

GLOWBAL

Chinese Lunch Menu

午餐菜單

Glowbal Lunch Menu

Glowbal 午餐菜單

RAW BAR

生食類

●  **Oysters On The Half Shell**

新鮮生蠔

KUSshi BRITISH COLUMBIA...**3.80 each** (一隻)

古希, 卑詩省

West Coast Feature...**2.95 each**

西岸

East Coast Feature...**3.80 each**

東岸

Dozen Oysters Chef's

Selection...31.95

廚師精選新鮮生蠔

red wine shallot & chive mignonette

紅酒香葱及韭菜木犀草

SOUP & SALAD

湯及沙拉類

Smoked Sablefish

Chowder....12.95

烟熏黑鱈魚濃湯

wild mushrooms, doubled smoked
bacon

野生蘑菇，香脆培根

Prawn & Quinoa Salad....18.95

老虎蝦藜麥沙拉

avocado, cucumber, gem
tomatoes, almonds, goat cheese
buttermilk herb dressing

鱈梨，青瓜，番茄，杏仁，羊奶乳酪，
酸奶香菜醬汁

Blackened Chicken

Caesar....17.95

凱撒雞肉沙拉

baby gems, sourdough croutons
生菜菜心，麵包丁

Tuna Nicoise....18.95

金槍魚沙拉

albacore tuna, french beans
saffron potatoes, artichokes
tomatoes, olive vinaigrette

長鰭鮭魚，四季豆，土豆，洋薊，番
茄，橄欖醋汁

Burrata & Pickled Beet

Salad....16.95

布拉塔芝士及甜菜沙拉

Prosciutto, rosemary toasted
walnuts, extra virgin olive oil
意大利熏火腿，迷迭香烤核桃，特級
橄欖油

Steak & Burrata Salad....19.95

牛排乳酪沙拉

greens, gem tomatoes, rocket
pesto, citrus vinaigrette

青菜，番茄，芝麻菜醬，柑橘醋醬

Crispy Duck Salad....15.95

香脆鴨肉沙拉

cashews, pomegranate, micro
greens, spiced orange vinaigrette

腰果，石榴，青菜，橘子酸醋汁

Apple Chopped Salad....13.95

蘋果混切沙拉

fuji apples, dried cranberries
macedonia feta, honey &
thyme vinaigrette

富士蘋果，小紅莓乾，乳酪，蜜糖百
里香醋汁

Pickled Salmon Cobb....16.95

蘋果混切沙拉

baby iceberg lettuce, gem
tomatoes, hardboiled egg, baby
dill, buttermilk chive dressing

生菜，小番茄，蛋，蒔蘿，奶油蔥醬
汁

APPETIZERS

開胃菜

Ahi Tuna Poke....17.95

金槍魚丁

coconut, mango, avocado
cucumber, sesame, cilantro
椰子, 芒果, 鱈梨, 青瓜, 芝麻
香菜

Scallop & Crab Beignet....16.95

扇貝及蟹肉煎餅

spiced squash fondue
compressed apple, celery
南瓜泥, 蘋果乾, 芹菜

Beef Carpaccio....16.95

牛肉刺身

bloomed mustard seeds, garlic
herb tuscan loaf, dijon hoseradish
aioli
芥末籽, 蒜蓉香草麵包, 芥末山葵蛋
黃醬

