



Ancient, In a Modern Way **Dayaalu All About Balance**



By Liz Pleasant

In past generations, the arrival of fall brought the return of commercial fishing fleets to communities throughout the Puget Sound. In Poulsbo, for example, halibut and codfish boats lined the city's harbor when October rolled around. On Bainbridge Island, a fleet of salmon fishing boats wintered in Eagle Harbor.

Today, Bainbridge still gets the occasional fishing boat moored in one of its marinas; but, the only commercial fishing boat left that calls Eagle Harbor home — and has for decades — is Paul and Lorraine Svornich's *Ocean*.

Paul comes from a long line of Bainbridge Island fisherman. His father was a fisherman. Both his grandfathers were fishermen. His uncles were fishermen. So, it wasn't surprising that by the age of 13 Paul was fishing commercially too.

Paul knew he wanted to make a career out of fishing — but he insisted on doing it in a way that is low-impact, produces a high-quality product, and is independent of the fishing corporations that dominate the industry. "I grew up in the 60's and 70's," explains Paul. "There was this whole back-to-nature, hippie-thing going on."

So, Paul set out to build his own fishing boat. He and his girlfriend at the time (who now repairs boats in Port Townsend) built *Ocean* in his backyard from 1984 to 1987. It's the same boat that Paul uses today, a 38 foot wooden sailboat with two small cabins and a large refrigeration system to hold Paul's catch while he's out at sea. Today, Paul and his wife, Lorraine, live in the same home where he built *Ocean*, just a few blocks north from the Pub.

The two met about 20 years ago during one of Paul's fishing trips. Lorraine was living on a sailboat in Vancouver Island's Winter Harbor, where Paul pulled in after a storm tore his sails. He hired Lorraine to repair his sails for him and the rest, as they say, is history.

"She's still sewing my sails together, holding me together, and getting me pointed in the right direction," says Paul.

Before meeting Paul, Lorraine wasn't big on tuna. "I'd just eaten Bumble Bee," she says. "I didn't know tuna could taste so good."

Today, the couple makes their living off of Paul's fish. And besides helping to sell his catch, Lorraine has accompanied Paul on many of his fishing adventures. "I think I've probably done ten years of fishing with him all together," she says.



Whether alone or with a companion, Paul usually takes three trips a year, each lasting about three or four weeks. There are a few other sailboats in the fleet, but Paul is the only one that uses his sails on a regular basis. The way he handles his fish sets him apart as well. For most conventional fishermen the goal is to catch as many fish as possible, as fast as possible. Once the fish are caught they are kept whole (either packed in ice or frozen) and eventually brought to shore for filleting and processing. Paul, on the other

hand, refuses to sacrifice quality for quantity.

His boat is set up with just six lines and each tuna is pulled in one at a time. Then he processes the fish right there on the boat. Every fish is caught, filleted, packaged, and frozen in no more than two hours. Then his fish are held on the boat at negative 40 degrees Fahrenheit. It's this process that makes Paul's tuna taste so incredibly fresh.

If you want to try Paul's fish, *F/V Ocean* Tuna, you've got a few options. The couple sells Paul's catch right off the boat twice a year—once in Westport and again in Port Orchard. Lorraine also sells their tuna during the late summer and fall at the Bainbridge Island Farmers Market on Saturdays.

Until recently, Paul sold his fish to only a few Japanese restaurants in Seattle, Poulsbo, and Silverdale. Now, for the first time, you can order his tuna here at the Pub. It's the only restaurant Paul sells his fish to on Bainbridge Island. And, he's excited about the idea of keeping his business hyper-local, after all he grew up just a few houses away from the Pub.

"We want to participate in the community," says Paul. "I love going out hunting in this bizarre, off-shore, rough environment and bringing back food to my community. It feels so ancient, in kind of a modern way."

Check out our Daily Specials boards to see how we're serving up Paul's tuna today.



