

GLOWBAL



TOP 10% OF RESTAURANTS
WORLDWIDE



GLOWBAL RESTAURANT GROUP

Glowbal Restaurant Group is all about a more satisfying restaurant experience - on every level. Here you are truly our guest, and taken care of at every moment. In every last one of our locations, in all their variety, that feeling is there.



GLOWBALGROUP.COM



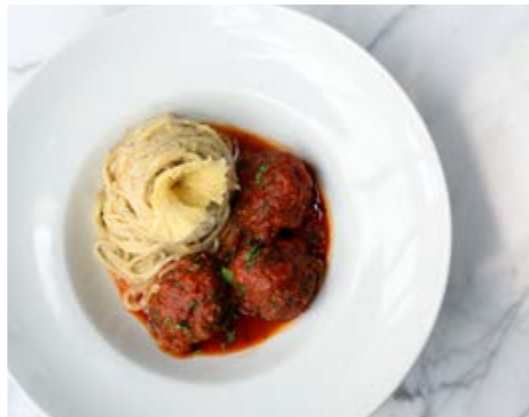
GLOWBAL

590 West Georgia, TELUS Garden | 604 602 0835

Glowbal is the namesake and flagship restaurant of Glowbal Restaurant Group. Located in Vancouver's newest architectural landmark, TELUS Garden, this is where stripped down North American cuisine lives and breathes, taking ingredients from across the continent.

SPECIALTIES

The dynamic, lively open kitchen features Canada's first custom built Robata grill, taking the highly acclaimed satays from Yaletown's original Glowbal Grill to a whole new level. The menu is eclectic, offering North American favourites and seasonal dishes. Guests will also find a carefully curated wine list complete with old and new world vintages, plus rare cellar gems, and an inventive cocktail list filled with playful yet sophisticated creations crafted with a daring approach and classic execution.





“

North America’s incredibly diverse cuisine has always intrigued us with its abundance of flavours, availability of products and of course the famous fresh west coast seafood.

From menu favourites, to atmosphere, to dining and seating options, the best of the best is here.

EMAD YACOUB
President and CEO of Glowbal Restaurant Group

”

AWARDS & ACCOLADES

Glowbal by Glowbal Restaurant Group has been a Vancouver institution since launching as Glowbal Grill Steaks & Satay in 2002. Reborn in August 2015 as Glowbal in downtown Vancouver's TELUS Garden, the bold, vibrant, 17,000 square-foot space is fresh, confident and unapologetically chaotic.

"I have always had a soft spot for Glowbal after launching it in 2002 as our first restaurant and the place that started it all," said Emad Yacoub, president and CEO of Glowbal Restaurant Group. "As Glowbal Restaurant Group has grown more sophisticated and mature, I needed my first 'child' to grow up with the rest of the company. Here it is, bigger, bolder and better than ever."

Glowbal is a full-on feast for the senses, starting with stripped down North American cuisine.

Experience Glowbal for lunch, dinner, weekend brunch, and happy Hour. Glowbal's thoughtfully crafted menus seamlessly meld crowd favourites from each of the company's locations including the famous Truffled Spaghetti & Signature Meatballs.

"North America's incredibly diverse cuisine has always intrigued us with its abundance of flavours, availability of products

and of course the famous fresh west coast seafood," added Yacoub. "We've brought these elements together to create a menu that is at once adventurous, approachable and delicious."

Thanks to the vibrant, open space created by Box Interior Design, guests can enjoy an incredible experience from any table, whether they prefer to people watch, thrive in the thick of the action, or feel like they have the place to themselves. Large parties have their pick of the widest selection of private dining rooms in the city, each space offering a distinct personality (think gold wallpaper VS. quilted leather cladding). Those looking to dine under the stars can snag their very own human-sized bird cage booth on the 150-seat patio, an expansive space framed by the dramatic wood-and-glass awning, a contemporary piece considered to be Vancouver's new architectural landmark, and bordered by a row of fireplaces for that added touch of warmth.

"We have taken menu elements from each location's preferred dishes and seamlessly melded them into a unified concept at the new Glowbal," stated Yacoub. "From menu favourites, to atmosphere, to dining and seating options, the best of the best is here."

