

# LUNCH MENU



## NON-ALCOHOLIC DRINKS

<b>HOUSEMADE</b>	Organic Ice tea sweetened with maple syrup	2.95	<b>NATURAL JUICES</b>	Cranberry, Orange, Apple, Pineapple	3.50
	Freshly squeezed lemonade sweetened with mineral rich maple syrup	2.95	<b>MILK &amp; WATER</b>	2% milk	2.95
<b>SODAS</b>	Cola, Diet Cola, Lemon Lime, Ginger Ale (free refill)	2.75		Chocolate milk	2.95
	Grizzly Paw caffeine free fountain style sodas: Cream Soda, Root Beer or Orange.	3.50		Miller Springs Sparkling Water (750ml)	3.75
	Shirley Temple	3.00	<b>HOT STUFF</b>	Organic coffee (free refill)	2.95
				Hot chocolate	3.75
				Assorted natural teas	2.75

## BEERS, COOLERS & COCKTAILS

<b>LOCAL ON TAP</b>	Grizzly Paw Powder Hound Pilsner, Pint	6.00	<b>COOLERS</b>	House made freshly squeezed lemonade with your favorite shot of tequila, vodka or gin	6.50
	Grizzly Paw Powder Hound Pilsner, Glass	4.00	30 ml	Smirnoff Ice	6.00
	Grizzly Paw Grumpy Bear Honey Wheat Ale, Pint	6.00	341 ml	Mike's Hard Pink (25% of proceeds go to Canadian Breast Cancer Network.)	6.00
	Grizzly Paw Grumpy Bear Honey Wheat Ale, Glass	4.00	<b>CIDER</b>	Big Rock Rock Creek Dry Cider	6.00
	Big Rock Traditional, Pint	6.25	341 ml		
	Big Rock Traditional, Glass	4.25	<b>COCKTAILS</b>	Black Russian, Brown Cow, Ceasar, Cosmopolitan, Crantini, Cubre Libre, Fuzzy Navel, Margarita, Screwdriver, Tequila Sunrise, Toasted Almond or White Russian	7.50
<b>DOMESTIC BOTTLES</b>	Kokanee, Molson Canadian, Coors Light	5.25	45ml		
<b>PREMIUM BOTTLES</b>	Steam Whistle Pilsner (Ont.)	5.75	<b>SPECIAL HOT STUFF</b>	Organic coffee or hot chocolate with your choice of Baileys, Kahlua, Frangelico, Amaretto, Grand Marnier or Cointreau	6.00
	Creemore Springs Lager (Ont.)	5.75	30ml		
	Alexander Keith's India Pale Ale (N.S.)	5.75			
	Fort Garry Dark Ale (MB.)	5.75			
	Messagère Gluten Free Pale Ale (QB.)	6.25			

## SPIRITS (30ml) double any shot add \$3

<b>GIN</b>	Bombay Sapphire	6.00	<b>CANADIAN WHISKEY</b>	Crown Royal	6.00
<b>VODKA</b>	Absolut	6.00	<b>RUM</b>	Bacardi White or Black	6.00
<b>SCOTCH</b>	Glenfiddich 12 year	6.00	<b>LIQUOR</b>	Baileys, Kahlua, Frangelico, Amaretto, Grand Marnier or Cointreau	6.00