Introducing Kitsap Fresh
An online marketplace connecting farm to table in a whole new way. An online farmers market dedicated to Kitsap grown goods. Access at least 20 local farms all from one storefront. Your order is sorted, organized and waiting for you. You can even pay online if you wish.

www.kitsapfresh.org

by Liz Pleasant

The Dayaalu Center is for people who think they don't like yoga, and for people who think they do like yoga, and for everyone in between. Back before Sue Steindorf founded the center she wasn't a yoga person. "I didn't realize how out of balance my life was until it came into balance," she says.

Sue spent more than 20 years as a physical therapist for children with disabilities in the Bainbridge Island School District. Through her work she saw first-hand how most of the kids she worked with had no options for recreational exercise outside of their sessions with her. Sue wanted to provide new, fun, and engaging ways for them get moving beyond their therapy sessions.

After discovering yoga, and the meditation and mindfulness practices that go along with it, Sue set out to incorporate the principles of holistic healing in a space accessible for all ages and mobilities. "My background is in working with people who have special needs," explains Sue. "So I'm acutely aware of making things feel accessible and comfortable for all folks." It's that mentality that makes Dayaalu, which has been open for about two years, more like a community center than a yoga studio.

"Early on it became clear that other people were going to be involved," says Sue. You might not know it when you drive past the small building on Wyatt Way, but the Dayaalu Center offers tons of different classes, services, and workshops.

Yes, they have traditional yoga classes. But they also offer restorative yoga, teen yoga, meditation classes, chanting classes, and dance classes. You can make an appointment with a naturopath, an acupuncturist, a nutritionist, a psychiatrist, or a psychologist.

There's even a kitchen that serves gluten-free, vegetarian, and vegan meals.

"We offer things to empower each other, so that we can all feel good about ourselves," says Jeny Vidal, who manages Dayaalu.



dayaalu
CENTER

Serving the Bainbridge community is at the heart of why the Dayaalu Center was founded. "We all want to connect," says Sue. "We all want community, balance, and health." Everyone is welcome—yoga person or not—to drop into a class, make an appointment, or just grab a bite to eat. Learn more at

www.dayaalucenter.com

No Yoga For Old Men

Mais au contraire! states Jeny Vidal, manager and instructor at Dayaalu Center. Yoga benefits mature bodies just as well as young ones. Realizing that older men may be intimidated by the spandex-wearing and mostly female participants at many yoga



studios, Jeny has been leading a regular group of self-appointed "Old Crow" yogis three days a week at the Pub for an hour-long session. Currently meeting on Tuesday, Thursday and Saturdays at 7AM. Drop-ins are welcome. Jeny mentions, "Regardless of your experience-level, it's a great way to watch the sun come up."

Friday Slurpy Hour

BACK BY SLURPING DEMAND

During Oyster season, from October to April and sometimes longer, join the Pub from 4-7PM on most Friday nights where we'll be knocking back fresh shucked oysters at the bar. Featuring farmed oysters from Bainbridge Island's Port Madison Shellfish Farm (PSRF) and Baywater Shellfish, from Hood Canal, you can chow down on the merroir of our own Salish Sea.



Usually harvested the day of, the little bivalves are shucked to order and super briny.



Come join the fun!
Fridays from 4-7 PM,
\$1 each while supplies last.



Ambrose F. Grow

Ambrose Grow and his wife, Amanda, and their family came to Eagle Harbor in 1881. He was a Civil War veteran and came because of the descriptive letters he had read in the New York and Kansas papers telling of the virtues of Bainbridge Island. Selling his large farm in Manhattan, Kansas, he homesteaded 160 acres here along the waterfront. In addition to being a charter member of the Eagle Harbor Congregational Church and the Madrone Schools, he was a prolific correspondent to the happenings in Eagle Harbor and environs.



