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## *hot appetizers*

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<b>Artichoke Fritters</b> Crisp battered artichokes with tzatziki dip	\$8	<b>Fresh Oysters Wasabi</b> Crispy cornmeal crusted baby oysters from Cortes island with house made wasabi mayo	\$10
<b>Masalla Curry Spring Rolls</b> <i>House made</i> vegetarian, spring rolls. Served with Thai sweet chili & oriental plum sauce	\$9	<b>Kalamari &amp; Tzatziki</b> Fried kalamari & house tzatziki sauce	\$10
<b>Prawn &amp; Portobello Crostini</b> Prawns, portobello mushrooms & roasted garlic cream on grilled foccacia triangles	\$9	<b>Indonesian Mussels</b> Sweet, plump mussels from the Discovery islands, simmered in pickled ginger curry cream, with pernod	\$10
<b>Seafood Stuffed Mushroom Caps</b> Mushroom caps stuffed with cream cheese, crab, shrimp & almonds, oven baked	\$10	<b>Baked West Coast Crab &amp; Spinach Dip</b> Rock crab, spinach, & cream cheese, topped with fresh tomato & feta, served with romano foccacia crisps	\$11

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## *soup & bread*

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<b>Soup of the Day</b> Changes daily & always fresh	cup \$2.50 bowl \$4.50	<b>Garlic Toast</b> Lightly toasted foccacia with loads of garlic!	\$3
<b>Foccacia for Soup</b> Hand made daily, 2 fresh slices served with butter	\$1	<b>Three Cheese Toast &amp; Tzatziki</b> Foccacia fresh baked with feta, mozzarella & cheddar with tzatziki to dip	\$5

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## *appy size salads*

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<b>Tossed Exotic Green Salad</b> Garden fresh greens and vegetables with your choice of creamy dill, balsamic & herb, raspberry vinaigrette, oriental vinaigrette, red wine vinaigrette or thousand island dressing			\$6
<b>Fusilli's Caesar Salad</b> with crisp fusilli croutons		(Large add \$2)	\$6
<b>Candied Pecan &amp; Fresh Apple Salad</b> Crunchy caramelized pecans, sliced fresh apple, garden greens & red wine vinaigrette			\$9
<b>Cashew &amp; House Smoked Chicken Salad</b> Roasted nuts, smoked chicken breast, exotic greens, & raspberry vinaigrette			\$10

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## *entree size salads*

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<b>Chinese Chicken Salad</b> Large entree salad, with chilled grilled chicken, crisp vegetables, almonds, sesame seeds and our famous Asian vinaigrette			\$12
<b>Warm Seafood Caesar Salad</b> Garlic sautéed tiger prawns, scallops & baby clams finished off with Fusilli Grill's great Caesar dressing			\$12
<b>Warm Balsamic Chicken Breast Caesar Salad</b> Herbed, marinated & grilled chicken breast on a crisp Caesar salad topped with honeyed balsamic glaze			\$12
<b>Prawn &amp; Feta Spinach Salad</b> Sautéed tiger prawns topping a fresh spinach salad with tomatoes, cucumber, sweet red peppers & herbed balsamic & olive oil dressing topped with crumbled feta & a honeyed balsamic glaze			\$12
<b>Cajun Grilled Chicken &amp; Smoked Almond Spinach Salad</b> Warm & spicy char-broiled chicken, hickory almonds, toasted sunflower seeds, & sweet rich dates and salad vegetables with a citrus & sweet chili vinaigrette			\$12



*Allergies or special diet please advise*

## *pasta selection*



We are committed to bringing the finest products to the table. Historically we have made our pasta with local Vancouver Island eggs & Canadian durum semolina.

