

Tapas...Of Spanish origin, tapas are "little dishes," or snack foods meant to be eaten between meals. The history of tapas is an antiquated one dating back to the Middle Ages when field workers would take a small meal with them into the fields and workshops to be eaten on a short break to hold them over until dinner. As customs change tapas evolved into a social ritual taking place in small restaurants all across Spain and eventually throughout the world. Today diners order tapas dishes individually, or as a group to share and sample all of the different flavors. By far the most singular aspect of the tapeo (the art of eating tapas) is its ability to bring together people from all walks of life who gather around the table to enjoy this informal ritual together.

## Endless Tapas Creations

Steamed Saltspring Island Mussels  
Garlic, White Wine, Herb Crostini

Vegetable Gyoza  
Cucumber and Carrot Slaw, Asian Emulsion

Grilled Pear and Stilton Blue Cheese Salad  
Champagne and Pineapple Vinaigrette

Tenderloin of Pork  
Roast Butternut Squash & Walnut Risotto  
Port, Black Cherry Glaze

Chana Masala  
Traditional Curried Lentils  
Cucumber & Mint Raita, Papadum



A Play on Waldorf Salad  
Red Leaf Lettuce, Goat Cheese, Walnuts and Celeriac

Assorted Vancouver Island Cheeses  
Dried and Fresh Fruits, Crackers and Crisp Breads

Roasted Shallot and Portobello Mushroom  
Pan-seared Spinach, Buttermilk Dressing

Pan-Seared Scallops, Smoked Paprika  
Red Onion & Blood Orange Marmalade



Grilled Lamb Chop, Red Wine Juniper Jus  
Roasted Vegetable & Goat Cheese Ragout, Mint Jelly

Open Faced Ravioli of Spinach & Chestnuts  
Steamed Yellow Zucchini

All Tapas Items \$8  
Indulge in Endless Tapas for only \$45 per person



These menu items contain ingredients that possess antioxidant properties, which counteract the damaging effects of free-radicals in the body, helping the body's immune system release toxins and stay healthy.

Spa cuisine, popularized in California in the late 1970's and early 1980's, has since moved out of the world of health spas and into mainstream dining. Spa cuisine began with dishes that were simple to prepare, but with a focus on specific diet restrictions. Today spa cuisine has expanding to embrace lean and healthful menu items with a special emphasis on the beauty of the presentation. At the Treetop Tapas and Grill we create fresh dishes inspired by local ingredients, while emphasizing simplicity of flavours. Our tapas selections offer a variety of tastes and textures to excite all your senses. Please enjoy!

## Endless Tapas Creations

Seared Venison Loin  
Spiced Bean Cassoulet, Red Wine Glaze

Cajun Black Mahi Mahi  
Red Thai Curry, Papaya Pineapple Salsa

Baja Rosa Strawberry Tequila Prawn Sauté  
Gathered Greens, Sour Cherry Essence

Mediterranean Flat Breads  
3 Olives, Hummus, Tomato Topenade

Pecan Maple Glazed Salmon  
Warm Red Potato & Sundried Tomato Salad

Spicy Avocado Wontons, Seasonal Greens  
Black Sambuca Cream, Cherry Essence

Baked Dungeness Crab Cake  
Roast Red Pepper Aioli  
Pomegranate Drizzle

Soy & Five Spice Marinated Chicken Tender  
Cucumber, Lime, Cilantro & Honey Salsa

Confit of Duck, Calvados Apple Frappe  
Boulangere Potatoes

Pan-seared Calamari on Warm Arrugula and Figs  
Sun-dried Tomato, Olives and Citrus Glaze

Seared AAA Canadian Beef  
Mini Yorkshire Pudding, Creamed Horseradish  
Grainy Mustard Jus

Chocolate Decadence Cheesecake  
Trio of Coulis

Warm Apple, Pear & Blueberry Cobbler  
Oatmeal Crumble Crust & Vanilla Ice Cream

Caramelized Pineapple Mille Feuille  
Filo Pastry Layers with Crème Chantilly

Almond & Hazelnut "Japonaise"  
Light Meringue & Essence of Fruit

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Menu Design by Restaurant Chef James Tripe