



WE TAKE PRIDE IN THE FOOD WE CREATE AND
SUPPORT LOCAL PRODUCERS... BRINGING THE
BEST OF THE ISLAND TO YOUR PLATE.

ENJOY THE CAPTIVATING VIEWS OF THE
SATELLITE CHANNEL, SALTSRING ISLAND
AND COWICHAN AREA.

COWICHAN IS A FEAST FOR THE SENSES – A
BOUNTIFUL OASIS OF VISUAL AND CULINARY
DELIGHTS.

MICHAEL BROWN
Food & Beverage Manager

*“Cooking is like love. It should be entered
into with abandon or not at all.”*

Harriet van Horne



SMALL PLATES

SOUP DU JOUR

CUP 4½ BOWL 6

SEAFOOD CHOWDER

CUP 6 BOWL 8½

SUMMER GREENS

*Crisp Leaves, Crisp Beet, Carrot, Grape Tomato, Cucumber
Served with Your Choice of Dressing*

HALF 5 FULL 7

CAESAR SALAD

*Romaine Leaves, Grated Parmesan and Croutons
Tossed in House Made Caesar Dressing*

HALF 6 FULL 9½

POACHED PEAR SALAD

*Red Wine Poached Pear Half with Local Goat Cheese,
Julienne Sweet Peppers and Candied Pecans
Tossed in Honey Balsamic Vinaigrette*

HALF 6 FULL 9½

MEDIUM PLATES

WONTON LASAGNA WITH SEAFOOD RAGOUT

*Crispy Wontons Layered with Shrimp, Scallops,
Prawns, Calamari and Oysters in a Basil Cream,
with B.C. Wild Mushrooms
and a Roasted Red Pepper Coulis*

14

NEWFOUNDLAND LOBSTER SALAD

*Tender Lobster, Potato, Avocado and Green Beans
with Chipotle Aioli, Fresh Greenery
and Citrus Emulsion*

15



LARGE PLATES

All Entrées Served with Chef's Vegetable Selection

PAN-SEARED BEEF TENDERLOIN

*Slow Roasted Portobello Mushroom,
Stilton Blue Cheese Ravioli,
Sour Cream Scented Potato Puree, Saskatoon Berry Jus*

27

SPANAKOPITA SALMON WELLINGTON

*Searched Fillet of Wild Sockeye Topped with Spinach
and Feta Cheese Wrapped in Thin Pastry,
Roasted Potato and Vegetable Ragout
with Tzatziki Buttermilk Yogurt Drizzle*

24

HERB BOURSIN STUFFED BREAST OF COWICHAN VALLEY CHICKEN

*Boursin Cheese Stuffed Chicken Breast,
Sour Cream Scented Potato Puree,
Roasted Shallot Jus*

24

JACK DANIEL'S BOURBON BARBEQUE BABY BACK RIBS

*Our Pork Back Ribs Slow Braised in Bourbon Barbeque Sauce
with Herbed Jasmine Rice and Buttermilk Crispy Onions*

25

CHEF'S DAILY INSPIRATION

THE RIDGE SURF AND TURF

Ask Your Server

MARKET PRICE

*"Food should romance the palate and seduce the senses."
Rick Davidson*

FINALE

BELGIAN CHOCOLATE FLOURLESS TORTE

Fruit Coulis with Vanilla Whipped Cream

6

BUMBLEBERRY PIE

Served Warm with Vanilla Ice Cream

7

TRIO OF CRÈME BRULÉE

Three Flavored Custards, Caramelized Sugar Crust

7

CHEF'S DAILY CHEESECAKE

Chef's Tasty Creation

*Garnished with Fresh Fruit, Raspberry Coulis
Featuring Ladysmith Blackberry Reduction*

8



IRISH COFFEE

Irish Whiskey, Coffee, Cream

6

MONTE CRISTO

Kahlua, Grand Marnier, Coffee, Cream

6

B-52

*Bailey's Irish Cream, Kahlua, Grand Marnier
Coffee, Cream*

6