

# LUNCH & DINNER



## APPETIZERS

- warm hickory smoked olives 7
- house made warm dough balls 6  
Choose ONE: Garlic Butter . Balsamic & Olive Oil
- tomato bruschetta 9.95 *Request Vegan*
- roasted cauliflower bites & ranch dip 12.50 *Vegan*
- roasted bc mushroom caps 8.50 *Request Vegan*  
Choose ONE favorite filling:  
Spinach & Goat Cheese . Vegan Crab Meat .  
Spinach & Vegan Gouda . Smoked Salmon & Cream Cheese
- cheesy flatbread 9.75 *Request Vegan . Gluten Wise +4*  
Choose ONE base: Cheesy Pesto . Cheesy Garlic  
Choose ONE Dip: Vegan Ranch . Chipotle .  
Roasted Garlic . Spicy Marinara . Balsamic Olive Oil
- rocky charcuterie plate 16.50  
Local Cured Meats & Artisan Cheeses  
Add Flatbread & Balsamic Olive Oil +5
- harvest veggie plate 15 *Vegan*  
Mushroom Cap . Caramelized Onions . Roasted Zucchini &  
Cauliflower . Kalamata Olives . Marinated Tomatoes  
Add Flatbread & Balsamic Olive Oil +5

## SOUPS & SALADS

- chef oliver's feel good bone broth 4  
Chicken Bone Broth infused w/ Ginger, Turmeric & Rosemary
- house made soups 5.25 | 8.50  
Chicken Noodle . Feature . Vegan Tomato Basil
- fresh herb salad 7.75 | 15.50 *Vegan*  
Mixed Greens . Tomatoes . Cucumber . Oranges .  
Restaurant Grown Sprouts . Fresh Herb Dressing
- fig & goat cheese salad 8.75 | 17.50  
Mixed Greens . Red Onions . Tomatoes . Cucumber . Goat  
Cheese . Restaurant Grown Sprouts . Fig Dressing
- roasted winter quinoa salad 14.50 *Vegan*  
Roasted Beets, Carrots, Cauliflower . Fresh Apple . Arugula.  
Quinoa . Lemon Dill Dressing . Restaurant Grown Sprouts
- salad additions  
Avocado 3 . Free Range Chicken 6 . Vegan Crab Cake 5  
Sautéed Garlic Prawns 6 . Smoked Wild Salmon 6

## PASTAS

- Each dish is prepared fresh with organic pasta, house  
made organic chicken stock & seasonal vegetables.  
Vegetable stock available on request. *Gluten Wise +2*
- chef's feature pasta 19 *Request Vegan*  
Check our blackboards for the Chef's creation.  
Add Local Feature Meat or Vegan Option +6
- mushroom linguini 20.95 *Request Vegan*  
Organic Linguini . Red Onion . Spinach . Roasted Butternut  
Squash . Medley of Local Mushrooms . Creamy Sauce .  
Parmesan . Truffle Oil Drizzle . Lemon
- maple bacon & three cheese penne 20.95  
*Request Dairy Free Creamy Sauce*  
Organic Penne . Double Smoked Bacon . Leek .  
Three Cheese Garlic Cream Sauce . Caramelized Onions
- penne bolognese 20.95 *Request Vegan - for Real!*  
Organic Penne . Slow Cooked Organic B.C. Beef .  
Tomato Sauce . Shaved Parmesan . Basil
- pasta additions 6  
Free Range Local Chicken . Sautéed Garlic Prawns . Vegan  
Beyond Sausage . Vegan Meat Balls . Vegan Crab Cake 5

## TRADITIONAL FLATBREAD PIZZAS

- Small 8 in      Regular 10 in      Large 13 in  
*Gluten Wise +3    Gluten Wise +4*
- rocky margarita 12.75 | 17.50 | 27.50  
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 14.25 | 19.45 | 31.25  
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 .  
Sliced Tomatoes . Fresh Mixed Herbs
- farmers market 15.25 | 21.75 | 33.75 *Request Vegan*  
Tomato Sauce . Mozza . Seasonal Veggies . 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 . Red Peppers  
Bacon . 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*
- bacon & potato 18.95  
Garlic Oil . Roasted Potatoes . Leeks . Caramelized Onions .  
Bacon . Cheddar . Chipolte Drizzle . Green Onions
- forager 19.45 *Request Vegan*  
Garlic Cream Sauce . Parmesan . Spinach . Local Roasted  
Mushrooms . Butternut Squash . Caramelized Onions .  
Fior Di Latte . Truffle Oil
- fire roasted 18.95 *Request Vegan*  
Pesto . Parmesan . Zucchini . Red Peppers . Mushrooms.  
Fior Di Latte . Basil . Balsamic Reduction
- fig & brie w/ prosciutto 19.45  
Fig Jam . Mushrooms . Local Prosciutto . Caramelized  
Onions . Brie . Arugula
- pesto prawn 19.95   
Tomato Sauce . Light Mozza . Spinach . Red Onion .  
Artichoke . Goat Cheese . Pan Seared Pesto Prawns
- honey hot calabrese 18.45  
Spicy Tomato Sauce . Light Mozza . Spicy Calabrese .  
Red Bell Peppers . Onion . Fior Di Latte . Honey
- beyond sausage 19.95 *Vegan*  
Tomato Sauce . Spinach . Artichokes . Red Peppers .  
Beyond Sausage . Caramelized Onions . Smoked Gouda  
Hemp Hearts . Balsamic Reduction . Sunflower Sprouts
- west coast 19.45   
Garlic Cream Sauce . Light Mozza . Red Onions . Capers .  
Smoked Salmon . Lemon Horseradish . Green Onions

