



- CHICKEN NOODLE SOUP 7.  
Better than your mama makes!
  
- GUACAMOLE AND CHIPS 8.  
With our own lime and coriander chips  
salsa and sour cream
  
- PULLED PORK SLIDERS 9.  
In house smoked pork, Abode's own BBQ sauce and  
crunchy coleslaw on locally baked brioche buns
  
- BC CHEESE PLATE 14.  
Happy Days goat cheese, Little Qualicum blue,  
Farmstead smoked cheddar, crostinis
  
- THE BREAD AND BUTCHER 16.  
Prosciutto, genoa salami, rosemary red pepper  
hummus, roasted garlic aioli, whipped blue cheese,  
warm breads
  
- STEAMED BC MUSSELS  16.  
1 lb Fresh Salt Spring Island mussels steamed in white  
wine and garlic butter. With toasted ciabatta.

## GARDEN

- KALE CAESAR 11.  
Kale greens, Grana Padana, green apples and dried  
cranberries, cheese crostinis, creamy Caesar dressing.
  
- QUINOA + GREENS 12.  
Red peppers, cherry tomatoes, dried cranberries,  
quinoa, artisan greens, Dijon vinaigrette with toasted  
cheese bread
  
- SESAME GINGER CHICKEN 15.  
Ginger and lime marinated chicken breast, artisan  
greens, green apple, red peppers, crisp carrot, sesame  
ginger vinaigrette, on a bed of marinated vermicelli and  
roasted spiced peanuts
  
- WEST COAST COBB SALAD 15.  
Baby shrimp, chopped bacon, boiled egg, cherry  
tomatoes, house made ranch dressing, Qualicum  
Beach goat cheese all on a bed of local artisan greens
  
- ADD to your salad or wrap
- GRILLED CHICKEN BREAST +5
- PORTABELLA MUSHROOM +3
- SEARED WILD BC SALMON +10

## HANDHELDS

- Sandwiches come with; kale caesar or  
quinoa +greens or house cut Kennebec fries.  
SUB chicken noodle soup +2.
  
- MEGA VEG WRAP 12.  
Oven roasted portabella mushroom, roasted red  
peppers, fresh baby spinach, goat cheese, red pepper  
hummus, oven dried tomatoes and artisan greens in a  
flour tortilla wrap.
  
- PIRI PIRI CHICKEN SANDWICH 14.  
Chicken breast basted with traditional North African  
Piri Piri sauce, lettuce, tomato and our own  
Tzatziki sauce on a grilled Portuguese bun
  
- SALMON FLATBREAD 14.  
Smoked salmon, fresh spinach, capers with dill cream  
on our oven baked flat bread. Accompanied by a small  
quinoa + greens
  
- TRADEMARK BURGER 15.  
House made veal and beef patty, Gelderman Farms  
bacon, Farmstead smoked aged cheddar, tomato, onion  
rings, greens, house sauce





- VEGGIE FLATBREAD 13.  
Oven dried tomato, artichoke, zucchini, Little Qualicum goat cheese, red onion, pesto on our oven baked flat bread. Accompanied by a small quinoa + greens
- TUSCAN PASTA 14.  
Portabella mushrooms, roasted red peppers, baby spinach, San Marzano tomato sauce on spiral pasta topped with feta
- CHICKEN + RICE BOWL 15.  
Ginger and lime marinated chicken breast in our medium spiced coconut curry, garden vegetables asparagus, cilantro and jasmine rice
- MEATBALLS + PASTA 16.  
Veal and beef meatballs, tomato and Mornay sauce, corkscrew pasta
- FLANK AND FRITES 20.  
House marinated (24 hrs) 8oz flank steak, green salad, house cut Kennebec fries

## SEAFOOD

- SALMON SOFT TACO  13.  
Wild BC salmon, avocado, crispy coleslaw, red onion, cherry tomatoes, tartar sauce in a flour tortilla
- PANKO CRUSTED BC COD  18.  
North Pacific Grey Cod pan-fried, Kennebec fries, caper aioli and crispy coleslaw
- SEAFOOD PASTA  18.  
North Pacific Grey Cod, wild BC salmon, tiger prawns, white wine pesto cream sauce, spaghetti
- BC MUSSELS + FRITES  19.  
1 lbs Fresh Salt Spring Island mussels, steamed in white wine and garlic butter. Served on our house cut Kennebec fries
- MAPLE SALMON  22.  
Wild Sockeye salmon drizzled with maple syrup, creamy mashed potatoes and seasonal vegetables

## A LA CARTE

- SEASONAL VEGETABLE 6.  
Please see your server
- FRIES + TANGY GARLIC DIP 6.
- FRIES + GRAVY 7.
- SOME BREAD 5.

## DESSERTS

- HOUSE BAKED BROWNIE 8.  
with vanilla bean ice cream
- NY CHEESECAKE 7.  
with seasonal compote
- DECADENT CHOCOLATE MOUSSE 7.
- RASPBERRY SORBET 5.