



MENU

APPETIZERS

warm hickory olives 7

house made warm dough balls 6 *Request Vegan*

Served with: Garlic or Pesto Butter or Balsamic Olive Oil

roasted cauliflower bites & ranch dip 12.50 *Vegan*

tomato bruschetta 9.95 *Request Vegan*

smoked salmon bruschetta 12.50

garlic prawns 12.95

Served on cucumber slices with a lemon dill sauce

cheesy flatbread with dip 9.75 *Request Vegan*

Gluten Wise +4

Pesto OR Garlic Flatbread . Asiago . Parmesan

rocky charcuterie plate 15.50

Local Cured Meats & Artisan Cheeses

Add Flatbread & Balsamic Olive Oil +5

harvest veggie plate 14 *Vegan*

Mushroom Carpaccio . Caramelized Onions . Roasted

Zucchini & Cauliflower . Kalamata Olives . Marinated

Tomatoes **Add Flatbread & Balsamic Olive Oil** +5

SOUP & SALADS

house made soups 5.25 | 8.50

Chicken Noodle . Feature . Tomato Basil *Vegan*

fresh herb salad 7.75 | 15.50 *Vegan*

Mixed Greens . Tomatoes . Cucumbers . Oranges .

Restaurant Grown Sprouts . Fresh Herb Dressing

fig & goat cheese salad 8.75 | 17.50

Mixed Greens . Red Onion . Tomatoes . Cucumbers .

Goat Cheese . Restaurant Grown Sprouts . Fig Dressing

lemon dill cucumber & tomato salad 12.50 *Vegan*

Served with roasted cauliflower & chick peas

mediterranean quinoa salad 9.95

Served with red bell peppers, tomatoes, cucumber, onions & goat cheese on arugula

salad additions Free Range Chicken 5 . Avocado 3 .

Wild Smoked Salmon 6 . Sautéed Garlic Prawns 5

PASTAS

Each dish is prepared fresh with organic pasta, seasonal veggies & local meats. *Gluten Wise* +2

chef's feature pasta 19 *Request Vegan*

Check our blackboards for the Chef's creation.

Add Local Feature Meat + 5.00

mushroom linguini 19.95 *Request Vegan*

Organic Linguini . Red Onion . Fresh Red Pepper .

Spinach . Medley of Local Mushrooms .

Creamy Sauce . Parmesan . Truffle Oil Drizzle . Lemon

bacon & pan roasted tomato 19.95 *Request Vegan*

Organic Penne . Pan Roasted Grape Tomatoes .

Double Smoked Bacon . Garlic . Pinch of Chili Peppers .

Red Onion . Fresh Mint & Basil . Light Cream Sauce .

Shaved Parmesan

penne bolognese 19.95

Organic Penne . Slow Cooked Organic B.C. Beef .

Tomato Sauce . Shaved Parmesan . Basil

pasta additions 5

Free Range Local Chicken . Vegan Chorizo Sausage .

Sautéed Garlic Prawns 5

TRADITIONAL FLATBREAD PIZZAS

Small 8 in Regular 10 in Large 13 in

Gluten Wise +3 *Gluten Wise* +4

margarita 12.25 | 16.95 | 28

Tomato Sauce . Parmesan . Tomatoes . Fior Di Latte . Balsamic . Basil

classic 13.25 | 18.75 | 29.50

Tomato Sauce . Mozza . Cherry Tomatoes . Asiago . Goat Cheese . Parmesan . Herbs

parma 14.50 | 19.45 | 30.50

Tomato Sauce . Mozza . Cured Ham . Mushrooms . Mango . Arugula . Parmesan

sundried tomato 14.25 | 19.45 | 31.25 *Request Vegan*

Tomato Sauce . Mozza . Sundried Tomatoes .

Mushrooms . Artichokes . Goat Cheese . Herbs

naturally meaty 14.25 | 19.45 | 31.25

Tomato Sauce . Mozza . Spicy Organic Ground Beef .

Kale . Italian Sausage . Onions . Tomatoes . Asiago

beef pepperoni 14.25 | 19.45 | 31.25

Tomato Sauce . Mozza . Pepperoni . Onions .

Mushrooms . Tomatoes . Herbs

farmers market 14.75 | 21.75 | 33.75 *Request Vegan*

Tomato Sauce . Mozza . Fresh Seasonal Vegetables .

Pesto . Goat Cheese

genoa salami 15.25 | 21.75 | 33.75

Tomato Sauce . Parmesan . Genoa Salami . Mushrooms .

Cherry Tomatoes . Olives . Caramelized Onions .

Fior Di Latte . Basil

all canadian 15.25 | 21.75 | 33.75

Tomato Sauce . Mozza . Beef Pepperoni . Bacon .

Red Bell Peppers . Mushrooms . Onions . Cheddar .

Green Onions

pesto chicken 15.25 | 21.75 | 33.75

Tomato Sauce . Mozza . Lemon & Pesto Chicken .

Roasted Red Peppers . Onions . Pesto . Parmesan

ARTISAN FLATBREAD PIZZAS

Handcrafted to 10 inches. *Gluten Wise* +4

summer forager 18.95

Garlic cream . Parmesan . BC Roasted Mushroom Mix.

Caramelized Onion . Fior Di Latte . Arugula & Truffle Oil

fire roasted 18.95 *Vegan by Request*

Pesto . Parmesan . Zucchini . Red Peppers . Mushrooms .

