



# DINE IN MENU

## STARTERS

### assorted olives 6

A Mediterranean Blend

### bruschetta 9 *Gluten Wise.* + 4

Sea Salt & Herb Flatbread . Marinated Vine Tomatoes .  
Parmesan . Garlic . Onion . Basil . Balsamic Reduction

## SALADS

Served with warm sea salt, olive oil & herb  
seasoned flatbread

### fresh herb salad 6.5 | 13

Assorted Greens . Vine Tomatoes . Oranges .  
Cucumbers . Fresh Herb Vinaigrette . Shoots

### basil & blackberry salad 6.5 | 13

Assorted Greens . Mushrooms . Mango . Roasted Red  
Bell Peppers . Basil & Blackberry Dressing . Shoots

### fig & goat cheese salad 7.5 | 15

Assorted Greens . Cucumbers . Vine Tomatoes .  
Red Onions . Green Peppers . Goat Cheese .  
Black Mission Fig Dressing . Shoots

### salad additions Sm | Lg

Rosemary Lemon Chicken 3 | 6 . Double Smoked Bacon 3 | 6 .  
Smoked Wild Salmon 4 | 6 . Goat Cheese 2.5 | 5

### flatbread & dip 9

*Gluten Wise* + 4

#### Step 1: Choose Base

Pesto Base with Parmesan & Asiago Blend **or**  
Garlic Oil Base with Parmesan & Asiago Blend

#### Step 2: Choose One Dipping Sauce:

Roasted Garlic . Smokey Siracha .  
Boccalino's Ranch (**Vegan**)

## SOUPS

Served with warm sea salt, olive oil & herb  
seasoned flatbread

### house made chicken noodle soup 6.5 | 8

House Made Chicken Broth . Organic Pasta .  
Shredded Carrots . Rosemary Lemon Chicken .  
Three Herb Pesto

### feature soup 6.5 | 8

Always made in-house with fresh seasonal  
produce.

## TRADITIONAL FLATBREAD PIZZAS

All start with our Organic House Made Tomato Sauce & Canadian Mozzarella

Our handcrafted forno fired pizzas are available:

Regular 10 inch pizzas (Gluten Wise +4) | Large 13 inch pizzas.

### classic 18 | 28

Organic Tomato Sauce . Mozzarella .  
Marinated Cherry Tomatoes . Asiago .  
Capriny Goat Cheese . Parmesan . Herbs

### tomato basil 18 | 28

Organic Tomato Sauce . Mozzarella . Mushrooms .  
Roma Tomatoes . Bocconcini . Basil

### parma 19 | 30

Organic Tomato Sauce . Mozzarella . Valbella's  
Prosciutto . Mushrooms . Mango .  
Parmesan & Asiago Blend . Arugula

### ranchers 19 | 30

Organic Tomato Sauce . Mozzarella . Cheddar . Local  
Seasoned Ground Beef . Italian Sausage . Red Onions  
Jalapeños . Roma Tomatoes . Herbs

### sundried tomato 18 | 28

Organic Tomato Sauce . Mozzarella . Sundried  
Tomatoes . Mushrooms . Artichokes . Capriny Goat  
Cheese . Herbs

### all beef pepperoni 19 | 30

Organic Tomato Sauce . Mozzarella . Valbella All Beef  
Pepperoni . Red Onions . Mushrooms . Roma  
Tomatoes . Herbs

### farmers market 19 | 30

Organic Tomato Sauce . Mozzarella . Seasonal  
Vegetables . Three Herb Pesto . Capriny Goat Cheese

### bow valley bbq chicken 21 | 31

Organic Tomato Sauce . Mozzarella . Red Onions .  
Green Peppers . Oven Roasted BBQ Chicken . Bigfoot  
Bold BBQ Sauce . Asiago

### pesto shrimp 21 | 31

Organic Tomato Sauce . Mozzarella . Ocean Wise  
Shrimp . Red Onions . Artichokes . Three Herb Pesto .  
Asiago . Herbs

### genoa salami 21 | 31

Organic Tomato Sauce . Mozzarella . Genoa Salami .  
Mushrooms . Marinated Cherry Tomatoes . Kalamata  
Olives . Caramelized Red Onions . Bocconcini . Basil

### apple chicken 21 | 31

Organic Tomato Sauce . Mozzarella . Cheddar .  
Rosemary Lemon Chicken . Granny Smith Apples . Red  
Onions . Cherry Tomatoes . Three Herb Pesto

