

EPIC LUNCH MENU

APPETIZERS

PINGUE'S NIAGARA PROSCIUTTO

Medjool Dates, British Columbia Tiger Blue Cheese, Fennel, Tangerines, Arugula, Pink Peppercorn-Truffle Vinaigrette
14

HEIRLOOM ONTARIO BEETS

Niagara Pear, "Ewenity" Feta, Lolla Rossa, Hazelnuts, Balsamico, Extra Virgin Olive Oil
14

CAULIFLOWER SOUP

Cauliflower Cream, Winter Leek Soup, "Black River Farms" Lamb Merguez Sausage
12

ROYAL YORK SEAFOOD CHOWDER

Maritime Salmon, Scallops, Shrimp, Fine Herbs
13

THUNDER & ROMAINE SALAD

Creamy Caesar Dressing, Thunder Oak Gouda, Lardons, Whole Wheat Crostini
14

WINTER SALAD

Organic Greens, Roasted Winter Vegetables, Pickled Onions, Almonds, Lemon Vinaigrette
13

DAILY CREATIONS

SOUP OF THE DAY

11

DAILY SANDWICH

19

LIFESTYLE SALAD

13 appetizer 18 main

CHEF'S DAILY PASTA

21

SUSTAINABLE CATCH OF THE DAY

24

DAILY SORBET

8

MAINS

LAKE ERIE PICKEREL

"Purdy Fisheries" Sturgeon Caviar, La Ratte Potatoes, "Cookstown" Rainbow Chard, Leamington Tomato Bearnaise
25

EAST COAST SCALLOPS

Dupuy Lentils Stewed, Squash, Rosemary, Creamed Cookstown Salsify, Artichoke Emulsion
27

ONTARIO NATURAL ARCTIC CHAR

Celeriac Purée, Autumn Beets, Fine Beans, Truffle-Port Foam
26

CANADIAN BLACK ANGUS STRIPLOIN STEAK

"Fifth Town" Chevre Mashed Potato, Braised King Mushroom, Local Heirloom Carrots, Espresso-Kozlik's Mustard Jus
29

ORGANIC CHICKEN

"Fenwood Farms" Chicken Breast, Celery Root Pave, Corn, Pingues Niagara Pancetta, Brussel Sprout Leaves
Rooftop Honey-Brandy Jus
23

TAGLIATELLE AND LOBSTER

Tagliatelle Pasta, Nova Scotian Lobster, Carmelized Onions, Spinach, Caper Aurora Sauce
28

The cuisine of **EPIC** is created with ingredients that are first and foremost sourced locally, then secondly throughout Canada, and lastly, when necessary, from around the world. With these ingredients our Chefs create dishes that are seasonal, reflect perfect flavour combinations, and focus on environmental responsibility.

We are committed to offering sustainable seafood through the Vancouver Aquarium's Ocean Wise program.



Recommended by the Vancouver Aquarium as an ocean-friendly seafood choice.