

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

DRINKS

LOCAL TAPS

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

phillips kolsch 5%

strange fellows talisman pale ale 4.0%

seasonal rotating tap please ask your server

CANNED BEERS

whistler forager gluten free beer (11 oz) 7

non-alcoholic beer (11 oz) 6.50

Please check our boards for rotating canned beer selection.

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

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

WINES

GLASS 6 oz | GLASS 9 oz | BOTTLE 27 oz

WHITES

rocky house white 8.95 | 12.95 | 34

good natured crisp chardonnay 9.95 | 14.75 | 38

gehringer pinot gris 11.25 | 15.95 | 43

mission hill sauvignon blanc 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: 2 - 5 pm + 7.30 pm – Close

Friday – Saturday: 2 - 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