

Wild Orchid

100% Gluten Free Dining Soups and Salads

Miso Soup \$6

Miso, seaweed, mushroom, tofu & green onion

Daily Soup \$8

Almond Orange Salad \$13

Mixed greens, fresh orange segments, avocado, glazed almonds and sesame seeds, daikon pomegranate vinaigrette

Zen Garden Salad \$11

Mixed greens, arugula, tomato, cucumber, avocado, mango lime vinaigrette

+ Chicken \$5 + Shrimp \$6 + Tofu \$3

Tempura

Shrimp \$9

Mixed Vegetable \$11

Yam \$8

Served with spicy aioli

Raw Bar 2oz

Albacore tuna \$9

Smoked salmon \$9

Ahi tuna \$12

Atlantic salmon \$8

Scallops \$10

Ahi Poketini \$14

Add Sushi rice \$3

Assorted Nigiri Plate \$16

Ahi tuna, Albacore tuna and Atlantic salmon

On sushi rice

*6pc

Sushi

Three Sisters Roll \$14

Spicy aioli tempura shrimp,
Ahi poke, yuzu pepper salmon * 3pcs

Ha-Ling Roll \$12

Smoked salmon, asparagus,
Cream cheese, balsamic reduction *8pcs

Rundle Roll \$9

Yam tempura, avocado,
Cucumber, soy aioli *8pcs

Bodhi Roll \$10

Roasted red peppers, asparagus, shiso,
Cremini mushroom, sundried tomatoes
Mango lime drizzle *8pcs

Crunchy Salmon Roll \$13

Seared salmon, tempura bits
Oroshi ponzu, garlic bits *8pcs

Spicy Tuna Roll \$13

Albacore tuna, avocado, cucumber
Tempura bits, spicy aioli *8pcs

Dynamite Roll \$15

Tempura shrimp, avocado, cucumber
Soy aioli *4pcs

Atlantic Lobster Roll \$14

Lobster, cucumber, sweet egg,
crispy ginger, soy aioli, parsley aioli *8pcs

Caterpillar Roll \$9

Miso chicken, cucumber
Avocado, teriyaki sauce *8pcs

Negitoro Roll \$11

Toro, spring onion, *8pcs

Baby Buddha Roll \$7

Avocado, cucumber
Soy aioli, sesame seeds *8pcs

Soft Shell Crab Roll \$15

Soft Shell Crab, cucumber, avocado and Asatsuki chives
*8pcs

Substitute for brown rice \$1

Tapas

Asian Street Fries \$7

Spicy Asian sauce

BBQ Pork salad rolls \$10

Rice paper, Asian BBQ pork, cucumber, carrot, cilantro, rice vermicelli, spring onion, hoisin dip

Vegetable salad rolls \$8

Rice paper, cucumber, carrot, bell peppers, cilantro, rice noodles, lettuce, spring onion, hoisin dip

Maha Chicken Wings \$16

Teriyaki sesame, sriracha or honey ginger

Calamari \$14

Lightly battered

Traditional Vietnamese dipping sauce

Sable Fish \$16

3 oz of Sweet subtle miso marinated black cod,
Crispy lotus root and red ginger

Tuna Tataki \$12

2 oz of Seared Albacore Tuna, arugula, daikon, chilli threads, Yu Lin dressing

Parties of 6 or more are subject to an
automatic gratuity of %18

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Tapas

Nori Chips & Dip \$9

Tempura nori strips, selection of house made sauces

Edamame \$7

Sesame, Himalayan pink salt

Chili Sesame Tofu \$10

Crisp tofu, chili, sesame sauce

Bacon and enoki bites \$12

Enoki mushrooms, asparagus, crisp bacon
daikon chutney

Seared Scallops \$16

Chili, garlic & white wine

Ginger beef \$16

Crispy strips of beef in a dark sweet sauce with flavors of
garlic, ginger & hot peppers, topped with crunchy
ginger

Ginger chicken \$16

Crispy strips of chicken in a dark sweet sauce with
flavors of garlic, ginger & hot peppers, topped with
crunchy ginger

Beef Tataki \$15

2 oz of Seared AAA Alberta beef tenderloin, arugula,
daikon, chilli threads, Japanese steak sauce

We are proud to support a clean menu
concept, by using products that contain low
to no preservatives, food coloring, chemicals,
fillers and NO MSG

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Mains

Teriyaki Bison Burger \$18

Ground bison, tomato, red onion, lettuce, teriyaki sauce, soy aioli homemade pressed rice patty
Asian street fries or Zen garden salad

Fragrant Green Curry \$17

Fragrant Thai green curry, seasonal vegetables,
Fresh Herbs, Brown rice
vegan option available

+ Chicken \$5 + Shrimp \$6 +Tofu \$3

Miso Salmon \$24

Sweet subtle miso marinated Atlantic salmon
Seasonal vegetables, cilantro rice

Taste of Curry \$22

Sri Lankan chicken curry, brown rice, crispy aloo tikki
and pineapple chutney

Wild Fish & Chips \$24

Aonoriko infused battered rockfish, house cut fries,
green mango salad, and house made tartar sauce

Pork Tan-Tan Noodle \$16

Korean Red miso and chicken broth, fresh vegetables,
ground seasoned organic pork, rice noodles, and crispy
onion. (Slightly spicy and warming)

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Desserts

Coconut Crème Brulée \$8

Dairy free

Double Chocolate Cake \$10

A decadent quinoa chocolate cake served with a scoop of vanilla ice cream and raspberry coulis

Sticky Treacle Pudding \$9

This indulgent dessert has been transformed into a not too sweet, good for you favourite. Served with a scoop of vanilla ice cream

Ricotta Cheesecake \$9

Wild blue berries, Crème de Cassis

Raspberry Sorbet \$7

Matcha Ice Cream \$7

House made Matcha green tea ice cream

Specialty coffees

B52 coffee \$10

Coffee, Kahlua, Baileys, Grand Marnier, whipped cream

Coffee Frangelico \$10

Coffee, Frangelico, whipped cream

Irish coffee \$10

Coffee, Jameson, sugar, whipped cream

Blueberry tea \$10

Earl Grey tea, Grand Marnier, Amaretto