

SOUND JOURNEY MENU

STARTER

*Kabocha Squash Pancakes, Sooke Goats Chèvre,
Crispy Shallots, Wild Micro Greens,
Nasturtium Greens Pesto, Cider Vinaigrette*

MAIN

*Cabbage Rolled Sprouted Mung Bean, Brown Rice,
Preserved Tomato, Dried Wild Mushroom,
Kelp Flakes, Caramelized Onion, Ghee
Stir-fry Turnip Noodles, Carrot Julien, Miso Mustard Glaze.
Home Grown Sunflower Sprouts, Garden Pickled Radish Pods*

SWEET

*Warm Chocolate Walnut Strudel, Cacao, Ancient Grains
Fresh Goats Milk, Vanilla Bean Maca Ice-Cream,
Salmon Berry, Strawberry Preserve*

ELIXIR BAR

*Blackberry, Lavender, Elderberry Kefir
Sitka Spruce, Red Fife Wheatberry Rejuvalac
Chai Spiced Mushroom Tea - Chaga, Polypores*

JANUARY 11, 2017