The Grow Family Homestead
Still stands today as home to Harbour Public House



Stop Waiting, Get in Line from Your Phone

1

DOWNLOAD THE APP
from the Android or iPhone
app stores

2

SELECT THE PUB
and add yourself to the
waitlist

3

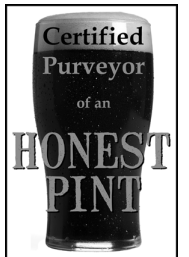
ARRIVE ON TIME
and check-in with the host

BAINBRIDGE'S NEIGHBOURHOOD PUB

231 parfitt way sw, on the waterfront, 206.842.0969

SINCE 1991

UNIQUELY
BAINBRIDGE



BURGERS*

all burgers grilled to order & served on a Pane d'Amore® burger bun

- THE PUB ORIGINAL BURGER** \$14
Pub-ground, Harlow Cattle Co.® Grass-fed Beef, with lettuce, grilled onion, pub-made pickle relish & mayo Served with our Pub-cut fries
- MAKE IT YOURS ADD-ONS:**
- | | | | |
|--|-----|----------------------|-----|
| Beecher's Flagship® Cheese | \$3 | Fried Organic Egg | \$2 |
| Mt Townsend® Trufflestack Cheese | \$3 | Bread Rolls & Butter | \$2 |
| Willapa Hills® Big Boy Blue or Lily Pad Alpine | \$4 | Sautéed Mushrooms | \$2 |
| Goat Cheese or Mt Townsend® Cheese Curd | \$2 | 2 Bacon Slices | \$3 |
| Pepperjack Cheese | \$2 | Caramelized Onions | \$2 |
- TRENCHERMAN BURGER** \$17
Harlow Cattle Co.® grass-fed beef with fried onion straws & Mt Townsend Creamery® Trufflestack cheese Served with Pub-cut fries
- SAN ANTONIO BURGER** \$16
Harlow Cattle Co.® grass-fed beef with grilled poblano chili, pepperjack cheese & fresh pico de gallo Served with Pub-cut fries
- BACON BLUE** \$18
Harlow Cattle Co.® grass-fed beef, two strips of Montana Bacon & Willapa Hills® Big Boy Blue cheese With Pub-cut fries
- BO BURGER WITH BACON** \$17
Two slices of Montana bacon, an over-easy fried egg and Beecher's® Flagship Cheese on top of Harlow Cattle Co.® grass-fed beef Served with Pub-cut fries

You're welcome to Substitute a free-range, skinless, boneless Chicken Breast or a Port Townsend-made Bob's Pecan® Veggie Burger Patty on any of the Burgers

*The Health Department warns that consuming raw or undercooked meats may increase your risk of foodborne illness

ALT BURGERS

- CHORIZO ROLL** \$13
Our version of this London Classic Pub-made, all Natural® pork chorizo, On a fresh Pane d'Amore® roll with organic arugula & Yakima grown Mama Lil's® sweet hot pickled peppers Served with Pub-cut fries
- SMOKED PORTOBELLA REUBEN** \$14
Whole smoked & grilled mushroom with melted Willapa Hills® Lily Pad alpine cheese, Iggy's® kraut & 1000 Island dressing on Pane d'Amore® caraway rye Served with Pub-cut fries
- SMOKED SALMON ON RYE** \$14
Pub-smoked Bristol Bay Sockeye on toasted Pane d'Amore® caraway rye with sliced cucumber, tomato, arugula & our dill dressing with Pub-cut fries
- SMOKED PORTABELLA VEGGIE BURGER** \$14
A whole grilled & applewood smoked mushroom topped with tomato, lettuce, mayo & melted Mt Townsend® Trufflestack cheese On a fresh Pane d'Amore® burger bun Served with Pub-cut fries
- PUB PATTY MELT** \$18
Harlow Cattle Co.® grass-fed beef on Pane d'Amore® toasted caraway Rye with melted Willapa Hills® Lily Pad Alpine cheese, grilled onions & Thousand Island dressing Served with Pub-cut fries
- SMOKE ROASTED PULLED BBQ PORK** \$13
Roasted & pulled Natural® pork Splashed in pub-made North Carolina-style, spicy-vinegar BBQ sauce Served over our Sweet Potato Pie & a side of Cole Slaw
- PUB BBB.L.T.** \$14
Six strips (yes six!) of smokey Montana bacon on toasted organic whole wheat sourdough with lettuce, tomato & mayo Served with either a cup of soup or a side salad with choice of dressing
- You can Substitute Fresh Sliced Avocado for the Bacon