Fior Di Latte . Basil . Balsamic

fig & brie 19.45

Fig Jam . Mushrooms . Local Prosciutto . Caramelized

Onions . Brie . Lemon Dressed Arugula

honey hot calabrese 18.45

Spicy Tomato Sauce . Mozza . Spicy Calabrese . Red Bell

Peppers . Onion . Fior Di Latte . Honey

pesto prawn 19.95

Tomato Sauce . Light Mozza . Spinach . Red Onions .

Artichokes . Goat Cheese . Pan Seared Pesto Prawns

west coast 19.45

Garlic Cream Sauce . Mozza . Onions . Smoked Salmon .

Capers . Lemon Horseradish . Green Onions

beyond sausage 19.45 *Vegan*

Tomato Sauce . Spinach . Artichokes . Red Peppers .

Beyond Sausage . Caramelized Onions . Smoked Gouda .

Hemp Hearts . Balsamic . Sunflower Sprouts

CREATE YOUR OWN PIZZA

Build your own pizza from the sauce up!

SMALL 9.75 REGULAR 12.95 LARGE 17.95

choose your sauce: Tomato Sauce . Pesto .

Garlic Oil . Garlic Cream Sauce . Fig Jam .

Spicy Organic Tomato Sauce

choose your cheese: Mozza . Goat Cheese .

Fior Di Latte . Vegan Mozza . Vegan Smoked Gouda

classic toppings: +1 | 2 | 3

Artichokes . Cherry Tomatoes . Jalapenos . Onions .

Kale . Mushrooms . Red Bell Peppers . Olives .

Roasted Peppers . Roma Tomatoes . Sundried Tomatoes

Mango . Caramelized Onions . Spicy Organic Ground

Beef . Italian Sausage . Cured Ham . Beef Pepperoni

premium toppings: +2 | 4 | 6

Genoa Salami . Hot Calabrese Salami . Pesto Chicken .

Bacon . Chorizo Sausage . Local Prosciutto Ham .

Vegan Beyond Sausage

finishing touch: +.75 | 1 | 2

Arugula . Basil . Mixed Herbs . Pesto . Parmesan . Asiago

DRINKS

CRAFT BEERS & CIDERS ON TAP

SLEEVE (16 oz) 7.95 JUG (48 oz) 21

phillips kolsch lager

strange fellows talisman pale ale

33 acres nirvana ipa

CANS & BOTTLES

gluten free beer (11 oz) 8.25

non-alcoholic warsteiner (11 oz) 7.25

SEASONAL COCKTAILS

house made sangria

(20 oz glass) 10.50 | (48 oz jug) 21

White Sangria: Grapefruit, Pineapple & Lemon White Sangria

Red Sangria: Orange, Cranberry & Apple Red Sangria

shaken lime margarita (1.5 oz) 10.50

you me & green tea (1 oz) 9.50

Honeyed Green Tea Vodka Cocktail

peach better have my honey (1 oz) 9.50

Marinated Peach Iced Tea Vodka Cocktail

lavender bees knees (1 oz) 9.50

Honey, Lemon & Lavender Gin Cocktail

mint pleasant (1.5 oz) 10.50

Cucumber basil mojito

rocky caesar (1 oz) 10

HOUSE MADE DESSERTS

double chocolate brownie 8.50

Served with house made ice cream.

house baked cheesecake 8.50 *Gluten Free*

apple crumble 8.50 *Vegan*

house made ice cream 5.50

Seasonal Sorbet . Vanilla . Chocolate .

Vegan Coconut Vanilla

affogato 7.50

House Made Vanilla Ice Cream . Shaved Callebaut

Chocolate . Double Espresso

COFFEE & TEA

fair trade organic coffee

Filtered 3.50 . Double Espresso 4.50 . Americano 4.50 .

Latte 4.50 . Cappuccino 4.50

boozy coffee 7.50

Served with Baileys & Whipped Cream

silk road organic teas 4.00

Earl Grey . English Breakfast . Express Chai .

Jade Spring Green Tea . Angel Mint Water

organic hot chocolate 5.50

Served with fresh whipped cream & Callebaut chocolate shavings.

WINES

GLASS 6 oz | GLASS 9 oz | BOTTLE 27 oz

WHITES

rocky house white 8.95 | 12.95 | 34

red rooster chardonnay 9.95 | 14.75 | 38

gehringer pinot gris 11.25 | 15.95 | 43

mission hill sauvignon blanc 11.95 | 16.95 | 46

gehringer pinot gris 11.25 | 15.95 | 43

quails gate rosé 11.95 | 16.95 | 46

REDS

rocky house red 8.95 | 12.95 | 34

red rooster merlot 9.95 | 14.75 | 38

gehringer pinot noir 11.25 | 15.95 | 43

sandhill syrah 12.25 | 18 | 48

therapy freuds ego 12.75 | 18.50 | 48.50

NON ALCOHOLIC

honey lavender lemonade mocktail 6

peach iced tea mocktail 6

house made lemonade or ice tea 3.95

phillips craft sodas 4.25

Intergalactic Root Beer . Spitfire Ginger Ale .

Dare Devil Orange Soda

juices

Klippers Organic Apple Cider 5 . Organic Orange 5 .

Pineapple 4 . Cranberry 4 . Grapefruit 4

pop 3

Coke . Diet Coke . Gingerale . Sprite