Crispy calamari....14.95

酥炸魷魚

fresno chilies, cilantro, citrus aioli
辣椒, 香菜, 柑橘蒜泥蛋黃醬

ROBATA GRILL

日式爐端燒

Lobster Tail....22.95

龍蝦尾

sake butter
清酒奶油

Halloumi Cheese....8.95

哈魯米乳酪

olive oil, lemon
橄欖油, 檸檬

Lamb Lollipop....12.95

羊肉棒棒糖

Black pepper jam, lemon
黑胡椒醬, 檸檬

Ginger-Soy Beef....11.95

薑汁醬油牛肉

Peanut sauce
花生醬

Beef Tongue....9.95

牛舌

sesame garlic aioli
芝麻蒜泥蛋黃醬

Al Pastor Pork....9.95

腌豬肉

achiote, pineapple
胭脂樹果, 炭燒菠蘿

Jerk Chicken....9.95

辣鷄排

habanero, mango
燈籠辣椒, 芒果

Sea Scallop....12.95

扇貝

kabayaki, avocado
蒲燒, 鱈梨

Robata Platter 39

日式爐端燒拼盤

chef selection from the robata grill with dipping sauces

廚師精選配蘸醬

ENTRÉES

主菜

Steak & Frites....32.95

牛排薯條

new york steak, hand cut fries, bourbon peppercorn sauce

紐約牛排, 波榜胡椒醬

Roasted Chicken....23.95

烤雞

ancient grain risotto, local mushrooms, baby carrots, red wine jus

谷粒燴飯, 蘑菇, 小紅蘿蔔, 紅酒醬汁

Salmon....24.95

香煎三文魚

baby potato salad, jalapeño lime cream, fried artichokes

土豆沙拉, 墨西哥辣椒青檸奶油, 炸洋薊

Arctic Char....26.95

北極紅點鮭

sunchokes, baby turnips, double smoked bacon, crispy sweet potatoes

charred lemon vinaigrette

洋薊, 白蘿蔔, 培根, 甜土豆, 檸檬醋汁

Seafood Brochette....27.95

海鮮串燒

tiger prawns, ½ lobster tail, scallops, spring vegetables, beurre blanc

老虎蝦, 半隻龍蝦尾, 扇貝, 當季蔬菜, 奶油汁

Lamb Shank....28.95

羊小腿

guajillo chili broth, smashed root vegetables

辣椒汁, 蔬菜

Sablefish....29.95

黑鱈魚

shiitake mushroom consommé, soba noodle salad

香菇濃湯，芝麻涼麵沙拉

LUNCH 45

快速午餐

Braised Boneless Beef Short Rib....15.95

紅燒無骨牛小排

caramelized shallots, smashed root vegetables

紅蔥，蔬菜

Fish & Chips....14.95

炸魚薯條

beer batter, pacific cod, tartar sauce fennel slaw

啤酒麵糊，太平洋鱈魚，塔塔醬茴香沙拉

New York Steak Sandwich....14.95

紐約牛排三明治

caramelized onions, mushrooms, garlic baguette

洋葱弄，蘑菇，蒜蓉法式麵包

Seafood Cappelletti....14.95

意大利水餃

creamy rosé sauce, arugula, parmesan

奶油玫瑰醬，芝麻菜，乳酪

BURGERS & SANDWICHES

漢堡及三文治

Glowbal Burger....16.95

Glowbal 招牌漢堡

portobello mushroom, double
smoked bacon, grainy mustard
aioli, lettuce, tomato, farm house
cheddar, brioche bun

波特菇，培根，芥末蛋黃醬，生菜，
番茄，乳酪，法式麵包

Lobster Grilled Cheese....23.95

龍蝦乳酪三文治

atlantic lobster, fontina
provolone seasonal greens
大西洋龍蝦，乳酪，時蔬

PASTA

意大利麵

Scallop & Tiger Prawn

Tagliatelle....21.95

帶子及老虎蝦寬面

roasted tomatoes, basil, chillies

extra virgin olive oil

烤番茄, 羅勒, 辣椒, 橄欖油

Casarecce....17.95

卷心意大利麵

smoked bacon, wild mushrooms

dashi beurre blanc

烟熏培根, 野生蘑菇, 白酒清湯牛油汁

Short Rib Pappardelle....19.95

牛肋骨寬麵條

wild mushroom, spinach, pine

nuts, café au lait sauce

野生蘑菇, 菠菜, 松子, 咖啡奶油醬

Truffled Spaghetti & Signature

Meatballs....22.95

招牌肉丸松露意大利麵

pomodoro, tete de moine

shaved truffles


番茄, 乳酪, 松露

Daily Risotto....MP

精選意大利燴飯...市價

featuring seasonal ingredients

時令食材

 Ocean Wise
有利海洋生態

● Gluten friendly item
不包含麩質

● Before Placing Your Order

Please inform your server if a person in your party has a food allergy. Our kitchen contains wheat, egg, dairy, soy, nuts, pork, fish & shellfish.