2002

Best New Restaurant
Reader's Choice Awards in Vancouver Magazine

Best of the Northwest
Northwest Palate Magazine

2004

Best Bar
Reader's Choice Awards in Vancouver Magazine

Wine Spectator Award of Excellence

2005

Best Night Spot
WHERE Magazine

Wine Spectator Award of Excellence

Best Night Spot
Reader's Choice Awards in Vancouver's WestEnder

2006

Best Night Spot
Reader's Choice Awards in Vancouver's WestEnder

Wine Spectator Award of Excellence

2007

Wine Spectator Award of Excellence

2008

Wine Spectator Award of Excellence

2009

Wine Spectator Award of Excellence

2010

Best Restaurant
Seattle Gay News: Best of Travel 2010

2013

Wine Spectator Award of Excellence

Trip Advisor Award of Excellence

2014

Award of Excellence
Wine Spectator

Award of Excellence

2015

Award of Excellence
Wine Spectator

Award of Excellence
Trip Advisor

2016

100 Best Outdoor Dining in Canada
Opentable

Gold | Best Weekday Lunch
Westender Best of the City

Silver | Interior Design
Westender Best of the City

Bronze | Best Happy Hour
Westender Best of the City

Bronze | Best Restaurant
Westender Best of the City

2017

Certificate of Excellence
Trip Advisor

Award of Excellence
Wine Spectator

2018

Certificate of Excellence
Trip Advisor

Diners Choice
Open Table

Most Booked
Open Table

Award of Excellence
Wine Spectator

2019

The Best of Vancouver
Georgia Straight

Certificate of Excellence
Trip Advisor

Diners Choice
Open Table

Most Booked
Open Table

Award of Excellence
Wine Spectator

2020

Best Restaurant Group Restaurant Group
Golden Plate Award

Award of Excellence
Wine Spectator

Certificate of Excellence
Trip Advisor

2023

Vancouver's Best Brunch
Trip Advisor



MEZZANINE



THE EXECUTIVE ROOM

EVENTS & PRIVATE DINING

Large parties have their pick of the biggest selection of private dining rooms in the city, each space offering a distinct personality, think gold wallpaper vs quilted leather cladding.

PRIVATE ROOM

CAPACITIES	SEATED	STANDING
MAXIMUM CAPACITY	430	550+
MEZZANINE	90	120
MAIN PATIO	90	100
PATIO LOUNGE	42	55

THE GOLD ROOM	60	70
SEYMOUR ROOM	50	50
THE EXECUTIVE ROOM	14	-
THE PLATINUM ROOM	12	12

BUYOUT AVAILABLE

Buyout capacity & cost contingent on day of the week and time of the year.

VIRTUAL TOUR

BOOKING POLICY

Set menus for groups of 12 or larger. 50% deposit required.
Guarantee number of attendees due 72 hours before event. 18% gratuity and 2% admin fee applicable.