The wheat gluten free designation means the menu item includes no wheat in its regular preparation. However, wheat flour is still used in our kitchen. For an extra \$2 you may also substitute Udi's® Gluten-Free Burger Bun.

GREENS & SALADS

- AUTUMN SPINACH SALAD** \$15
Fresh organic leaf spinach with sautéed apples, caramelized onions, chopped bacon & sherry vinaigrette Topped with Mt. Townsend Creamery® Fromage Blanc
- TEQUILA LIME CHICKEN BREAST** \$16
Grilled free-range chicken breast marinated in tequila & lime juice Served over Butler Green® organic greens with black bean aioli, mango salsa & a pepperjack quesadilla
- WILTED KALE SALAD** \$14
Organic kale wilted in olive oil & tossed with roasted organic beets, garlic croutons, red wine vinaigrette & Willapa Hills® Big Boy Blue cheese
- SMOKED SALMON TARTINE** \$13
Pub-smoked, Pacific wild salmon, goat cheese, capers & red onion served on fingers of grilled organic whole wheat sourdough bread On a bed of Butler Green® organic salad greens
- PUB FAVOURITES SALAD** sm \$7 lg \$10
Fresh Butler Green Farms® organic greens & vegetables with your choice of dressing See Additions Below
- PUB CAESAR SALAD** sm \$6 lg \$8
Crisp organic romaine lettuce tossed with traditional Caesar dressing made with garlic, lemon, anchovies & olive oil, with Pub-made garlic croutons & parmesan See Additions Below
- SALAD ADDITIONS** (price added to price of salad)
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|--|-----|
| Grilled boneless, skinless Free-Range Chicken Breast | \$9 |
| Smoke Roasted & pulled BBQ Natural® Pork | \$5 |
| Peppered Cod, Salmon Filet or Smoked Salmon | \$9 |
| Grilled Smoked Portabella Mushroom | \$6 |
| Bob's Vegetarian Pecan® Patty | \$7 |
| Two Pane D'Amore® bread rolls & butter | \$2 |

POUTINE



- CLASSIC MONTRÉAL** \$10
The Canadian classic prep of a plate of our fries topped with Mt Townsend Creamery® Cheese Curd smothered in Pub-made beef or chicken gravy
- BOURGUINONNE** \$14
Ground beef, sautéed mushrooms & caramelized onions in Pub-made beef gravy over a plate of Pub-cut fries w/ Mt Townsend Creamery® Cheese Curd
- VANCOUVER** \$10
Roasted chicken with bacon pieces & Pub-made chicken gravy over a plate of Pub-cut fries with Mt. Townsend Creamery® Cheese Curd
- SWEET PAPAS** \$10
Pepper seasoned yam fries with black beans, melted pepperjack cheese, mango salsa & sour cream

VISA, MASTERCARD, DISCOVER, AMERICAN EXPRESS & COLD HARD CASH ALWAYS ACCEPTED, NO PERSONAL CHECKS For parties of 8 or more 20% service charge automatically included.

We deep fry exclusively in trans-fat free Canola oil. The waste fryer oil is made into biofuel and other products offsite.