### the meats 23 | 33

Organic Tomato Sauce . Mozzarella . Italian Sausage .  
Valbella All Beef Pepperoni . Double Smoked Bacon .  
Canadian Cheddar . Hot Peppers . Herbs

### add a dipping sauce + 2

Roasted Garlic . Smokey Siracha . Boccalino's Ranch (**Vegan**)

# CREATE YOUR OWN TRADITIONAL FLATBREAD

**Build your own flatbread pizza from the sauce up!**

**Starting with organic tomato sauce base & Canadian mozzarella**

REGULAR 14 (*Gluten Wise* + 4)    LARGE 18

**classic toppings:** +2 | +4 each topping

Valbella Beef Pepperoni . Cured Chorizo . Artichokes . Italian Sausage . Local Seasoned Ground Beef .  
Cherry Tomatoes . Caramelized Onions . Mushrooms . Green Peppers . Red Peppers . Jalapeños . Olives . Mango .  
Red Onions . Roma Tomatoes . Sundried Tomatoes . Prosciutto . Genoa Salami

**premium toppings:** +4 | +6 each topping

Smoked Bison . Double Smoked Bacon . Free Range Rosemary Lemon Chicken . Free Range BBQ Chicken .  
Ocean Wise Shrimp

## ARTISAN FLATBREAD PIZZAS

**Even thinner crust & handcrafted to 10 inches.**

(*Gluten Wise* + 4)

**bacon & blue cheese** 18

Garlic Oil Base . Valbella Double Smoked Bacon .  
Caramelized Onions . Cherries . Blue Cheese . Arugula

**fig, bison & brie** 18

Fig Jam . Smoked Bison . Mushrooms . Caramelized  
Onions . Arugula . Brie

**fire roasted** 18

Pesto . Parmesan & Asiago Blend . Zucchini .  
Red Peppers . Portobello Mushrooms .  
Roma Tomatoes . Bocconcini . Arugula . Basil .  
Balsamic Reduction

## PASTAS

**Our pasta is created locally with Certified Organic  
Milled Flour & Free Range Eggs.**

*Gluten Wise* + 3

**feature pasta** Market Price

Check our Blackboard for Current Featured Pasta

**maple bacon mac & cheese** 19

Organic Macaroni . Smoked Maple Bacon . Aged  
Cheddar . Mozza . Parmesan . Garlic . Whole Cream .  
Caramelized Onions . Herbs

**honey hot chorizo** 18

Organic Tomato Sauce . Mozza . Cured Chorizo . Green  
Peppers . Red Onion . Bocconcini . Chili Honey Drizzle

**margarita kalamata** 16

Organic Tomato Sauce . Roma Tomatoes . Kalamata  
Olives . Bocconcini . Balsamic Reduction . Basil

**west coast** 18

Roasted Garlic Sauce . Lite Mozza . Red Onions .  
Capers . Smoked Salmon . Lemon Horseradish Drizzle .  
Basil

**LUNCH COMBOS** (MON - FRI 11:30am - 4:00pm)

**soup & salad** 13

Chicken noodle soup **or** Chef's feature soup with your  
choice of one of our salads.

**soup & more** 15.50    *Gluten Wise* +3

Chicken noodle soup **or** Chef's feature soup with your  
choice of lunch traditional flatbread pizza.

**salad & more** 16.50    *Gluten Wise* +3

Choose one of our salads and a lunch traditional  
flatbread pizza

## HOUSE MADE DESSERTS

**double chocolate brownie** 8

Served with your choice of ice cream

**dessert flatbread** 15

Served with ice cream & Perfect for sharing

**house baked NY cheesecake** 8 (*Gluten Free*)

**ice cream** 3.50

Vanilla, Chocolate or Cookies & Cream

**crème brûlée** 8.50 (*Gluten Free*)

Ask your server for current flavor

## NON ALCOHOLIC DRINKS

**grizzly paw sodas** Caffeine Free 4

Root Beer . Cream Soda . Orange Cream Soda

**fountain sodas** 3

Pepsi . Diet Pepsi . 7-Up . Ginger Ale

**house made lemonade** 3.75

**house made ice tea** 3.75

Custom Blend from Natur'el Tea

**juices** 4

Apple . Orange . Pineapple . Cranberry

**milk** 4

2% . Chocolate

**sparkling mineral water** (750 ml) 6

San Pellegrino

**mountain blends organic coffee** 3.75

Flatbread Roast or Buzzless Bean Decaf

**hot chocolate with whipped cream** 3.75

**teas from natur'el tea** 3.75

Cherry Blossom Sencha . Creamy Earl Grey .