With the desire to get closer to home & offer the best in healthy cuisine. We introduce our new organic whole grain fusilli, containing local eggs combined with BC's own Nunweiler's Flour Co. stone ground organic flour.



	small size	evening size
<b>Curried Veggie &amp; Roasted Nut Fusilli</b> Sautéed garden vegetables, assorted mixed nuts & raisins, tossed in a light coconut curried cream with fresh fusilli noodles	\$12	\$14
<b>Tortellini &amp; Feta Cheese with Red Chili Butter</b> Meat tortellini tossed with chili butter, set in fresh crushed tomato sauce, finished with feta cheese	\$12	\$14
<b>Tuscan Vegetables, Feta Cheese &amp; Organic Fusilli</b> Artichoke hearts, sweet red peppers, mushrooms, tomatoes & scallions, sautéed with basil pesto & tossed with our new stone ground whole wheat fusilli topped with crumbled feta cheese	\$12	\$16
<b>Organic Fusilli Carbonaro &amp; Garden Veggies</b> Bacon, black pepper, nutmeg, cream & parmesan tossed with our new stone ground whole wheat fusilli. Served with fresh garden vegetables	\$12	\$16
<b>Butternut Squash &amp; Cheese Ravioli</b> Artisan made, served with a roasted tomato pumpkin seed pesto. Served with fresh garden vegetables	\$12	\$16
<b>Smoked Chicken, Mushrooms, &amp; Cream Pesto Linguine</b> Sliced smoked breast of chicken, fresh basil, pinenuts, parmesan, olive oil, garlic and cream, with house made herbed noodles	\$14	\$17
<b>Prawns, Fusilli &amp; Feta Cheese with Garlic Butter</b> Tiger prawns, tomatoes & chives tossed with fusilli pasta & fresh garlic butter, with crumbled feta	\$14	\$17
<b>Grilled Chicken Breast &amp; Fettuccine Alfredo</b> Grilled chicken breast topping fresh egg fettuccine tossed with alfredo (chicken breast small 5oz large 8 oz) Sauce. Served with fresh garden vegetables	\$14	\$17
<b>Prawn, Shrimp &amp; Scallop Fettuccine</b> Sometimes simple is best. Assorted shellfish & egg fettuccine in a mild cream chardonnay sauce	\$15	\$18
<b>Peppercorn Chicken &amp; Gnocchi</b> Sliced breast of chicken, mushrooms & Italian potato dumplings simmered in a Madagascar peppercorn, cream & red wine reduction. Served with fresh garden vegetables	\$15	\$18
<b>Crispy Oysters &amp; Prawn Linguine Florentine</b> House made herbed noodles tossed with sautéed garlic prawns, spinach leaves & creamy pernod sauce, served with crisp local cornmeal oysters	\$15	\$18
<b>Prawns, Mussels, Scallops &amp; Italian Sausage Fettuccine</b> Tiger prawns, local mussels, sliced sea scallops & italian sausage simmered in a fragrant fresh crushed tomato sauce, over fettuccine. Served with grilled garlic foccacia toast	\$16	\$19

## *sandwiches & burgers*

served with a choice of: tossed greens, soup of the day, french fries or.....with Caesar salad

<b>Bacon, Tomato &amp; Cheddar Sandwich</b>	\$9
Crispy bacon, sliced tomato & BC cheddar & mayo on grilled foccacia bread	
<b>Grilled Vegetable &amp; Goat Cheese Wrap</b>	\$10
Onion, mushrooms, zucchini & sweet red peppers & goat cheese tapenade wrapped with organic lettuce & salad veggies	
<b>Chicken &amp; Cheese Quesadilla</b>	\$10
served with fresh chopped salsa &, sour cream	
<b>Mediterranean Shrimp Salad Wrap</b>	\$10
Chilled shrimp, sweet peppers, cucumbers, lettuce & tomato with tzatziki & feta cheese	
<b>Chicken Souvalaki Wrap</b>	\$11
Lemon & oregano scented chicken breast, fresh tomatoes, red peppers, feta cheese & tzadziki, tossed with basmati rice & rolled in a wrap served with Caesar salad	
<b>BBQ Prime Beef Sandwich</b>	\$12
House bbq sauce braised prime rib slices on foccacia with lettuce & tomato	
<b>Cajun Grilled Chicken Sandwich</b>	\$12
house blend of cajun spice rubbed chicken breast, flame grilled & served on foccacia toast with lettuce, tomato & mayo	
<b>Fusilli Club Sandwich</b>	\$12
5oz grilled fresh chicken breast, bacon, lettuce, tomato & mayo	
<b>3 Cheese Deluxe Burger</b>	\$12
2 meat patties, cheddar, feta & mozzarella cheeses, lettuce, tomato, and special sauce	
<b>Double Italian Deluxe Burger</b>	\$12
2 meat patties, mozzarella cheese, bacon, lettuce, tomato, and special sauce	