如有食物過敏請知會您的服務員。本餐廳廚房有小麥, 雞蛋, 奶類, 大豆, 堅果, 豬肉, 魚以及貝類海鮮。

● Vancouver Coastal Health advises by consuming raw or undercooked meat, seafood, or eggs may increase your risk of foodborne illness.

溫哥華沿岸衛生局建議吃生或未煮熟的肉類, 海鮮或雞蛋易增加食源性疾病生成的可能性。

GLOWBAL

Chinese Dinner Menu

晚餐菜單

Glowbal Dinner Menu

Glowbal 晚餐菜單

RAW BAR

生食類

-  **Oysters On The Half Shell**
新鮮生蠔
KUSshi BRITISH COLUMBIA...**3.80 each** (一隻)
古希, 卑詩省

West Coast Feature...**2.95 each**
西岸

East Coast Feature...**3.80 each**
東岸

Dozen Oysters Chef's Selection...31.95
廚師精選新鮮生蠔
red wine shallot & chive mignonette
紅酒香蔥及韭菜木犀草

- **Caviar**
魚子醬
sustainably farmed white sturgeon caviar served with traditional condiments
可持續養殖白鱈魚子醬配傳統調味品

- Northern Devine BRITISH COLUMBIA...
市價
卑詩省
- Osetra GERMANY...市價
德國
- Siberian GERMANY...市價
德國

SOUP & SALAD

湯及沙拉類

Smoked Sablefish

Chowder....13.95

烟熏黑鱈魚濃湯

wild mushrooms, doubled smoked
bacon

野生蘑菇，香脆培根

Quinoa & Baby Kale Salad....12.95

藜麥及甘藍沙拉

avocado, cucumber, baby gem
tomatoes, marcona almonds
goat cheese, buttermilk herb
dressing

鱈梨，青瓜，番茄，杏仁，羊奶芝士，
酸奶香菜醬汁

Caesar Salad....11.95

凱撒雞肉沙拉

baby gems lettuce, sourdough
croutons, signature dressing

生菜菜心，麵包丁，招牌醬汁

Warm Mushroom Salad....13.95

蘑菇沙拉

double smoked bacon, poached
egg, allumette potatoes, sherry
vinaigrette, house made
focaccia

烟熏培根，水煮蛋，土豆絲，雪梨酒
醋汁，自製乳酪

Burrata & Pickled Beet

Salad....16.95

布拉塔芝士及甜菜沙拉

Prosciutto, rosemary toasted
walnuts, extra virgin olive oil
意大利熏火腿，迷迭香烤核桃，特級
橄欖油

Crispy Duck Salad....15.95

香脆鴨肉沙拉

cashews, pomegranate, micro
greens, spiced orange vinaigrette

腰果，石榴，青菜，橘子酸醋汁

Apple Chopped Salad....13.95

蘋果混切沙拉

fuji apples, dried cranberries
macedonia feta, honey & thyme
vinaigrette

富士蘋果，小紅莓乾，乳酪，蜜糖百
里香醋汁

Pickled Salmon Cobb....16.95

蘋果混切沙拉

baby iceberg lettuce, gem
tomatoes, hardboiled egg, baby
dill, buttermilk chive dressing

生菜，小番茄，蛋，蒔蘿，奶油葱醬
汁

APPETIZERS

開胃菜

Ahi Tuna Poke....17. 95

金槍魚丁

coconut, mango, avocado
cucumber, sesame, cilantro
椰子, 芒果, 鱈梨, 青瓜, 芝麻
香菜

Sashimi Trio....18.95

生魚片三吃

Toro yuzu kosho, ponzu
Ahi Tuna sesame miso
Wild Salmon jalapeño gochujang
vinaigrette
藍鱈魚腩, 柚子醬油汁
鮪魚排 芝麻味噌
野生三文魚 墨西哥辣椒醋汁