Organic Alpine Peppermint . Citrus Zinger .

Wild Blueberry Rooibos . Chamomile Blossoms .

Orange Pekoe



# DRINK MENU

## CRAFT BEERS ON TAP

Pint 18 oz . 8 | Pitcher 54 oz . 22

Check our blackboards or Ask your server for the current selection

## CRAFT BEERS & CIDERS TALL CANS

15 oz . 8

**canmore brew co ten peaks pale ale**  
Canmore, AB

**canmore brew co railway rye ipa**  
Canmore, AB

**wild rose velvet fog canadian wheat ale**  
Calgary, AB

**zero issue innsmouth mango-passionfruit sour**  
Calgary, AB

**marda loop brew co jenkins grapefruit ale**  
Calgary, AB

## GLUTEN FREE OPTIONS

**big rock rock creek apple cider** 8

Calgary, AB

**big rock rock creek cider with pear** 8

Calgary, AB

**fallentimber meadjito** 6.50

Water Valley, AB

**glutenberg pale ale** 8

Montreal QC

**glutenberg ipa** 8

Montreal, QC

Check our blackboards or Ask your server for the Current Season Features

## WINES

GLASS 6 oz | GLASS 9 oz | BOTTLE 27 oz

### WHITES

**house wine co. white** 10 | 14 | 38  
Henry of Pelham, Niagara, Ont.

**corkbeard chardonnay** 10 | 14 | 40  
Corkbeard Wine Co. Bolton, California

**sumac ridge sauvignon blanc** 10 | 14 | 40  
Sumac Ridge, Okanagan, B.C.

**fielding pinot grigio** 10 | 14 | 40  
Fielding Estate, Beamsville, Ont.

**dirty laundry say yes pinot gris** 11 | 15 | 44  
Dirty Laundry Vineyards, Summerland, B.C.

**long weekend wine co. rose** 9 | 13 | 36  
Long Weekend, Niagara Peninsula, Ont.

### REDS

**house wine co. red** 10 | 14 | 38  
Henry of Pelham, Niagara, Ont.

**fielding red conception** 11 | 15 | 45  
Fielding Estate, Beamsville, Ont.

**dirty laundry dangerous liaison** 11 | 15 | 45  
Dirty Laundry Vineyards, Summerland, B.C.

**gray monk pinot noir** 11 | 15 | 45  
Gray Monk Estate Winery, Lake Country, B.C.

**sumac ridge cabernet merlot** 11 | 15 | 45  
Sumac Ridge, Okanagan, B.C.

**red sangria** 6 | 25 (9oz Glass | 48oz Pitcher)  
Red Wine . Peach Schnapps . Orange Juice . Pineapple Juice . Mixed Fruit . Ginger Ale

## PREMIUM COCKTAILS

2 oz . 12

### rocky ceasar

Wild Life Craft Vodka . Bow Valley BBQ Winger Buffalo Hot Sauce . Tabasco Sauce . Worcestershire . Clamato . Fresh Lime . Pickled Vegetable

### wild life gin & tonic

Wild Life Craft Gin . Wild Life Tonic Syrup . Soda . Fresh Lime . Juniper Berries

### wild life mule

Wild Life Craft Vodka . Wild Life Mule Syrup . Soda . Fever Tree Ginger Beer . Fresh Lime

### wild life dark & stormy

Bacardi Black Rum . Wild Life Mule Syrup . Soda . Fever Tree Ginger Beer . Fresh Lime

### twisted lemonade/ice tea

Wild Life Craft Vodka . Limoncello . House Made Lemonade or Iced Tea  
\*Available with a Raspberry Twist

### mojito (classic or mixed berry)

Bacardi White Rum . Mint Syrup . Fresh Lime Juice . Soda . Fresh Mint  
\*Available Classic or Mixed Berry

### gin, basil & blackberry

Wild Life Craft Gin . Basil & Blackberry Syrup . Soda . Fresh Lemon

### three peaks punch

Bacardi Spiced Rum . Peach Schnapps . Pineapple Juice . Cranberry Juice . Fresh Lime