

## First Courses

### Thai Mustard Green Soup

Spicy!! Braised Pork Spare Ribs and Mini Meat Balls

### Spinach Vegetable Samosa

with Mango Chutney

### Soup

Grilled Vegetable Minestrone  
White Beans and Fresh Pasta

### Salad

Farm Fresh Baby Spinach, Arugula, Watercress and Mustard Greens  
Raspberry Vinaigrette

### Three Course Meals

\$15.00 - \$23.00

Produce provided By;  
The Old Farm Market



❖ Thank You!

## Main Courses

### Vegetarian \$16.00 for Three Courses

Providence Farm Red Russian Kale, Nugget Potatoes Quiche, Curried Red Lentils, Quinoa and Glazed Beets

### Pasta \$17.00 for Three Courses

Fresh Spaghetti Carbonara -  
Made from Providence farm Fresh Eggs and Smoked Bacon

### Pizza \$15.00 for Three Courses

Mediterranean Style Brick Oven Pizza  
Pesto, Feta, Red Onions, Roasted Garlic, and Kalamata Olives

## Main Features

### Japanese Ramen

Wheat Noodles, Braised Smoked Pork, Poached Egg and Bok Choi  
(Pork from Cowichan Valley Meat Market)  
\$21.00 for Three Courses

### Beef Ancho

Smoked and Braised Beef  
In a Chili Brown Sauce  
(Beef From Cowichan Valley Meat Market)  
\$22.00 for Three Courses

### Lemon Herb Crusted Halibut

Pan Fried with Mango Salsa  
(Halibut from Cowichan Bay Seafood)  
\$23.00 for three Courses

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## Desserts

### Bombe Alaska

Homemade Ice Cream, Quinoa Torte, Topped With Meringue

### Baked Cheesecake

Topped Orange Glaze

### Apple Fritters

With Blackberry Syrup

## Farm Table Restaurant

Days & Hours:

Wednesday to Friday

5:30 to 9:00 pm

1843 Tzouhalem Road

Duncan BC

### Vegetables & Starch:

Stir Fry vegetables  
And Whipped garlic potatoes



VANCOUVER ISLAND  
UNIVERSITY  
COWICHAN

❖ Taxes not Included