



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

zero issue nemesis ipa
Calgary, AB

blindman 5 of diamonds pilsner
Lacombe, AB

wild rose velvet fog canadian wheat ale
Calgary, AB

zero issue innsmouth mango-passionfruit sour
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

fallentimber seadóg 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.

sumac ridge sauvignon blanc 10 | 14 | 40

Sumac Ridge, Okanagan, B.C.

dirty laundry unoaked chardonnay 11 | 15 | 44

Dirty Laundry Vineyards, Summerland, B.C.

dirty laundry pinot gris 11 | 15 | 44

Dirty Laundry Vineyards, Summerland, B.C.

gray monk rosé 9 | 13 | 36

Gray Monk Estate Winery, Lake Country, B.C.

REDS

house wine co. red 10 | 14 | 38

Henry of Pelham, Niagara, Ont.

ricasoli chianti 10 | 14 | 38

Barone Ricasoli, Italy.

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

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

maple old fashion

Knob Creek Bourbon . Park Maple Rye . Wild Life Blood
Orange Bitters . Fresh Orange

maple manhattan

Knob Creek Bourbon . Park Maple Rye . Sweet
Vermouth . Wild Life Aromatic Bitters . Sweet Cherry

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

We reserve the right to add a 18% Gratuity for groups of 10 or more.



DINE IN MENU

STARTERS

antipasto 18

Specialty Cured Meats . Artisan Cheeses . Olives .
Pickled Vegetables . Balsamic Vinegar & Extra Virgin .
Olive Oil . Sea Salt & Herb Flatbread **Gluten Wise.** + 4

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

assorted olives 6

A Mediterranean Blend

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.

salad additions Sm | Lg

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

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**)

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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 jolene's tea house 3.75

Creamy Earl Grey . Alpine Peppermint .

Wild Blueberry Rooibos . Golden Chamomile .

Strawberry Green . Banff Breakfast (Orange Pekoe)

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