

\$35 THREE COURSE MENU

DINE IN OR TO GO

CHOOSE ONE STARTER

SALAD request gluten free

Fresh Herb Salad vegan . Fig & Goat Cheese Salad

BC MUSHROOM CAPS gluten free

Choose one favorite filling: Spinach & Goat Cheese . Vegan Crab Meat vegan .
Spinach & Vegan Gouda vegan . Smoked Salmon & Cream Cheese

HOUSE MADE SOUP request gluten free

Seasonal Soup . Tomato Basil Soup vegan

CHOOSE ONE MAIN

TRADITIONAL FLATBREAD PIZZAS request gluten free

Choose one of our 10 inch Traditional Pizzas topped with our house made organic tomato sauce, Canadian mozzarella cheese, veggies, local meats & Ocean Wise seafood.

Margherita request vegan . Classic . Parma . Sundried Tomato & Goat Cheese request vegan . Naturally Meaty .
Beef Pepperoni . Farmers Market request vegan . Genoa Salami . All Canadian . Pesto Chicken

ARTISAN FLATBREAD PIZZAS request gluten free

Choose one of our 10 inch Artisan Pizzas topped with unique house made sauces, Canadian cheeses, veggies & local cured meats.

Bacon & Potato . Forager request vegan . Fire Roasted request vegan . Fig & Brie with Prosciutto . Pesto Prawn .
Honey Hot Calabrese . Beyond Sausage vegan . West Coast

HAND CRAFTED PASTAS request gluten free

Chef's Pasta Feature request vegan . Mushroom Linguini request vegan . Penne Bolognese request vegan . Maple
Bacon & Three Cheese Penne

CHOOSE ONE HOUSE MADE DESSERT

Double Chocolate Brownies with Vanilla Ice Cream request gluten free

Baked Cheesecake with a Toasted Coconut Base gluten free

Seasonal Sorbet gluten free vegan *not available for take out

Apple Cinnamon Crumble with Coconut Ice Cream gluten free vegan *not available for take out

WIN A \$75 GIFT CARD

Share your Rocky Mountain Flatbread Dine Out Vancouver experience

1. Snap a photo of your favourite three course combo
2. Post on Instagram (tag @rockymountainflatbread)
3. Hashtag #rmfdineout2022
4. Winner announced March 7