Scallop & Crab Beignet....16.95

扇貝及蟹肉煎餅

spiced squash fondue
compressed apple, celery
南瓜泥, 蘋果乾, 芹菜

Beef Carpaccio....16.95

牛肉刺身

bloomed mustard seeds, garlic
herb tuscan loaf, dijon hoseradish
aioli
芥末籽, 蒜蓉香草麵包, 芥末山葵蛋
黃醬

Crispy calamari....14.95

酥炸魷魚

fresno chilies, cilantro, citrus aioli
辣椒, 香菜, 柑橘蒜泥蛋黃醬

Mussels....18.95

墨西哥乳酪焗辣香腸

thai green curry, coconut, lemon
grass, chili crispy roti
泰式青咖喱, 椰子, 香茅, 香辣麵餅

SIDES

配菜

Brussels Sprouts....9. 95

芽甘藍

parmesan, capers, lemon, chili flakes
乳酪, 小酸豆, 檸檬, 辣椒片

Whipped Potatoes....8.95

土豆泥

brown butter
黃油

Ancient Grain Risotto....8.95
谷粒燴飯

Seasonal Vegetables....8.95
帕德龍小青椒

ROBATA GRILL

日式爐端燒

● **Lobster Tail....22.95**
龍蝦尾
sake butter
清酒奶油

Halloumi Cheese....8.95
哈魯米乳酪
olive oil, lemon
橄欖油, 檸檬

Lamb Lollipop....12.95
羊肉棒棒糖
Black pepper jam, lemon
黑胡椒醬, 檸檬

Ginger-Soy Beef....11.95
薑汁醬油牛肉
Peanut sauce
花生醬

Beef Tongue....9.95
牛舌
sesame garlic aioli
芝麻蒜泥蛋黃醬

Al Pastor Pork....9.95
腌豬肉
achiote, pineapple
胭脂樹果, 炭燒菠蘿

Jerk Chicken....9.95
辣鷄排
habanero, mango
燈籠辣椒, 芒果

Sea Scallop....12.95
扇貝
kabayaki, avocado
蒲燒, 鰐梨

Robata Platter 39

日式爐端燒拼盤

chef selection from the robata grill with dipping sauces
廚師精選配蘸醬

ENTRÉES

主菜

Miso Marinated Sablefish....36.95

味噌腌黑鱈魚

shitake consommé, soba noodle salad

香菇清湯，蕎麥麵沙拉

Arctic Char....30.95

北極紅點鮭

sunchokes, baby turnips, double smoked bacon, crispy sweet potatoes, charred lemon vinaigrette

洋薊，白蘿蔔，培根，甜土豆，檸檬

醋汁

Ahi Tuna....38.95

烤金槍魚柳

brussels sprouts, cauliflower, black vinegar pickled ginger, roasted peanuts

芽甘藍，花椰菜，黑醋腌薑，烤花生

Salmon....29.95

香煎三文魚

baby potato salad, jalapeño lime cream, fried artichokes

土豆沙拉，墨西哥辣椒青檸奶油，炸洋薊

Seafood St. Jacques....38.95

焗海鮮

arctic char, salmon, prawns, mussels, scallops, pomme purée, seafood velouté, baby herbs

北極紅點鮭，三文魚，大蝦，淡菜，扇貝，蘋果醬，海鮮醬，香草

Lamb Shank....28.95

羊小腿

guajillo chili broth, smashed root vegetables

辣椒汁，蔬菜

Roasted Chicken....29.95

烤雞

ancient grain risotto, local mushrooms, baby carrots, red wine jus

谷粒燴飯，蘑菇，小紅蘿蔔，紅酒醬汁

STEAK & CHOPS

牛排

Canadian Prime

加拿大頂級牛排

Prime-grade beef features abundant marbling, its red meat laced with an even distribution of fat. The presence of this fat means a more tender and juicy cut of beef that should cook well in all conditions. Only 2% of graded beef is given Prime grade 頂級牛排具有油花均勻分佈在牛肉上。這讓肉質在任何烹調下都可以柔軟多汁。祇 2%的牛肉才可獲得頂級牛排等級。

