

## *First Courses*

### **Beet flavored Gnocchi**

With Mushrooms and  
Farm Fresh Greens

### **Cheese Soufflé**

Comox Valley Brie and Raclette Cheese

### **Soup**

Roasted Onion Soup  
Homeade Crutons and Raclette Cheese  
(Raclette Cheese from Qualicum)

### **Salad**

Farm Green Salad in Filo Pastry with  
Spicy Greens, Watercress, Mizuna,  
Sweet Peppers, Cucumber and Lemon  
Quinoa Vinaigrette

Produce Provided By:  
The Old Farm Market  
&  
Providence Farm



❖ Thank You!

## *Main Courses*

### **Vegetarian** \$15.00 for Three Courses

Mushroom Barley Burger -  
On Brioche with Beet Relish,  
Roasted Garlic, Arugula Lettuce and Yam  
Fries

### **Pasta** \$18.00 for Three Courses

Pad Thai -  
Rice Noodles, Shrimp,  
Stir fry Vegetables and  
Tomato Peanut Sauce

### **Pizza** \$17.00 for Three Courses

Chicken, Feta Cheese, Spinach, Roasted  
Tomatoes And Fresh Basil

## *Main Features*

### **Chicken Wonton**

Noodles, Bok Choi, Radishes,  
Pickled Shitake Mushrooms  
(Chicken from Cowichan Valley Meat Market)  
\$21.00 for Three Courses

### **Lamb Shepherd's Pie**

Topped With Mashed Potatoes  
(Lamb from Cowichan Valley Meat Market)  
\$22.00 for Three Courses

### **Lightly Battered Halibut**

Asian Slaw and Sriracha Chili Remoulade  
(Halibut from Cowichan Bay Seafood)  
\$24.00 for Three Courses

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## *Desserts*

### **Blackberry Port Poached Pear**

With Ricotta Cream Cheese  
And Sable Cookies

### **Banana Napoleon**

Puff Pastry, Caramelized Bananas  
And Whipped Cream

### **Lemon Soufflé Tart**

Green Tea Ice Cream and  
Blueberry Compote

## *Farm Table Restaurant*

Days & Hours:

Wednesday to Friday

5:30 to 9:00 pm

1843 Tzouhalem Road

Duncan BC



VANCOUVER ISLAND  
UNIVERSITY  
COWICHAN

❖ Taxes not Included