



BREAKFAST 7:30am - 11:30am

Syrens Breakfast Options

Syrens Breakfast	15
Two Eggs any style, Bacon or Sausage, Hash Browns, Choice of White, Brown, or Rye Bread	
Cove Healthy Choice	14
Hot Option Oatmeal scented with Apple Juice topped with Dried Fruits, served with Fresh Fruit and Yogurt	
Cold Option Granola Parfait, Fresh Fruit	
Huevos Rancheros	16
Two Eggs any Style, Chorizo and Beans, Avocado Salsa, Tortillas	
Captain Breakfast	18
Three Eggs any style, Bacon and Sausages, Hash Browns, Choice of Pancakes or French Toast	
House Pancakes	15
Three Buttermilk Pancakes, with Bacon or Sausage	
ADDITIONS Blueberries +2 Caramelized Banana +3	
French Toast	14
French Toast with housemade Fruit Compote, Bacon or Sausage	
Smoked Salmon Omelet	18
Smoked Salmon with Roasted Red Peppers, Dill and Caper Cream Cheese	
Vegetarian Omelet	16
Spinach, Roasted Mushrooms, Goat Cheese	
Bacon and Broccoli Omelet	17
Charred Broccoli, Applewood Smoke Bacon, Cheddar Cheese	
Poets Breakfast Bowl	16
Two Eggs any style, Chorizo Hash, Peppers and Onions, Choice of White, Brown, or Rye Bread	



LUNCH & DINNER 12:00pm - 8:00pm

Soups & Salads

Roasted Butternut Squash Soup Cup or Bowl	8 10
Roasted butternut blended with Curry Spices and Finished with Coconut Cream.	
Poets Clam Chowder Cup or Bowl	11 15
Manilla Clams, Bacon, White Wine, Cream, Vegetables	
The Pender Caesar	12 16
Romaine lettuce with Crispy Bacon, Parmesan, Croissant Croutons and Lemon Garlic Dressing	
Poets Artisan Greens	11 15
Artisan Greens with Roasted Beets, Feta Cheese, Toasted Pumpkin Seeds and Apple Rosemary Vinaigrette	

SALAD ADDITIONS | Grilled Chicken + 7 | Grilled Salmon +9 | Shrimp +6

Shared Plates

Fire Dusted Calamari	16
Shaved Red Onion, Creamy Dill and Garlic Yoghurt	
Cove Wings or Cauliflower "Wings"	17
Spiced Chicken or Cauliflower wings with crudité and your choice of sauces: Blue Moon, Bourbon BBQ, Korean Chili, Hot, Honey Garlic	
Crab and Artichoke Dip	18
Pulled Crab and Artichokes served with Tortilla Chips and Crudité	
Poke Nachos	18
Crisp Togarashi Dusted Won Ton Chips Layered with Scallion, Wakame, Sesame Seeds and Pickled Ginger. Drizzled with Sriracha Aioli and Kabayaki Sauce. With Guacamole for dipping.	
Poets Nachos	19
Housemade Tortilla Chips Layered with Shredded Cheddar and Jack Cheese, Fresh Tomatoes, Jalapenos, Black Olives and Green Onions ADDITIONS Beef or Chicken + 7 Guacamole +5	
Mussels Frites	21
Fresh Mussels Braised in White Wine, Garlic, Garden Herbs and BC Tomatoes. Served with Fries.	

Sandwiches & Burgers

*All served with crisp shoestring fries seasoned with real sea salt
Substitute: House Salad, Yam Fries, Caesar Salad, Chowder, or Soup +2*

Bedwell Beef Burger	19
Ground Chuck Beef, Monterey Jack Cheese, Applewood Smoked Bacon, Maple Chipotle Mayo, Lettuce, Tomato and Pickles	
Jerk Chicken Club	19
Marinated Chicken, Applewood Smoked Bacon, Jack Cheese, Jerk Ranch, Lettuce and Tomato	
Salmon Sandwich	19
Grilled Wild Salmon, Malt tartar Sauce, Fried Capers, Fennel Slaw on Ciabatta Loaf	
Vegan Black Bean Burger	18
Black Bean Patty, Corn Pico de Galo, Guacamole, Lettuce and Tomato	



LUNCH & DINNER 12:00pm - 8:00pm

Entrees

Flat Iron Steak	29
BC 8oz Flat Steak cooked to your liking, Warm Potato Salad, Grilled Broccoli and Chimichurri	
Poets Stir Fry	18
Basmati Rice, Carrot, Broccoli, Onions, Peppers, Mushrooms, Sesame Soy Sauce CHOICE OF Grilled Chicken +7 Grilled Salmon +9 Shrimp +9 Flat Iron Steak +13 Tofu +6	
Puttanesca Pasta	18
Spaghetti in Spicy Tomato Sauce with Capers, Olives, Garlic, Bread Crumbs and Fresh Parmesan ADDITIONS Grilled Chicken +7 Grilled Salmon +9 Shrimp +9 Flat Iron Steak +13	
Poke Bowl	19
Marinated Tuna, Cucumbers, Scallion, Wakame, Cilantro Sauce, Sriracha Mayonnaise, Avocado	
Fish and Chips one or two piece	18 21
Hoyn Dark Matter Battered Pacific Cod, Kale/Cabbage Slaw dressed with a light creamy Dijon Vinaigrette, Crisp Shoestring Chips and Malt Tartar Sauce	

Tacos

Chicken Tinga	17
Pulled Chicken, Tomato Chipotle Sauce, Pickled red Onion, Queso Fresco, Fresh Cilantro	
Pulled Pork	17
Chimichurri, Corn Pico de Gallo, Queso Fresco, Fresh Cilantro, Pickled Red Onion	
Chick Pea	16
Chick Pea Fritter, Creamy Garlic Tahini, Pico de Gallo, Pickled Red Onion, Fresh Cilantro	
Oyster Taco	18
Cornmeal Crusted Fanny Bay Oysters, Avocado, Corn Pico de Gallo, Fresh Cilantro, Pickled Red Onion	
Jerk Cod	18
Marinated Cod, Pico de Gallo, Avocado Salsa, Pickled Red onions, Fresh Cilantro	

Flat Bread

Korean Pulled Pork	16
Pickled Red Onion, Fresh Cilantro, Peppers, Sesame Seeds, Mozzarella	
Chicken Club	16
Pesto Chicken, Bacon, Grape Tomatoes, Arugula, Buttermilk Ranch Drizzle, Mozzarella	
Wild Mushroom	16
Roasted Wild Mushrooms, Goat Cheese, Mozzarella, Scallion, Sweet Balsamic Drizzle	

Ask your server about our delicious desserts and specialty coffees.