Unsworth Menu Guide

This guide is intended to be used by staff and not to be presented to customers. This is a guide only therefore when in doubt refer to red recipe binder and/or ask kitchen staff for confirmation (always begin by asking "May I?" to any staff member that is occupied so as not to break their concentration). When addressing a dietary restriction, politely assess the severity of the restriction (ex: are they comfortable with dishes that do not contain the ingredient but are prepared in a way that increases the risk of cross contamination, gluten and fried foods being by far the most common instance of this being a consideration). Any allergies <u>must</u> be indicated on order chits regardless of if the dish contains the ingredient. Kitchen must be made aware so as to reduce the risk of cross-contamination. When responding to guests regarding allergies always inform them that it will be mentioned to the kitchen and that protocols will be followed and every effort will be made to avoid cross-contamination. Reassure but never guarantee.

Legend:

GF-> gluten free

CCGF-> gluten not present in ingredients but preparation method increases cross-contamination risk (ex: fried foods)

DF-> dairy free

V-> vegetarian

VG-> vegan

MDGF-> modifiable to be gluten free

MDDF-> modifiable to be dairy free

MDV-> modifiable to be vegetarian

MDVG-> modifiable to be vegan

CA-> common allergens (when in doubt always check with kitchen/binder)

The Restaurant at UNSWORTH VINEYARDS

SMALL PLATES

SUGGESTED WINE PAIRINGS (5oz)

GF, DF, V, VG

notes: marinated in house, finished w/ smoked OO CA:

V

notes: Qualicum brie, breaded & fried CA: gluten, dairy, almonds, egg

MDGF

notes: GF by omitting crispy onions CA: shellfish, onion, dairy, peanuts (chili crisp)

GF, DF

notes: OW Ahi, Metchosin bull kelp CA: fish, mollusk (squid ink in crisps), sesame, soy

V notes: made fresh ~daily, on own focaccia is egg & DF CA: gluten, dairy, mushroom

Warm Olives ~ 11 smoke, citrus, chilis, herbs CHARME DE L'ÎLE ~ 14

Crispy Vancouver Island Brie ~ 18 panko, spicy honey, olives, almonds, apple butter 2018 CUVÉE DE L'ÎLE ~ 18

Scallops ~ 29 shishito peppers, lime crema, chili crisp, crispy onions

2018 CUVÉE DE L'ÎLE ~ 18

Ahi Tuna Tartare ~ 23 tapioca crisps, avocado, black sesame, bull kelp 2022 SAISON VINEYARD PINOT GRIS ~ 14

House Focaccia ~ 13 whipped *Little Qualicum* feta, truffle 2021 COWICHAN VALLEY CHARDONNAY ~ 14

Our farm-to-table food philosophy supports numerous local farms and food producers which are highlighted in italics throughout this menu.

Small Plates - cont'd

MDGF

notes: GF by substituting crackers and bread withWhole Beast salumi, sGF crackers (GF bread not suitable for Charcuterie)pickles, olives, breadCA: nuts, gluten, dairy2021 COWICHAN

MDGF, MDDF

notes: GF by omitting focaccia, DF by omitting grana padano, contains house lemon gel CA: fish, dairy, egg

GF, V, MDDF, MDVG

notes: DF and VG by omitting cheese CA: dairy, nuts (sf, pmk, sme), soy

Charcuterie ~ 35

Whole Beast salumi, selection of cheese, nuts, pickles, olives, bread

2021 COWICHAN VALLEY PINOT NOIR ~ 16

Grilled Romaine Hearts ~ 15

anchovy emulsion, focaccia, crispy house bacon, grana padano, cured yolk

2020 SAUVIGNETTE ~ 13

Wicklow Green Salad ~ 14 shaved vegetables, raspberry-ginger vinaigrette, tamari seeds, farmhouse cheese

2022 SAISON VINEYARD PINOT GRIS ~ 14

Unsworth Chowder ~ cup 15 / bowl 24

Seasonal Soup ~ cup 8 / bowl 13

our talented culinary team's creation

vancouver island seafood

GF*, DF*

notes: Always GF & DF <u>EXCEPT</u> for garnish. Check with kitchen CA: will vary

GF

notes: white fish stock base, seafood varies, check w/ 2023 COWICHAN VALLEY PINOT GRIS ~ 12 kitchen CA: fish, shellfish*, dairy

LARGE PLATES

GF, MDDF, MDVG

notes: DF & VG without yogurt CA: dairy

MDGF, *CCGF, MDDF

notes: GF by subbing GF bun (will need soup or salad to avoid CC risk of fries), DF by omitting cheddar and subbing GF bun (regular bun contains dairy, GF bun contains egg) CA: dairy, gluten, mustard

MDGF, *CCGF, MDDF

notes: GF by subbing GF bun (will need soup or salad to avoid CC risk of fries), DF by omitting brie and pesto (Ciabatta contains neither dairy or egg CA: dairy, gluten

Will vary. Check with kitchen. Never GF CA: gluten

Merguez Eggplant ~ 22 yellow pea purée, yogurt, fennel, citrus

2022 PETIT MILO ~ 12

Prime Rib Burger ~ 25 Symphony BBQ sauce, mustard aioli, arugula, house bacon, smoked cheddar, fries sub soup ~ 2 / sub salad ~ 3

2021 SYMPHONY ~ 14

Grilled Chicken Sandwich ~ 25

apple butter, brie, house bacon, pesto, arugula, garlic aioli, fries

sub soup ~ 2 / sub salad ~ 3

2021 COWICHAN VALLEY PINOT NOIR ~ 16

Seasonal Feature Pasta ~ MP

LARGE PLATES - CONT'D

MDGF, MDDF

notes: Lois Lake (Sunshine Coast, OW), GF w/ sub fingerlings, DF without parm custard and couscous (butter in sweet pea puree) CA: gluten (couscous), mushroom, egg, dairy

GF, DF

notes: CV farmed, lovage celery like foraged herb CA: egg

DF, *CCGF, MDDF

notes: DF without aji, CC risk with crispy potato, can sub fingerlings, Prime quality beef CA: dairy

Crispy Skin Steelhead ~ 35

sweet pea pearl couscous, lemon, parmesan custard, wild & cultivated mushrooms

2021 COWICHAN VALLEY CHARDONNAY ~ 14

Chicken Breast ~ 32

Farmhouse chicken breast, burnt pickled leek, fingerling potatoes, lovage aioli, grilled vegetables, chili oil

2021 COWICHAN VALLEY PINOT NOIR ~ 16

Sterling Silver Beef

jus, aji amarillo, crispy potato, roasted vegetables

5oz Tenderloin ~ 37 10oz Tenderloin ~ 64 10oz Ribeye ~ 70

2021 SYMPHONY ~ 14

ENHANCEMENTS

ADD TO ANY DISH

Scallops (3) ~ 24 xo sauce

Prawns (5) ~ 12 cocktail butter, lemon **Fingerling Potatoes ~ 8** lovage aioli

Grilled Chicken Breast ~ 10

Crispy Skin Steelhead ~ 15

Fries ~ 6

All add-ons GF (CCGF on fries), DF except for Prawns (butter can be omitted)

notes:

CA: shellfish (shrimp in xo sauce), dairy in cocktail butter