

First Courses

Pork Terrine

Ham Hock Terrine with Beet Relish
Grilled Fennel and Sourdough Crackers

Homemade Perogies

Potato, Cheese and Bacon Filling
with Caramelized Onion Sauce and
Sour Crème

Soup

Vegetarian Split Pea Soup
with Roasted Parsnip and
Bell Peppers

Salad

Indian Kachumber Salad - Julienne of
Carrots, Beets, Bell Peppers, Cucumber
Red Onions and Chaat Masala Dressing

Produce Purchased From:
The Old Farm Market
&
Providence Farm



❖ Thank You!

Main Courses

Vegetarian \$17.00 for Three Courses

Japanese Nasu Dengaku - Red Rice,
Spinach in a Tofu Soya Dressing and Grilled
Miso Glazed Eggplant

Pasta \$18.00 for Three Courses

Home Made Pappardelle Pasta -
Topped with Mussels and Clams in a
Roasted Vegetable Tomato Sauce

Pizza \$16.00 for Three Courses

Calzone - Chorizo Seasoned Ground Pork
Chicken, Onions, Spinach, Cheddar Cheese
Finished with Spicy Yam Tomato sauce

Main Features

Grilled Pork

Korean Style Pork Belly with
Bibb Lettuce and Pickled Vegetables
(Pork from Cowichan Valley Meat Market)
\$20.00 for Three Courses

Cioppino

Seafood Stew – Octopus, Halibut, Crab
Mussels and Clams Simmered in a Tomato
Fennel Broth (Seafood from Cowichan Bay
Seafood)
\$24.00 for Three Courses

Roast Leg of Lamb

Served on Grilled Flatbread with
Braised White Beans and Bacon
(Lamb from Cowichan Valley Meat Market)
\$24.00 for Three Courses

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Desserts

Gulab Jamun

Fried Indian Milk Doughnut with Almonds
and Spiced Syrup Glaze

Caramel Tarts

Salted Caramel Tarts with Chocolate
Peanut Butter Ganache

Strawberry Sorbet

Served in a Pumpkin Seed Tuile

Fruit and Cheese Plate

Ask For Availability

Three Courses \$16.00 to \$24.00

Farm Table Restaurant

Wednesday to Friday
5:30 to 9:00 pm
1843 Tzouhalem Road
Duncan BC



VANCOUVER ISLAND
UNIVERSITY
COWICHAN

❖ Taxes not Included