Beef Striploin 14oz....47.95

加拿大頂級西冷牛排...14 盎司

Beef Tenderloin 8oz....47.95

安格斯牛柳...8 盎司

Rib Eye16oz 55.95

和牛肋眼排....16 盎司

Japanese Wagyu

日本和牛

Wagyu cattle are known worldwide for producing meat with exceptional marbling characteristics and naturally enhanced flavour, tenderness, and juiciness. All of our Japanese Wagyu have a quality score of A5 and marble score between 8-10. 日本和牛是世界著名出產具有有大理石油花，自然美味，柔軟和肉汁的牛排。本店所有的日本和牛都獲得 A5 分數和油花指數 8-10。

New York Strip20 per oz

(6oz, 8oz, 12oz)

紐約牛排....20 每盎司

Rib Eye19oz (8oz, 12oz)

和牛肋眼排....18 每盎司

Surf & Turf Platter

海陸空拼盤

119.95

usda striploin, grilled lamb chops, ahi tuna, jumbo prawns, crispy brussels sprouts, boursin whipped potatoes

美國頂級西冷牛排，烤羊排，鮪魚排，大蝦，芽甘藍，奶酪土豆泥

PASTA

意大利麵

Scallop & Tiger Prawn

Tagliatelle....28.95

帶子及老虎蝦寬面

roasted tomatoes, basil, chillies

extra virgin olive oil

烤番茄, 羅勒, 辣椒, 橄欖油

Casarecce....22.95

卷心意大利麵

smoked bacon, wild mushrooms

dashi beurre blanc

烟熏培根, 野生蘑菇, 白酒清湯牛油汁

Short Rib Pappardelle....24.95

牛肋骨寬麵條

wild mushroom, spinach, pine

nuts, café au lait sauce

野生蘑菇, 菠菜, 松子, 咖啡奶油醬

Truffled Spaghetti & Signature

Meatballs....25.95

招牌肉丸松露意大利麵

pomodoro, tete de moine

shaved truffles


番茄, 乳酪, 松露

Daily Risotto....MP

精選意大利燴飯...市價

featuring seasonal ingredients

時令食材

 Ocean Friendly
有利海洋生態

● Gluten friendly item
不包含麩質

● **Before Placing Your Oder**

Please inform your server if a person in your party has a food allergy. Our kitchen contains wheat, egg, diary, soy, nuts, pork, fish & shellfish.

如有食物過敏請知會您的服務員。本餐廳廚房有小麥，雞蛋，奶類，大豆，堅果，豬肉，魚以及貝類海鮮。

● Vancouver Coastal Health advises by consuming raw or undercooked meat, seafood, or eggs may increase your risk of foodborne illness.
溫哥華沿岸衛生局建議吃生或未煮熟的肉類，海鮮或雞蛋易增加食源性疾病生成的可能性。

GLOWBAL

Chinese Brunch Menu

早午餐菜單

Glowbal Brunch Menu

Glowbal 早午餐菜單

BRUNCH

早午餐

Lobster Benedict...29.95

龍蝦班尼迪

half of a 1.5 pound atlantic lobster
champagne hollandise
半磅大西洋龍蝦配香檳荷蘭醬

Wild Mushroom Omelette...14.95

野生蘑菇煎蛋餅

farmhouse cheddar, fresh herbs
seasonal greens
乳酪, 香草, 當季蔬菜

Prawns Omelette...15.95

大蝦煎蛋餅

asparagus, creamed leeks
mascarpone
蘆筍, 奶油韭菜, 乳酪

Classic Eggs Benedict...13.95

招牌雞蛋班尼迪

pancetta bacon, hollandaise
培根, 荷蘭醬

Smoked Salmon Benedict...14.95

烟熏三文魚班尼迪

sauteed spinach, red onions
hollandaise
煎菠菜, 紅蔥, 荷蘭醬

Huevos Rancheros...13.95

墨西哥式煎蛋

fried egg, crispy tortilla, avocado
picode gallo, black beans, queso
fresco
煎蛋, 薄餅, 鱈梨莎莎醬, 黑豆, 乳酪