THE PLATINUM ROOM



THE GOLD ROOM



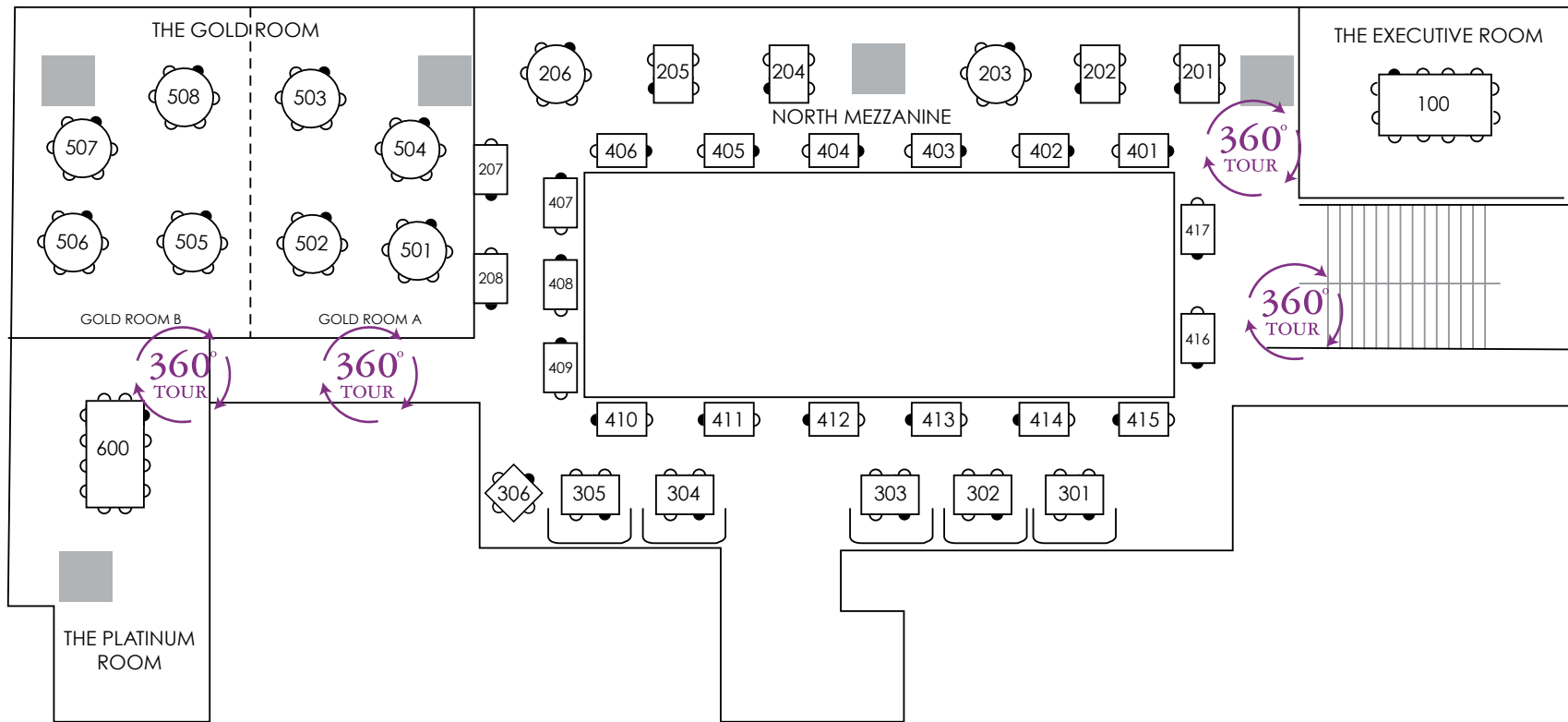
THE PATIO

MAIN LEVEL

W GEORGIA STREET



MEZZANINE



GLOWBAL

RECEPTION MENUS

2024

CANAPÉS

PASSED OR STATIONED

COLD

FRESH BURRATA CROSTINI* **V**
focaccia, tomato, balsamic
\$48 PER DOZEN

JUMBO PRAWN COCKTAIL **GF** **DF**
espelette pepper cocktail sauce
\$54 PER DOZEN

ALBACORE TUNA TATAKI
honey tamari soy, edamame hummus
garlic chili crisp
\$48 PER DOZEN

SRF WAGYU STEAK TARTARE*
black garlic vinaigrette, gribiche
crispy capers
\$48 PER DOZEN

PACIFIC CRAB SALAD **DF**
ON CUCUMBER
miso aioli, salmon caviar
\$60 PER DOZEN

HUMMUS BITE **VE** **GF**
endive, crispy chickpeas
\$48 PER DOZEN

FOIE GRAS PATÉ
gougere, candied hazelnut
\$72 PER DOZEN

AVOCADO TOAST*
crunchy seeds granola, gastrique
\$48 PER DOZEN

SMOKE SALMON TART
dill cream cheese, pickled shallot, capers
\$60 PER DOZEN

HOT

CANADIAN PRIME BEEF SATAY **DF**
almond, lemongrass, chili
\$84 PER DOZEN

SIGNATURE MEATBALLS
tomato fondue, parmesan
\$60 PER DOZEN

MAC & CHEESE CROQUETTE **V**
truffle aioli
\$48 PER DOZEN

FRIED CHICKEN SKEWERS **DF**
katsu sauce, sesame aioli
\$54 PER DOZEN

SHORT RIBS IN MINI YORKIE
roast mushroom, yorkshire pudding
horseradish aioli
\$72 PER DOZEN