SOUP BOWLS

- RIBOLLITA** \$13
A hearty Tuscan bread soup made of tomatoes, garlic, mushrooms, zucchini, spinach, white beans & vegetable broth Ladelled over a thick slice of grilled rustic organic bread Served with a side Caesar
- SOUP OF THE DAY** bowl \$7 cup \$6
Made fresh & served with a Pane D'Amore® bread roll

BAR FOOD

- FLASH FRIED CALAMARI** \$12
Rings & tentacles dusted, deep-fried & served with our pesto aioli
- OYSTER SLIDERS** \$7
A single plump Goose Point® battered & fried Served on a Pane D'Amore® mini-bun with our tartar sauce Standard order of 2 Each Additional Slider: \$3
- OYSTER SMOKIES** \$8
Three Goose Points® pub-smoked over alderwood & served with our chipotle mayonnaise
- OYSTER SHOOTER*** \$3
A single plump Goose Point® in a shot glass with cocktail sauce
- PULLED BBQ PORK or BBQ CHICKEN SLIDERS** \$7
Order of two with Pub-made BBQ sauce, cheddar cheese & cole slaw on Pane D'Amore® burger mini-buns Standard order of two Each Additional Slider: \$3
- GARDEN GREEN® HUMMUS** \$7
Green chickpeas, tahini & roasted garlic Served with fresh veggies & Pane d'Amore® baguette crisps
- PUB QUESADILLA** \$12
Roasted & pulled free-range chicken or Natural® pork between two grilled flour tortillas, chipotle glaze, melted cheddar & black bean aioli Topped with pico de gallo, sour cream & sliced avocado
- PUB NACHOS** \$9
Tortilla chips, cheddar, tomatoes, olives, green onions & Pub-made pico de gallo with sour cream
- | | |
|-------------------------------------|-----|
| Add 1/2 Avocado | \$2 |
| Add pulled chicken or Natural® pork | \$5 |
| or black beans | \$3 |

LOCAL SEAFOOD

- PORTUGUESE CLAMS** \$16
Hood Canal Baywater® Salish Blue clams with pub-made chorizo pork sausage, sautéed peppers & onions & white wine
- PAN FRIED OYSTERS** \$15
Five plump Goose Point® oysters lightly panko breaded, panfried & served with lemon, tartar sauce Pub-Cut fries & cole slaw
- LITTLE BEN'S FISH TACOS** \$15
Mexican food truck style — Organic corn tortillas with beer batter deep-fried Pacific Cod, chipotle mayo, shredded cabbage, pepperjack cheese & black bean aioli — Plate of three Tacos
- ASIAN SALMON BOWL** \$19
Charbroiled Bristol Bay sockeye filet served over organic brown rice, fresh organic spinach & warm Asian slaw with our ginger vinaigrette
- STEAMED MUSSELS IN BEER** \$15
Washington Coast mussels steaming hot With Pub-cut fries & a side of mayo
- FISH AND CHIPS** \$15
Consistently voted Bainbridge's favourite! Pub-made beer-batter dipped Pacific cod Served with traditional Pub-cut fries fried in trans-fat free canola oil, cole slaw,lemon & Pub-made tartar sauce
- STEAMED CLAMS** \$16
Steamed Baywater® Salish Blue clams in white wine & lots of garlic Served with Pane D'Amore® bread rolls
- PUB CLAM CHOWDER** \$16
A New England Classic using local, in the shell, Baywater® Salish Blue clams, potato, onion, bacon & cream Sautéed to order with white wine & Garnished with a traditional pat of butter
- OR TRY SUBSTITUTING OUR HOUSE SMOKED SALMON

WASHINGTON BAKERS



- PUB-BAKED RUSSET POTATO**
- | | |
|---|------|
| One large WA baker with butter & sour cream | \$4 |
| Add: Roasted & pulled Ranger® Chicken & Gravy | \$5 |
| Roasted & pulled Natural® Pork & BBQ Sauce | \$5 |
| Chicken or Beef Gravy from our own stock | \$2 |
| Beef Bourguinonne | \$10 |
| Sautéed Market Vegetable | Mkt |
| Garden Green® Garbanzo Hummus | \$2 |
| Mt Townsend Creamery® Cheese Curd | \$2 |
| Pico de Gallo | \$1 |