## WHITE WINE (210ml glass)

<b>HOUSE WINE</b>	Please check the boards or ask your server		
	Glass 8.25	Half Litre 19.00	Bottle 28.00
<b>PELEE ISLAND GEWURZTRAMINER - ONT.</b>	This slightly sweeter wine with crisp acidity will compliment spicy foods, sausages & desserts such as cheesecake. Think of the Spicy Pepperoni.		
	Glass 9.00	Half Litre 21.00	Bottle 31.00
<b>CALONA VINEYARDS UNOAKED CHARDONNAY - B.C.</b>	Pear, star-fruit and apple aromas make this easy drinking Chardonnay great with most foods & also enjoyed by itself.		
	Glass 10.00	Half Litre 23.00	Bottle 34.00
<b>ST HUBERTUS V.R. PINOT BLANC - B.C.</b>	Lively acidity on the finish with rich pear and citrus aromas on the nose, matches this cool climate wine with many dishes. Try it with the West Coast Smoked Salmon Thin Crust Flatbread.		
	Glass 10.50	Half Litre 25.00	Bottle 36.00
<b>GRAY MONK PINOT GRIS - B.C.</b>	Pale lemon in colour with intense pineapple, apricots & pink grapefruit on the nose. Will accent seafood, creamy cheeses & chicken on flatbreads well.		
	Glass 11.00	Half Litre 27.00	Bottle 38.00
<b>SUMAC RIDGE P.R. OAKED CHARDONNAY - B.C.</b>	Soft vanilla aromas in the misdt of peach & apple flavours which marries this deliciously with the Apple Chicken Harvest flatbread.		
	Glass 11.00	Half Litre 27.00	Bottle 38.00
<b>MISSION HILL 5 VINEYARDS SAUVIGNON BLANC - B.C.</b>	Clean, crisp and refreshing. Tangy citrus characters & grassy herbaceous notes pairs this wine well to the Sundried Tomato & Goat's Cheese Flatbread.		
	Glass 11.50	Half Litre 28.50	Bottle 39.00

## ROSE (210ml glass)

<b>SUMAC RIDGE GAMAY NOIR ROSE - B.C.</b>	Fruit driven & showcased by loads of strawberry & mild cherry notes, this wine loves to be matched with vinaigrette based salads & antipasto.		
	Glass 10.00	Half Litre 23.00	Bottle 34.00

## RED WINE (210ml glass)

<b>HOUSE WINE</b>	Please check the boards or ask your server		
	Glass 8.25	Half Litre 19.00	Bottle 28.00
<b>PELEE ISLAND CABERNET FRANC - ONT.</b>	Firm tannins & concentrated fruit essence are further enhanced with a touch of spice. Combine this nectar with bolder tastes such as the Naturally Meaty flatbread.		
	Glass 9.00	Half Litre 21.00	Bottle 31.00
<b>CAVE SPRING GAMAY - ONT.</b>	The classic grape of Beaujolais with a Canadian touch. Fresh berries & a soft peppery palate, this lighter wine works well with the BBQ Pulled Pork & many other flatbreads.		
	Glass 10.00	Half Litre 23.00	Bottle 34.00
<b>CALONA VINEYARDS MERLOT - B.C.</b>	A dark Garnet colour with a bouquet of plums, black cherry and smoke combines well with the soft tannins & medium body. Enjoys flirting with any of the pasta & pesto dishes.		
	Glass 10.50	Half Litre 25.00	Bottle 36.00
<b>GRAY MONK PINOT NOIR - B.C.</b>	Barrel aged in French oak, this burgundy coloured wine encompasses hints of raspberry & black cherry. Integrates well with red meats & cheeses like our Chorizo Sausage Calzone.		
	Glass 11.00	Half Litre 27.00	Bottle 38.00
<b>MISSION HILL FIVE VINEYARDS CABERNET / MERLOT - B.C.</b>	Intense and rich flavours of plum, cocoa & cloves are packed into this full bodied liquid. Meats & powerful cheeses accent this wine well.		
	Glass 11.50	Half Litre 28.50	Bottle 39.00

## SPARKLING (750ml bottle)

<b>MEADOWS WINES: JOY SPARKLING ORGANIC HONEY WINE - AB.</b>	Crisp bubbles & elegant fruit flavours with just a hint of honey. Combining organic honey from Peace River, Alberta in the classic méthode traditionnelle produces this Brut style wine. Will match well with a little spice like the Mexicali flatbread.		
			Bottle Only 48.00

## SUPPORTING LOCAL:

We buy as much produce & drinks as possible from local farmers, wineries, breweries & suppliers.

Here are some of the farms & suppliers we support: Hoven Farms, Calgary; Grain Works, Vulcan; Valbella, Canmore; Pasta to Go, Canmore; Calgary Farmers Market, Calgary; Grizzly Paw Brewing, Canmore; Meadows Wines, Alberta; Big Rocky Brewery, Alberta.