, Roasted Garlic Aioli, Iceberg Lettuce, Tomato, Smoked Cheddar, Toasted Ciabatta Bun & Choice Of Side GP

STEAK FRITES 30.95

6 OZ Sterling Silver Flat Iron, Ginger Tomato Jam, Truffle Fries, Baby Arugula, Red Wine Vinaigrette, Crispy Onions, Truffle Aioli GP

TUSCAN CHICKEN PENNE 29.95

Spinach, Kalamata Olives, Cherry Tomatoes, Sun Dried Tomato Olio Sauce, Feta, Fresh Herbs VP

Sub Marinated Tofu 26.95

Sub Jumbo Prawns 32.95

COMMODORE BREAKFAST CROISSANT 17.95

Fried Egg, Swiss Cheese, Arugula, Tomato, Garlic Aioli, Bacon & Choice Of Side GP

ENHANCEMENTS

+ FLAT IRON 6OZ 13.95

+ JUMBO PRAWNS 12.95

+ HALIBUT 18.95

+ CHICKEN BREAST 9.95

+ MARINATED TOFU 6.95

+ GARLIC CIABATTA 4.95

+ CHEESE CIABATTA 5.95

HOUSE BURGER 19.95

Fresh Ground Chuck Burger, House Made Burger Sauce, Pickled Red Onion, Lettuce, Tomato, Toasted Brioche Bun & Choice Of Side GP

Smoked Cheddar Burger 21.95

AVAILABLE AFTER 5PM

BRAISED SHORT-RIB 34.95

Wild Mushroom Risotto, Pickled Shimeji Mushroom, Grana Padano Parmesan, White Truffle Oil GF

PRAWN & SCALLOP PENNE 34.95

Seared Scallops, Jumbo Prawns, White Wine Cream Sauce, Penne Noodles, Cherry Tomato, Parsley GP

ESPRESSO RUBBED DUCK BREAST 34.95

Grilled Duck Fat Potatoes, Charred Broccoli, Butternut Squash Puree, Red Wine Cherry Duck Sauce, Fried Beetroot, Fresh Chervil GF

WESTCOAST HALIBUT 39.95

Fresh Wild BC Halibut, Beluga Lentils, Carrot Ginger Puree, Baby Carrots, Pickled Fennel And Orange Segment Salad, Carrot-Top Pesto GF

GRILLED STRIPLOIN 39.95

Sterling Silver 10 OZ Centre Cut, Roasted Garlic Mashed Potatoes, Seasonal Farm Vegetables, Caramelized Shallot, Syrah Demi Glace GF

