



MENU

NON ALCOHOLIC DRINKS

- grizzly paw sodas

Caffeine Free 4

Root beer or Orange or Cream Soda
- fountain sodas

3.50
- house made lemonade or ice tea

4.50
- juices or milk

4
- sparkling mineral

7

HOT DRINKS

- mountain blends organic coffee

4.50

Flatbread Roast or Buzzless Bean Decaf
- hot chocolate with whipped cream

5
- teas from jolene’s tea house

5

Creamy Earl Grey . Alpine Peppermint .
Wild Blueberry Rooibos . Banff Breakfast (Orange Pekoe)
Golden Chamomile . Strawberry Green

WINES

GLASS 6 oz | GLASS 9 oz | BOTTLE 27 oz

WHITES

- house wine co. white

11 | 15 | 42
- lake breeze sauvignon blanc

11 | 15 | 42
- dirty laundry unoaked chardonnay

12 | 16 | 45
- dirty laundry pinot gris

11 | 15 | 45
- gray monk rosé

11 | 15 | 42

REDS

- house wine co. red

11 | 15 | 42
- ricasoli chianti

11 | 15 | 42
- bread & butter pinot noir

12 | 16 | 45
- sumac ridge cabernet merlot

12 | 16 | 45
- red sangria

8 | 25 (9oz Glass | 48oz Pitcher)

STARTERS

- house marinated assorted olives

8
- antipasto for two

23

Gluten Wise + 4

Specialty Cured Meats . Artisan Cheeses . Olives .
Pickled Vegetables . Balsamic Vinegar & Extra Virgin
Olive Oil . Sea Salt & Herb Flatbread
- bruschetta

11

Gluten Wise. + 4
- cheesy flatbread & dip

13

Gluten Wise +4

Step 1: Choose Base
Three Herb Pesto, Mozza & Asiago Base **or**
Garlic Oil, Mozza & Asiago Base

Step 2: Choose One Dipping Sauce:
Roasted Garlic . Smokey Siracha . Boccilino Vegan Ranch

CRAFT BEERS ON TAP

PINT 18 oz . 9.50 | PITCHER 54 oz . 26
Craft Brews from Local Breweries.
Check blackboards or ask your server for current selection

CRAFT BEERS & CIDERS 15 oz . 9

- canmore brew co ten peaks pale ale
- sheepdog kelsey’s west coast ipa
- blindman 5 of diamonds pilsner
- wild rose velvet fog canadian wheat ale
- marda loop red trolley amber ale
- zero issue innsmouth mango-passionfruit sour
- establishment jam rock blackberry vanilla sour

GLUTEN FREE OPTIONS

- sunnycider apple

9
- sunnycider sour cherry

9
- fallentimber meadjito

7.50
- glutenberg gluten free beer

9

Ask your server for current selection.

COCKTAILS 2 oz

- rocky ceasar

14
- wild life rundle bar gin & tonic

14

for a twist try with the seasonal wild life gin
- wild life mule

14

for a twist try with the seasonal wild life gin
- classic rocks margarita

14
- maple old fashion

14
- mojito (classic or mixed berry)

14
- gin, basil & blackberry

14
- twisted raspberry lemonade

14

try with our house made ice tea
- peaks punch

13

SOUPS & SALADS

- house made soups

8 | 9.50

Chicken Noodle Soup **or** Chef’s Feature Soup
- fresh herb salad

8 | 15
- basil & blackberry salad

8 | 15
- fig & goat cheese salad

9 | 17
- kale & quinoa salad

18.50

Quinoa . Kale . Roasted Yam . Shredded Carrots .
Chickpeas . Dried Cherries . Crumbled Feta .
Toasted Oats . Maple Dijon Dressing
- salad additions

Free Range Chicken 3 | 6

Bacon 3 | 6

Smoked Wild Salmon 4 | 6

Goat Cheese 3 | 6

Feta 3 | 6

We reserve the right to add a 18% Gratuity for groups of 8 or more.

TRADITIONAL FLATBREAD PIZZAS

Our handcrafted forno fired pizzas all start with our Organic House Made Tomato Sauce & Canadian Mozzarella.