CRISPY SHRIMP DUMPLING **DF**
black pepper jam aioli
\$54 PER DOZEN

WILD MUSHROOM ARANCINI **V**
marinara sauce
\$48 PER DOZEN

CHICKPEA PANISSE **VE** **GF**
curry spice aioli, pickled shallot
\$48 PER DOZEN

SWEET

CHEESECAKE BITE
fresh berries
\$42 PER DOZEN

MINI FRUIT TART
crème patisserie
\$42 PER DOZEN

TRIPLE LAYERED **GF**
CHOCOLATE CAKE
hazelnut mousse
\$48 PER DOZEN

CHOUX PASTRY
chef's selection of
seasonal flavours
\$48 PER DOZEN

CARAMEL
CHOCOLATE TART
chocolate, caramel
\$48 PER DOZEN

TIRAMISU
espresso, mascarpone
\$48 PER DOZEN

VEGAN PAVLOVA **VE** **GF**
blueberry compote, coconut cream
\$48 PER DOZEN

MACARON
seasonal flavours
\$48 PER DOZEN

V VEGETARIAN

VE VEGAN

DF DAIRY FREE

GF GLUTEN FREE

* GLUTEN FREE MODIFICATION
AVAILABLE UPON REQUEST

Our kitchen contains wheat, egg, dairy, soy, nuts, pork, fish and shellfish. Consuming raw or undercooked meat, poultry, seafood, or eggs may increase your risk of foodborne illness. The consumption of RAW oysters poses an increased risk of foodborne illness. A cooking step is needed to eliminate potential bacterial or viral contamination.

COLD DISPLAY PLATTERS

CHILLED RAW BAR

\$32 PER PERSON

west coast oysters
jumbo prawn cocktail
snow crab legs
albacore tuna tataki
chef's seafood feature

- ADD ON -

LOBSTER

\$67 PER POUND

WHITE STURGEON CAVIAR

\$22 PER PERSON | 3G PER PERSON

ORGANIC GREEN SALAD BAR*

chef selected fresh toppings & dressings

\$12 PER PERSON

GLOWBAL CAESAR SALAD*

\$12 PER PERSON

CHARCUTERIE & CHEESE*

assorted premium cured meat & cheese
fresh berries, house bread, crackers & condiments

\$21 PER PERSON

GLUTEN FREE CRACKERS AVAILABLE

CHEESE*

assorted premium cheeses, fresh berries
house bread, crackers & condiments

\$17 PER PERSON

ANTIPASTO PLATTER* VE

\$17 PER PERSON

assorted grilled and marinated vegetables, pickles
olives, assorted dips and spreads, house bread
crackers & condiments

PRAWN COCKTAIL PLATTER GF

\$14 PER PERSON

SWEET

MINI DESSERT PLATTER

Will include Chef's choices of cheesecake bite, caramel chocolate tart, seasonal crème puffs, hazelnut opera cake, cake pops, tiramisu cups, assorted macarons, choux pastry, mini fruit tart, triple layered chocolate cake, vanilla mini cones, vegan mini pavlovas

\$12 PER PERSON

MACARON TOWER

lemon, mango, raspberry, cassis
salted caramel, chocolate

\$10 PER PERSON

VE VEGETARIAN

VE VEGAN

DF DAIRY FREE

GF GLUTEN FREE

* GLUTEN FREE MODIFICATION
AVAILABLE UPON REQUEST

Our kitchen contains wheat, egg, dairy, soy, nuts, pork, fish and shellfish. Consuming raw or undercooked meat, poultry, seafood, or eggs may increase your risk of foodborne illness. The consumption of RAW oysters poses an increased risk of foodborne illness. A cooking step is needed to eliminate potential bacterial or viral contamination.

FOOD STATIONS

DISPLAY OR CHEF ACTION

COLD

OYSTER STATION GF CS
east coast and west coast oysters
\$4 PER PIECE

CHEF HAND ROLL STATION CS
tempura prawns
\$12 PER PIECE

yam tempura V
avocado, cucumber
(VEGAN OPTION AVAILABLE)
\$10 PER PIECE

HOT

PASTA STATION CS
(GF OPTION AVAILABLE)

rigatoni bolognese
\$18 PER PERSON

ADD MEATBALLS | TWO PIECES | +\$8 PER PERSON

wild mushroom farfalle truffle cream V
\$18 PER PERSON

pesto gnocci V
\$20 PER PERSON

- ADD ON -
parmesan wheel
\$1,500 (MINIMUM 75 GUESTS)

MISO GLAZED SABLEFISH GF CS
scallion garlic rice
\$25 PER PERSON

CANADIAN PRIME BEEF STRIPLOIN CS
yorkshire pudding, mission hill red wine jus
horseradish cream
\$22 PER PERSON | 4oz PER PERSON