## CREATE YOUR OWN PIZZA

Build your own pizza from the sauce up!

SMALL 9.75    REGULAR 12.95    LARGE 18.95

**choose your sauce:** Tomato Sauce . Pesto .  
Garlic Oil . Garlic Cream Sauce . Fig Jam .  
Spicy Organic Tomato Sauce

**choose your cheese:** Mozza . Parmesan .  
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

## HOUSE MADE DESSERTS

**double chocolate brownie** 8.50 *Request Gluten Free*  
Served with house made ice cream.

**house baked cheesecake** 8.50 *Gluten Free*

**apple crumble** 8.50 *Vegan*  
Served with house made vegan coconut ice cream.

**house made ice cream** 5.50  
Seasonal Sorbet . Vanilla . Chocolate .  
Vegan Coconut Vanilla

**affogato** 7.50  
House Made Vanilla Ice Cream . Double Espresso .  
Shaved Callebaut Chocolate

## COFFEE & TEA *Oat Milk Available*

**fair trade organic coffee**  
Filtered 3.50 . Double Espresso 4.50 . Americano 4.50  
Latte 4.50 . Cappuccino 4.50

**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 w/ whipped cream & Callebaut Chocolate shavings

**london fog** 4  
Served w/ House Made Earl Grey Syrup

**boozy coffee** 7.50  
Served with Baileys & Whipped Cream

## DRINKS

### LOCAL TAPS

SLEEVE (16 oz) 7.95    JUG (48 oz) 21

**persephone coast life lager** 4.5%

**steel & oak red pilsner** 5.0%

**strange fellows talisman pale ale** 4.0%

**driftwood fat tug ipa** 7.0%

**feature rotating taps** please ask your server

### CANNED BEERS

**whistler forager gluten free beer** (11 oz) 7

**partake non-alcoholic ipa** (11 oz) 6.50

### 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

**apple buttered jeans** (1 oz) 9.50  
Hot Spiced Apple Cider . Cinnamon Butter . Aged Rum

**gin gin goose** (1 oz) 9.50  
Gin . Spiced Apple Cider . Ginger Syrup . Lime

**earls just wanna have fun** (1 oz) 9.50  
Vodka . Earl Grey Syrup . Cranberry Juice

**cosmonaut** (1 oz) 9.50  
Vodka . Cranberry Juice . Ginger Syrup . Lemon

**queen e park swizzle** (1.5 oz) 10.50  
Aged Rum . Mint . Earl Grey Syrup . Lime . Bitters

**rocky caesar** (1 oz) 10

### 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

**calliope sauvignon blanc *semi dry*** 11.95 | 16.95 | 46

**quails gate rosé** 11.95 | 16.95 | 46

### REDS

**rocky house merlot** 8.95 | 12.95 | 34

**good natured gamay blend** 9.95 | 14.75 | 38

**gehringer pinot noir** 11.25 | 15.95 | 43

**therapy freuds ego** 12.25 | 18 | 48

**sandhill syrah** 12.75 | 18.50 | 48.50

### NON ALCOHOLIC

**hot spiced butter apple cider mocktail** 6

**earl grey cranberry mocktail** 6

**ginger apple lemonade mocktail** 6

**house made lemonade or ice tea** 3.95

**local craft sodas** 4.25  
Orange Cream Soda . Root Beer . Spicy Ginger Ale

**juices**  
Klippers Organic Apple Cider 5 . Organic Orange 5 .  
Pineapple 4 . Cranberry 4 . Grapefruit 4

**pop** 3  
Coke . Diet Coke . Ginger Ale . Sprite

# BRUNCH



## OMELETTES

All of our omelettes are created with two organic eggs & served with mixed greens & home fries.

