BOW VALLEY grill

SOUPS

CARROT, GINGER & APPLE
cider crème fraîche, apple slaw, cilantro
(vegetarian)
10

TOMATO & BEAN
hot house tomatoes, navy beans, fine herbs
10

APPETIZERS

ROMAINE SALAD
romaine, double smoked bacon, garlic confit,
grilled crouton, parmigiano, garlic & lemon dressing
14

HEIRLOOM TOMATO SALAD
spring greens, organic heirloom & cherry tomatoes, feta cheese,
pickled red onions, red wine vinaigrette
(vegetarian)
14

DUCK CONFIT
duck confit, quinoa, candied walnuts, goat cheese, baby greens,
red flame grapes, maple emulsion
14

CHILLED SEAFOOD GAZPACHO
poached prawns, baby scallops, peppers, red onions, palm hearts,
avocado crème fraîche, crispy crêpe, spicy tomato gazpacho
15

BEEF TARTARE
'AAA' Alberta prime beef, shallots, grainy mustard,
egg yolk, grilled crostini
16

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MAINS

ROASTED HALF SPRING CHICKEN
buttermilk mashed potatoes, blistered broccoflower, baby carrots,
cipollini onions, honey thyme pan jus
34

PRAWN LINGUINI
shellfish nage, fine herbs, white wine, tomato concasse
32

SPRING VEGETABLE CAPELLINI
organic tomatoes, arugula, forest mushrooms, extra virgin olive oil,
fresh basil, white wine, pecorino
(vegetarian)
29

GRILLED ATLANTIC SALMON
steamed fingerling potatoes, green peas, swiss chard,
tomato seafood chowder sauce, clams, sea scallops, prawns
38

ROASTED PACIFIC HALIBUT
wilted greens, snow peas, green beans, roasted baby fennel,
morel mushrooms, lemon thyme velouté
40

GRILLED BEEF TENDERLOIN
roasted heirloom potatoes, green beans, cabernet veal jus
42

'AAA' ALBERTA PRIME STRIP LOIN
roasted heirloom potatoes, spring vegetables, veal jus
38

GRILLED BONE-IN PORK CHOP
roasted garlic & cipollini mashed potato, green beans, natural jus
36

BOW VALLEY GRILL NIGHTLY SPECIAL

SLOW ROASTED PRIME RIB
caramelized cipollini onion potato purée,
seasonal vegetables & red wine pan jus
7oz Cut - 37
10oz BVG Cut - 42

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

THE Fairmont BANFF SPRINGS