REGULAR: 10 inch pizzas. *Gluten Wise* +4
LARGE: 13 inch pizzas.

classic 22 | 32
Cherry Tomatoes . Asiago . Goat Cheese . Parmesan . Herbs

tomato basil 22 | 32
Mushrooms . Roma Tomatoes . Bocconcini . Basil . Balsamic Reduction

parma 22 | 32
Prosciutto . Mushrooms . Mango . Parmesan & Asiago Blend . Arugula

farmers market 22 | 32
Organic Tomato Sauce . Mozzarella . Seasonal Vegetables . Three Herb Pesto . Capriny Goat Cheese

sundried tomato 22 | 32
Sundried Tomatoes . Mushrooms . Artichokes . Goat Cheese . Herbs

ranchers 24 | 34
Seasoned Ground Beef . Jalapeños . Italian Sausage . Red Onions . Roma Tomatoes . Aged Cheddar . Herbs

bow valley bbq chicken 24 | 34
Red Onions . Green Peppers . BBQ Chicken . Bow Valley BBQ Sauce . Asiago

beef pepperoni 24 | 34
Beef Pepperoni . Red Onions . Mushrooms . Roma Tomatoes . Herbs

genoa salami 24 | 34
Genoa Salami . Mushrooms . Cherry Tomatoes . Olives . Caramelized Onions . Bocconcini . Basil

apple chicken 24 | 34
Aged Cheddar . Rosemary Lemon Chicken . Apples . Red Onions . Cherry Tomatoes . Three Herb Pesto

pesto shrimp 25 | 36
Ocean Wise Shrimp . Red Onions . Artichokes . Three Herb Pesto . Asiago . Herbs

the meats 25 | 36
Italian Sausage . Beef Pepperoni . Smoked Bacon . Cheddar . Hot Peppers . Herbs

add a dipping sauce + 2
Roasted Garlic . Smokey Siracha . Bocalino Vegan Ranch

LUNCH COMBOS (MON - FRI 11:30am - 4:00pm)

soup & salad 16
Chicken noodle soup **or** Chef’s feature soup with your choice of one of our salads.

soup & more 18 *Gluten Wise* +4
Chicken noodle soup **or** Chef’s feature soup with your choice of 8 inch traditional flatbread pizza.

salad & more 19 *Gluten Wise* +4
Choose one salad and a 8 inch traditional flatbread pizza

ARTISAN FLATBREAD PIZZAS

Even thinner crust & handcrafted to 10 inches. *Gluten Wise* +4

bacon & blue cheese 21
Garlic Oil Base . Mozzarella . Double Smoked Bacon . Caramelized Onions . Cherries . Blue Cheese . Arugula

fig, bison & brie 22
Fig Jam . Smoked Bison . Brie . Mushrooms . Caramelized Onions . Arugula

fire roasted 20
Three Herb Pesto . Parmesan . Zucchini . Red Peppers Portobello Mushrooms . Roma Tomatoes . Bocconcini Arugula . Basil . Balsamic Reduction

honey hot chorizo 21
Organic Tomato Sauce . Mozzarella . Cured Chorizo . Green Peppers . Red Onion . Bocconcini . Chili Honey Drizzle

mediteranean 20
Organic Tomato Sauce . Mozzarella . Chorizo . Sundried Tomatoes . Kalamata Olives . Feta . Oregano Oil . Herbs

west coast 22
Roasted Garlic Sauce . Mozzarella . Red Onions . Capers . Smoked Salmon . Lemon Horseradish Drizzle

CREATE YOUR OWN

Build your flatbread pizza from the sauce up! Starting with organic tomato sauce & mozzarella

REGULAR: 17 *Gluten Wise* +4 LARGE: 21

classic toppings: +2 | +4 each topping
Beef Pepperoni . Cured Chorizo . Artichokes . Italian Sausage . 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

cheese: +4 | +6 each topping
Mozzarella . Aged Cheddar . Bocconcini . Parmesan . Asiago . Blue Cheese . Brie . Feta . Vegan Mozzarella

PASTAS

Our pasta is created locally with Certified Organic Milled Flour & Free Range Eggs. *Gluten Wise* + 4

feature pasta Market Price
Check our Blackboard for Current Featured Pasta

maple bacon mac & cheese 24
Organic Macaroni . Smoked Maple Bacon . Aged Cheddar . Mozzarella . Parmesan . Garlic . Whole Cream . Caramelized Onions . Herbs

bolognese 24
Organic Pasta . Simmered Ground Beef . Garlic . Tomato Sauce . Roasted Red Peppers . Parmesan . Herbs

HOUSE MADE DESSERTS

double chocolate brownie 9.50
Served with your choice of ice cream.

house baked cheesecake 9.50 *Gluten Free*
Ask your server for current flavour

sorbetto trio 7 *Gluten Free & Dairy Free*
Ask your server for current flavours

ice cream 5
Vanilla, Chocolate or Cookies & Cream

dessert flatbread with ice cream 18.50
Perfect for sharing & served with icecream.