## *stirfrys*

	small size	evening size
<b>Teriyaki Glazed Tiger Prawn</b>	\$13	\$17
Tiger prawns, quick fried vegetables & teriyaki glaze. presented on steamed basmati rice		
<i>our famous...</i> <b>Curried Chicken</b>	\$13	\$17
Chicken breast and vegetables, simmered in our housemade curry sauce. on steamed basmati rice		
<b>Crispy Garlic Beef</b>	\$13	\$17
Garlic, ginger & sesame marinated beef, crispy fried, & tossed with sautéed vegetables & garlic chili sauce. presented on steamed basmati rice		
<b>Vietnamese style Prawns, Chorizo &amp; Scallions</b>	\$13	\$17
Quick fried vegetables, prawns & chorizo scented with chili, ginger, & fennel, tossed with house made noodles		



split orders add \$2

## evening entrees

All entrées served with fresh vegetables & indicated starch

### Red Thai Curry Noodle Bowl

Assorted fresh garden vegetables, simmered in a red Thai, fresh lime & coconut milk broth over cappellini

(angel hair noodles)

With crispy tofu \$15

With beef tips \$18

### Bruschetta Chicken Breast

8 oz free range chicken breast, oven roasted with our housemade bruschetta.

Served with steamed basmati rice

\$19

### Grilled Chili Lime Albacore Tuna

Flame grilled local tuna loin, served with tiger prawns and fettuccine tossed with fresh chopped salsa & sour cream sauce

\$21

### Grilled Spring Salmon with Prawns & Scallops

Flame broiled salmon, served with tiger prawns & scallops tossed in a light Chardonnay, chive cream sauce & fettuccine

\$21

### Discovery Passage Breast of Chicken

8 oz breast of free run chicken stuffed with rock crab, shrimp, cream cheese & almonds, served with roasted garlic risotto, and winter thyme jus

\$21

### West Coast Pork Schnitzel

Canadian porkloin, lightly breaded & fried crisp, topped with shrimp, asparagus, sauteed onions, & bearnaise butter, served with potatoes & fresh vegetables

\$21

### 8oz New York Steak & Madeira Peppercorn Sauce

Canadian Stirling Silver Beef, flame-grilled, served with a real Madeira & green peppercorn sauce & potatoes

\$24

### 8oz. New York Steak & Fettucine Alfredo

Canadian Stirling Silver Beef, served with Italy's famous creamy noodles with black pepper & romano cheese

\$24

## Wines *by the glass & carafe*

			
		6 oz	1/2L
<b>fusilli white</b> (barrel select)	Sawmill Creek- british columbia	4.95	\$14
<b>sauvignon blanc</b>	Santa Rita 120 - chile	5.95	\$17
<b>white zinfandel</b>	Robert Mondavi - california	6.25	\$18
<b>chardonnay</b>	Yellow Tail - australia	6.75	\$19
<b>pinot blanc</b>	Hester Creek - british columbia	7.25	\$20
<b>fusilli red</b> (barrel select)	Sawmill Creek - british columbia	4.95	\$14
<b>cabernet sauvignon</b>	Cono Sur - chile	5.95	\$17
<b>shiraz</b>	Yellow Tail - australia	6.75	\$19
<b>chianti</b>	Cecchi - italy	6.95	\$19
<b>cabernet merlot</b>	Hester Creek british columbia	7.50	\$21