Belgian Waffles...13.95

比利時鬆餅

caramelized bananas, white
chocolate mousse
焦糖香蕉, 白巧克力慕斯

Stuffed French Toast...13.95

法式吐司

hot maple syrup served tableside
配熱楓糖漿

Green Eggs & Ham...14.95

雞蛋火腿

spinach scrambled eggs, smoked
country ham, miniature buttermilk
scones

菠菜炒蛋, 烟熏火腿, 迷你酸奶烤餅

EXTRAS

One Egg any Style...3.50

雞蛋

Smoked Bacon...6

培根

Pork Sausage...6

豬肉香腸

Country Smoked Ham...4

烟熏火腿

Mixed Berries...5

各式莓果

SOUP & SALAD

湯及沙拉

Smoked Sablefish Chowder....12.95

烟熏黑鱈魚濃湯

wild mushrooms, doubled smoked bacon

野生蘑菇，香脆培根

Prawn & Quinoa Salad....18.95

老虎蝦藜麥沙拉

avocado, cucumber, baby gem tomatoes, almonds, goat cheese

buttermilk herb dressing

鳄梨，青瓜，番茄，杏仁，羊奶乳酪，酸奶香菜醬汁

Crispy Duck Salad....15.95

香脆鴨肉沙拉

cashews, pomegranate, micro greens, spiced orange vinaigrette

腰果，石榴，青菜，橘子酸醋汁

Tuna Nicoise....18.95

金槍魚沙拉

albacore tuna, french beans, saffron potatoes, artichokes, tomatoes

olive vinaigrette

長鱈鮪魚，四季豆，土豆，洋蔥，番茄，橄欖醋汁

Steak & Burrata Salad....19.95

牛排乳酪沙拉

greens, gem tomatoes, rocket pesto, citrus vinaigrette

青菜，番茄，芝麻菜醬，柑橘醋醬

Blackened Chicken Caesar....17.95

凱撒雞肉沙拉

baby gems, sourdough croutons

生菜菜心，麵包丁

APPETIZERS

前菜

Beef Carpaccio....16.95

牛肉刺身

mustard seeds, garlic herb tuscan loaf, dijon hoseradish aioli

芥末籽，蒜蓉香草麵包，芥末山葵蛋黃醬

Crispy Calamari....14.95

香脆魷魚

fresno chillies, cilantro, citrus aioli

辣椒，香菜，柑橘蛋黃醬

ENTRÉES

招牌主菜

Steak & Frites....32.95

牛排薯條

new york steak, bourbon peppercorn sauce

紐約牛排，波榜胡椒醬

Halibut....28.95

大比目魚

cauliflower purée, morel mushroom cream

椰菜花糊，蘑菇奶油醬

Salmon....24.95

香煎三文魚

baby potato salad, jalapeño lime cream, fried artichokes

土豆沙拉，墨西哥辣椒青檸奶油，炸洋薊

Roasted Chicken....23.95

烤雞肉

creamy farro, morel & pancetta demi

奶油麥米，蘑菇培根醬

PASTA

意面

Scallop & Tiger Prawn Tagliatelle....22.95

帶子及老虎蝦寬面

roasted tomatoes, basil, chillies extra virgin olive oil
烤番茄, 羅勒, 辣椒, 橄欖油

Short Rib Pappardelle....19.95


牛肋骨寬麵條

wild mushroom, spinach, pine nuts, café au lait sauce
野生蘑菇, 菠菜, 松子, 咖啡奶油醬

Truffled Spaghetti & Signature Meatballs....22.95

招牌肉丸松露意大利麵

pomodoro, tete de moine shaved truffles
番茄醬, 乳酪, 松露

 Ocean Friendly
有利海洋生態

Gluten friendly item
不包含麩質

- **Before Placing Your Order**

Please inform your server if a person in your party has a food allergy. Our kitchen contains wheat, egg, dairy, soy, nuts, pork, fish & shellfish.

如有食物過敏請知會您的服務員。本餐廳廚房有小麥, 雞蛋, 奶類, 大豆, 堅果, 豬肉, 魚以及貝類海鮮。

- Vancouver Coastal Health advises by consuming raw or undercooked meat, seafood, or eggs may increase your risk of foodborne illness.

溫哥華沿岸衛生局建議吃生或未煮熟的肉類, 海鮮或雞蛋易增加食源性疾病生成的可能性