SLOW ROASTED ALBERTA BEEF CS
TOMAHAWK PRIME RIB
yorkshire pudding, mission hill red wine jus
horseradish cream
\$30 PER PERSON | 4oz PER PERSON

SKEWER STATION CS GF
chicken satay | peanut free
\$12 PER PIECE

beef steak skewer | with chimichurri
\$16 PER PIECE

vegetable | lemon tahini dressing VE
\$10 PER PIECE

LATE NIGHT

TRUFFLE FRIES & GARLIC AIOLI
\$7 PER PERSON

POUTINE & GRAVY
\$7 PER PERSON
VEGETARIAN GRAVY AVAILABLE

BEEF SLIDER
\$8 PER PIECE

FRIED CHICKEN SLIDER
\$8 PER PIECE

SHRIMP ROLL
\$8 PER PIECE

VEGAN SLIDER VE
\$8 PER PIECE

CS **CHEF STATION - \$150 PER CHEF (2 HOURS)**

V **VEGETARIAN**

VE **VEGAN**

DF **DAIRY FREE**

GF **GLUTEN FREE**

* **GLUTEN FREE MODIFICATION**
AVAILABLE UPON REQUEST

Our kitchen contains wheat, egg, dairy, soy, nuts, pork, fish and shellfish. Consuming raw or undercooked meat, poultry, seafood, or eggs may increase your risk of foodborne illness. The consumption of RAW oysters poses an increased risk of foodborne illness. A cooking step is needed to eliminate potential bacterial or viral contamination.

GLOWBAL

FESTIVE MENUS

2024



HOLIDAY SEASON ENTRÉE

Substitute for any meat or fish entrée for no additional charge
or add to any menu as an additional entrée option for \$10

Slow-Roasted Turkey

confit meat stuffing, calvados gravy, pommes purée
brussels sprouts with bacon vinaigrette, cranberry compôte





FESTIVE BRUNCH MENU A \$32

Signature Mini Doughnuts & Smoothie

FOR THE TABLE

ASSORTED MINI DANISH & CROISSANTS

ENTRÉE

SMOKED SALMON EGGS BENEDICT
smoked salmon, poached eggs, hollandaise sauce
potato hash, green salad

-OR-

AVOCADO & KALE EGGS BENEDICT
smashed avocado, kale, poached eggs, hollandaise sauce
potato hash, green salad

-OR-

CHICKEN & WAFFLES
korean-style fried chicken, sweet korean chili glaze, waffle
green salad, kimchi vinaigret

-OR-

BRIOCHE & CHOCOLATE "FRENCH TOAST"
mascarpone cream, fresh berry compôte
cinnamon crumble

PRICES DO NOT INCLUDE TAX & SERVICE CHARGE

FESTIVE LUNCH MENU B \$49

PLEASE PRE-SELECT: APPETIZER + ENTREE OR ENTREE + DESSERT

OR SELECT ALL 3 COURSES FOR \$54

APPETIZER

BLACK KALE CAESAR SALAD
local kale, garlic croutons
parmesan-caesar dressing

ENTRÉE

ROASTED MAPLE HILL FARM CHICKEN SUPREME
winter vegetables, sweet potato purée
sauce foyot

-OR-

PESTO GNOCCHI
basil & pine nut pesto, burrata cheese
herb greens

DESSERT

CHEESECAKE
cranberry compôte
eggnog anglaise

PRICES DO NOT INCLUDE TAX & SERVICE CHARGE

FESTIVE LUNCH MENU C \$59

APPETIZER

ROASTED BUTTERNUT SQUASH SOUP
spiced pepitas, crème fraîche

-OR-

BLACK KALE CAESAR SALAD
local kale, garlic croutons, parmesan-caesar dressing

ENTRÉE

PAN SEARED VANCOUVER ISLAND SALMON
seasonal vegetables, chive potato purée
beurre blanc, thyme oil

-OR-

SLOW BRAISED BEEF SHORT RIBS
yukon gold potato purée, root vegetables
roasted mushroom jus

