

FLUID

bar & grill

Fluids Indulgence

**Dine
Around
comox
valley**

FEB 20 - MAR 11 • 2018

TOASTED QUINOA AND 7 BEAN SALAD

With a lime balsamic dressing

SALMON AND TENDERLOIN CARPACCIO

Seared with a high temperature Alberta beef tenderloin, and west-coast salmon thinly sliced. Served chilled.

With compressed lime watermelon {watermelon placed in a vacuum chamber with lime juice, which pushes the lime juice into the watermelon}, deep fried capers, shaved Parmesan, olive dust {olives dehydrated to the point that they are hard, and then pulverized into a dust}

BEET AND POTATO PAVE

Thinly sliced russet potatoes and red beets; layered together with cream and garlic. Slowly cooked, cooled and pressed over night, served hot and topped with melted cheddar and mozzarella cheese

BACON WRAPPED TUNA

Albacore Tuna wrapped in twice smoked bacon, seared with a high temperature, to rare, served warm with quartered smoked onion, shredded Asiago, and lightly seasoned arugula

BLOOD ORANGE SEMIFREDDO

Infused vodka with blood orange zest, and blood orange juice, served frozen

SOUS-VIDE SLICED BEEF

Sous-vide, french for "under vacuum". With this cooking technique the beef is seared, and sealed in a plastic pouch with braising liquid. Placed in a circulating water bath and cooked for 24 hours. Served hot, with marinated mushrooms, and pickled red onion.

To Finish

CHOCOLATE LAVA CAKE

A flour less chocolate cake, served hot, with vanilla ice cream

CHEFS' PROGRESSION

solo experience

35

experience for two

60