**double smoked bacon omelette** 15.95  
Smoked Bacon . Mushrooms . Tomatoes . Onion . Cheddar . Mozza

**avocado omelette** 15.95  
Mushrooms . Spinach . Pesto . Avocado . Mozzarella . Goat Cheese

**three cheese omelette** 13.95  
Canadian Cheddar . Mozza . Parmesan

## BRUNCH FLATBREADS

Our brunch flatbreads are handcrafted to 10 inches.

**yukon pizza** 18.95  
Tomato Sauce . Mozza . Local Potatoes . Onions . Tomatoes . Bacon Two Egg Scramble . Green Onion

**market breakfast pizza** 18.95  
Tomato Sauce . Mozza . Spinach . Mushrooms . Red Peppers . Pesto Two Egg Scramble . Parmesan

**chorizo sausage benny pizza** 18.95  
Spicy Tomato Sauce . Local Chorizo Sausage . Red Peppers . Onions . Sundried Tomatoes . Mozzafina . Two Organic Poached Eggs . Hollandaise . Green Onions

## ROCKY BENNIES & WAFFLES

**eggs benedict** 17.50  
Two Organic Poached Eggs Served on Belgian Savory Waffles . Hollandaise . Tomato Salad  
**Served with your choice of:** Avocado . Smoked Salmon . Prosciutto

**sweet belgian waffles** 9.00  
Two Local Artisan Sweet Waffles . Berry Compote . Whipped Cream

## SOMETHING DIFFERENT

**chorizo hash** 16.95  
Chorizo Sausage . Red Bell Peppers . Onions . Spinach . Yukon Potatoes Two Organic Poached Eggs . Hollandaise . Green Onions

**beyond sausage hash** 15.95 **Vegan**  
Vegan Beyond Sausage . Red Bell Peppers . Onions . Spinach . Zucchini Yukon Potatoes . Vegan Creamy Drizzle . Toasted Hemp Hearts . Green Onions

**scrambler** 14.95  
Toasted Artisan Buttered Baguette . Two Organic Eggs Scrambled . Splash of Whole Cream . Mushrooms . Red Peppers . Avocado . Tomato Salad **ADD:** Double Smoked Bacon +2.50

**avocado toast & home fries** 12.50 **Vegan**  
Artisan Baguette . Garlic Olive Oil . Tomatoes . Avocado . Sunflower Sprouts . Toasted Hemp Hearts . Balsamic Reduction . Local Potato Home Fries

# KIDS MENU

## DRINKS

**house made lemonade or ice tea** 2.95

**juice** 2.95  
Apple . Cranberry . Orange . Pineapple

**shirley temple** 2.95

**organic milk or shirley temple** 3.50

## STARTERS

**veggie bowl monster** 3.50  
Carrots, Cucumbers, Cherry Tomatoes & Olives

**side of avocado** 3.00

**house made chicken noodle soup** 4.95  
**Vegan + Gluten Free Option**

**chef's feature soup** 4.95

## MAINS

**mozza pizza** 8.95  
Organic Tomato Sauce . Mozza . Add Two Toppings of Your Choice **ADD:** Gluten Free Crust + 3

**simple pasta with mozzarella** 8.50  
**Vegan + Gluten Free Option**

**pasta with tomato sauce & mozzarella** 8.95  
**Vegan + Gluten Free Option**

**creamy macaroni & cheese** 8.95  
**Vegan + Gluten Free Option**

9999999999  
**free range chicken with carrot sticks** 7

## DESSERTS

**warm double chocolate brownie** 4.25  
Organic Tomato Sauce . Mozza . Add Two Toppings of Your Choice

**scoop of house made ice cream** 3.50

# HAPPY HOUR MENU

Sunday – Thursday: 3- 5 pm + 7.30 pm – Close

Friday – Saturday: 3- 5 pm + 8.00 pm - Close



## HAPPY HOUR DRINKS

house red & white bc vqa wine 5 (6 oz)

craft local beer 5 (16 oz)

house made red or white sangria 5 (12 oz glass)

earls just wanna have fun 7 (12 oz)

Vodka . Earl Grey Syrup . Cranberry Juice

apple buttered jeans 7 (12 oz)

Hot Spiced Apple Cider . Cinnamon Butter . Aged Rum

## ROCKY BITES

organic dough balls 5.50

smoked warm olives 6

tomato bruschetta 7.50

cheesy flatbread with house made dip 7.50

**Gluten Free +3 . Request Vegan**

roasted cauliflower bites 8.50 **Vegan**

roasted mushroom caps 7.50

rocky margarita pizza 9.95 . **Gluten Free +3**

**Request Vegan . Add Chorizo Sausage +1**