-OR-

WINTER TRUFFLE MUSHROOM RISOTTO
roasted mushrooms, parmesan
winter truffle

DESSERT

CHEESECAKE
cranberry compote, eggnog anglaise

PRICES DO NOT INCLUDE TAX & SERVICE CHARGE

FESTIVE DINNER MENU D \$72

APPETIZER

SALT-ROASTED CELERIAC SOUP
compressed apple, gastrique, thyme oil

-OR-

SLOW-ROASTED BEET SALAD
local greens, okanagan goat chèvre
champagne vinaigrette, cranberry, pistachio

ENTRÉE

SLOW BRAISED BEEF SHORT RIBS
yukon gold potato purée, root vegetables
roasted mushroom jus

-OR-

PAN SEARED VANCOUVER ISLAND SALMON
seasonal vegetables, chive potato purée
beurre blanc, thyme oil

-OR-

CHICKPEA PANISSE
squash purée, winter squash, scallion ginger compote

DESSERT

WHITE CHOCOLATE MOUSSE
passionfruit, spiced breton cookie

PRICES DO NOT INCLUDE TAX & SERVICE CHARGE

FESTIVE DINNER MENU E \$85

Warm House Bread

APPETIZER

ROASTED BUTTERNUT SQUASH SOUP
spiced pepitas, crème fraîche

-OR-

PACIFIC SEAFOOD LOUIE SALAD
louie dressing, pacific crab, prawns
bay scallops, gem lettuce, chive

ENTRÉE

PAN SEARED VANCOUVER ISLAND SALMON
seasonal vegetables, chive potato purée
beurre blanc, thyme oil

-OR-

CANADIAN PRIME GRILLED NY STRIPLOIN
pommes purée, winter vegetables
bordelaise jus, chimichurri

ENHANCE YOUR STEAK TO
6oz A5 WAGYU + \$70 PER PERSON
(Pre-order required for groups more than 20pax)

-OR-

PESTO GNOCCHI
basil & pine nut pesto, burrata cheese
herb greens

DESSERT

CARROT CAKE
mascarpone frosting, mandarin orange gel
caramelized pecan crumble

PRICES DO NOT INCLUDE TAX & SERVICE CHARGE

FESTIVE DINNER MENU F \$108

Warm House Bread

APPETIZER

ROASTED BUTTERNUT SQUASH SOUP
spiced pepitas, crème fraîche

-OR-

SRF WAGYU STEAK TARTARE
black garlic dressing, gribiche, smoked egg yolk gel, capers, focaccia

-OR-

SLOW-ROASTED BEET SALAD
local greens, okanagan goat chèvre
champagne vinaigrette, cranberry, pistachio

ENTRÉE

HAIDA GWAII SABLEFISH & JUMBO PRAWNS
warm lentil salad, winter greens, charred scallion sauce

-OR-

CANADIAN PRIME BEEF TENDERLOIN
pomme purée, roast vegetable
bordelaise jus, chimichurri

ENHANCE YOUR STEAK TO
6oz A5 WAGYU + \$70 PER PERSON
(Pre-order required for groups more than 20pax)

-OR-

WINTER TRUFFLE MUSHROOM RISOTTO
roasted mushrooms, parmesan, winter truffle

DESSERT

TRIPLE LAYERED CHOCOLATE CAKE
espresso ganache, wafer crumble

-OR-

EARL GREY TART
lemon macaron, pear compote, citrus gel

PRICES DO NOT INCLUDE TAX & SERVICE CHARGE

WELCOME DRINKS

BUBBLES

Unsworth Charme de l'île NV	VANCOUVER ISLAND, BC	PER GLASS 16
Tantalus Blanc de Blanc 2021	OKANAGAN VALLEY, BC	PER BOTTLE 86
Louis Bouillot Cremant Rose NV	BURGUNDY, FRANCE	93
Mission Hill 'Exhilaration' Brut Rose NV	OKANAGAN VALLEY, BC	112
Laurent-Perrier Brut Champagne NV	CHAMPAGNE, FRANCE	150
Dom Perignon 2013 Champagne	CHAMPAGNE, FRANCE	535

COCKTAILS

PRICED PER GLASS

EMPRESS MARTINI 19

empress gin, arbutus blue gin, chamomile syrup, lime juice
egg white, odd society cassis, musk willow water, edible smoke bubble

