

A Grand Recovery... 10:30 a.m. – 2:30 p.m. January 1, 2010

SPINACH, CHERRY TOMATO, AND GOAT CHEESE 'OVERHAUL' OMELETTE free range egg and spinach omelette folded over cherry tomatoes finished with crumbled goat cheese and fine herbs served with hash browns and toast **16**

with ham or mushrooms • add **1** each
substitute egg with egg whites • add **1**
substitute hash browns with tomatoes • add **1**

'FORTIFYING' SMOKED SALMON HASH poached free range eggs on yukon potato, butternut squash, spinach, italian parsley, and cherry tomato hash served with toast **19**

with mushrooms • add **1**
substitute egg with scrambled egg whites • add **1**
with hollandaise • add **2**

'CHEER UP' BENNY poached eggs on an english muffin, hollandaise and hash browns, your choice of back bacon or sautéed spinach **17**

with smoked salmon • add **1**
substitute hash browns with tomatoes • add **1**

DAILY INSPIRATIONAL SOUP 7

'POWER PACKED' ROASTED PUMPKIN SOUP with clove and cinnamon spiked mushroom dumplings **8**

'RENEW YOUR STRENGTH' CAESAR SALAD with garlic & basil crouton **9**

'BEGIN AGAIN' ARIA GARDEN SALAD selected seasonal lettuces, pickled beets, shaved fennel and a plum cider vinaigrette **7**

ARIA CHEF'S SALAD smoked chicken, prosciutto, aged cheddar tuile, hard-boiled egg, avocado; with hand-picked greens tossed in a yogurt-tarragon ranch dressing **15**

Your choice of grilled chicken breast or vegetarian chicken • add **4** or with grilled prawns • add **5**

'THE DAYAFTER' CARB SOLUTION: SINGLE-SERVE THIN CRUST PIZZAS 12

margherita: tomato, basil and fresh mozzarella *or*

diablo: spicy toscano salami, sopresatta, pepperoni and hot peppers
with half size garden salad • add **5** with half size caesar salad • add **6**

 **'STRENGTHENING SANDWICHES':**

CRAB SALAD SANDWICH dungeness crab, white country bread, fontina, cherry tomato salsa and mustard aioli **16**

CHICKEN PARMESAN SANDWICH grilled chicken breast, sundried tomato aioli and fresh mozzarella served on Terra olive loaf (*vegetarian chicken also available*) **14**

SMOKED PORK BLT applewood smoked pork loin on Terra flatbread with avocado, tomato, and local cheddar **15**

ORGANIC SIRLOIN BEEF BURGER with crispy red onion rings, lettuce, roma tomato, mozzarella & spiced tomato mayo **14**

THE VEGETARIAN avocado, oven roasted tomatoes, arugula pesto and molten goats cheese served open faced on toasted sourdough **13**

All of our sandwiches are served with your choice of hand cut fries, salad or soup.

 **'CALMING' SEAFOOD LINGUINI ALLA ROCOLLO** with prawns, wild sea scallop, mussels, salmon, fresh tomato, and extra virgin olive oil **21**

'REPLENISHING' OVEN ROASTED TOMATO AND SWEET PEPPER GARGANELLI: hand-crafted garganelli pasta with spinach, toasted almonds, fresh mozzarella, and crispy capers **19**
with slow roasted chicken • add **4** with grilled wild salmon • add **5**

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

Our menu offers revitalizing options that incorporate 'Superfoods', that are considered best for providing the most disease-fighting and health-enhancing benefits due to their high nutrients and antioxidants content. Examples: blueberries, strawberries, salmon, soy, broccoli, tomatoes, yogurt, dark chocolate.

Whenever possible, it is our goal to use sustainable seafood and humanely raised meats.

Prices are subject to applicable taxes.

18% pre tax gratuity will be added to tables of 8 or more