ADD YOUR LOGO FOR AN ADDITIONAL \$2 PER DRINK

FRENCH 75 16

gin, lemon juice, simple syrup, bubbles

CLASSIC MARTINI 17.50

gin or vodka, dry vermouth

KIR ROYALE 16

crème de cassis, bubbles

GLOWBAL 16

ketel one vodka, st-germain liqueur, lemon juice
simple syrup topped with pomegranate juice, mint

THE ROOF 18

el tequileno tequila, aperol, lime juice
jalapeño agave syrup dehydrated lime

BLACK + BLUE 17

old forrester bourbon, amaro averna
creme de menthe bittered sling kensington bitters, cherry

ITALIAN KITCHEN 16

tanqueray gin, pink grapefruit, honey syrup
lemon juice grapefruit bitters
pinch of salt, grapefruit

SUGGESTED WINES

BUBBLES

Tantalus Blanc de Blanc 2021	OKANAGAN VALLEY, BC	86
Louis Bouillot Cremant Rose NV	BURGUNDY, FRANCE	93
Mission Hill 'Exhilaration' Brut Rose NV	OKANAGAN VALLEY, BC	112
Laurent-Perrier Brut Champagne NV	CHAMPAGNE, FRANCE	150
Dom Perignon 2013 Champagne	CHAMPAGNE, FRANCE	535

WHITES

Burrowing Owl Sauvignon Blanc 2022	OKANAGAN VALLEY, BC	82
Clos du Soleil Viognier 2021	OKANAGAN VALLEY, BC	89
Black Hills Chardonnay 2021	OKANAGAN VALLEY, BC	92
Grgich Hills Sauvignon Blanc	NAPA VALLEY, CA	127
Duckhorn Chardonnay	NAPA VALLEY, CA	145
Jean-Marc Brocard 'Montmains' Chablis 2022	BURGUNDY, FRANCE	148

ROSÉ

The Beach by Whispering Angel 2021	PROVENCE, FRANCE	85
Belle Glos 'Oeil de Perdrix' 2020	SONOMA, CA	98
Chateau d'Esclans 'Whispering Angel' 2021	PROVENCE, FRANCE	109

RED

Laughing Stock 'Blind Trust' Cabernet-Merlot 2021	OKANAGAN VALLEY, BC	83
Tantalus Pinot Noir 2021	OKANAGAN VALLEY, BC	89
Vanessa Vineyard 'Meritage' Cabernet Blend 2019	SIMILKAMEEN VALLEY, BC	89
La Frenz Malbec 2019	OKANAGAN VALLEY, BC	89
Chateau Patache d'Aux Medoc 2018	BORDEAUX, FRANCE	96
Vanessa Vineyard 'Right Bank' Merlot 2018	SIMILKAMEEN VALLEY, BC	98
Sokol Blosser Pinot Noir 2021	DUNDEE HILLS, OR	102
The Hatch 'Dynasty' Cabernet Blend 2020	OKANAGAN VALLEY, BC	108
Tenuta Argentiera 'Villa Donoratico' Cabernet Sauvignon 2019	TUSCANY, ITALY	125
Beringer Cabernet Sauvignon 2020	NAPA VALLEY, CA	151
Belle Glos 'Clark & Telephone' Pinot Noir 2020	SONOMA, CA	165
Castiglion Brunello di Montalcino 2018	TUSCANY, ITALY	179
Austin Hope Cabernet Sauvignon 2020	PASO ROBLES, CA	188
Caymus Cabernet Sauvignon 2022	NAPA VALLEY, CA	199

LARGE FORMATS

Culmina 'Hypothesis' Cabernet blend 2019 1.5L	OKANAGAN VALLEY, BC	325
Jacquesson 744 Champagne NV 1.5L	CHAMPAGNE, FRANCE	525
Caymus Special Selection Cabernet Sauvignon 2017 1.5L	NAPA VALLEY, CA	999



BOOK WITH US TODAY

604 602 0835 | SALES@GLOWBALGROUP.COM

[BOOKING REQUEST](#)

GLOWBAL

COAST

Italian
Kitchen

trattoria

BLACK+BLUE

RCOF

FIVE
SAILS

RILEY'S
FISH & STEAK

Our kitchen contains wheat, egg, dairy, soy, nuts, pork, fish and shellfish. Consuming raw or undercooked meat, poultry, seafood, or eggs may increase your risk of foodborne illness. The consumption of RAW oysters poses an increased risk of foodborne illness. A cooking step is needed to eliminate potential bacterial or viral contamination.