

menu



NON ALCOHOLIC DRINKS

grizzly paw sodas Caffeine Free 4.50
Root Beer . Cream Soda . Orange Cream Soda

fountain sodas 4

house made lemonade or ice tea 4.50

juices or milk 4

sparkling mineral water (750 ml) 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 . Golden Chamomile .
Strawberry Green . Banff Breakfast (Orange Pekoe)

SOUPS & SALADS

V: Vegetarian

house-made soups 8 | 10
Chicken Noodle Soup **or** Chef's Feature Soup

fresh herb salad 8 | 15 | *V*
Assorted Greens . Vine Tomatoes . Oranges .
Cucumbers . Fresh Herb Vinaigrette . Shoots

basil & blackberry salad 8 | 15 | *V*
Assorted Greens . Cremini Mushrooms . Mango .
Roasted Red Bell Peppers . Basil Blackberry Dressing .
Shoots

fig & goat cheese salad 9 | 17 | *V*
Assorted Greens . Cucumbers . Vine Tomatoes .
Red Onions . Green Peppers . Goat Cheese .
Black Mission Fig Dressing . Shoots

kale & quinoa salad 18.50 | *V*
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 18% gratuity for tables of 8 people or more. Thank you for your support.

STARTERS

V: Vegetarian

house marinated olives 9 | *V*

antipasto for two 23 | **Gluten Wise** . + 4.50
Specialty Cured Meats . Artisan Cheeses . Olives
Pickled Vegetables . Balsamic Vinegar & Extra Virgin
Olive Oil . Herb Flatbread

whipped feta 11 **Gluten Wise** + 4.50 | *V*
Served with Crostini . Garlic Confit . Marinated Cherry
Tomatoes

bruschetta 11 **Gluten Wise** + 4.50 | *V*
Vine Tomato . Red Onion . Basil . Garlic .
Balsamic Reduction . Parmesan . Herb Flatbread

cheesy garlic flatbread & dip 14 | *V*
Gluten Wise + 4.50
Garlic Oil . Mozza . Asiago **with your choice of dip:**
Roasted Garlic . Vegan Ranch . Smokey Siracha

cheesy pesto flatbread & dip 14 | *V*
Gluten Wise + 4.50
Three Herb Pesto . Mozza . Asiago **with your choice of dip:**
Roasted Garlic . Vegan Ranch . Smokey Siracha .

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 the following salads:
Fresh Herb . Basil & Blackberry . Fig & Goat Cheese

soup & more 18 *Gluten Wise* +4.50
Chicken noodle soup **or** Chef's feature soup with your
choice of 8 inch traditional flatbread pizza.

salad & more 19 *Gluten Wise* +4.50
Choose **one** of the following salads:
Fresh Herb . Basil & Blackberry . Fig & Goat Cheese with
your choice of 8 inch traditional flatbread pizza

PASTAS

Our pasta is created locally with Certified Organic Milled Flour & Free Range Eggs.

Gluten Wise + 4.50

chef's feature pasta Market Price
Check our Blackboard for Current Featured Pasta

maple bacon mac & cheese 25
Organic Macaroni . Smoked Maple Bacon . Aged
Cheddar . Mozzarella . Parmesan . Garlic . Cream .
Caramelized Onions . Herbs

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

TRADITIONAL FLATBREAD PIZZAS

Our handcrafted forno fired pizzas are available:

REGULAR: 10 inch (6 slices) *Gluten Wise +4.50*

LARGE: 13 inch (8 slices)

V: *Vegetarian*

classic 22 | 32 | V

Tomato Sauce . Mozza . Cherry Tomatoes .
Asiago . Goat Cheese . Parmesan . Herbs

tomato basil 22 | 32 | V

Tomato Sauce . Mozza . Mushrooms .
Roma Tomatoes . Bocconcini . Basil .
Balsamic Reduction

parma 22 | 32

Tomato Sauce . Mozza . Prosciutto . Mushrooms .
Mango . Arugula . Parmesan . Asiago . Arugula

farmers market 22 | 32 | V

Tomato Sauce . Mozza . Seasonal Vegetables .
Three Herb Pesto . Goat Cheese

sundried tomato 24 | 34 | V

Tomato Sauce . Mozza . Sundried Tomatoes .
Mushrooms . Artichokes . Goat Cheese . Herbs

ranchers 24 | 34

Tomato Sauce . Mozza . Seasoned Ground Beef
Jalapeño . Italian Sausage . Red Onions .
Roma Tomatoes . Aged Cheddar . Herbs

bow valley bbq chicken 24 | 34

Tomato Sauce . Mozza . Red Onions . Green Peppers .
BBQ Chicken . Bow Valley BBQ Sauce . Asiago

beef pepperoni 24 | 34

Tomato Sauce . Mozza . Beef Pepperoni . Red Onions .
Mushrooms . Roma Tomatoes . Herbs

genoa salami 24 | 34

Tomato Sauce . Mozza . Genoa Salami . Mushrooms .
Cherry Tomatoes . Olives . Caramelized Onions .
Bocconcini . Basil

apple chicken 25 | 36

Tomato Sauce . Mozza . Aged Cheddar . Rosemary
Lemon Chicken . Apples . Red Onions .
Cherry Tomatoes . Three Herb Pesto

pesto shrimp 25 | 36

Tomato Sauce . Mozza . Baby Shrimp . Red Onions .
Artichokes . Three Herb Pesto . Asiago .
Herbs

the meats 25 | 36

Tomato Sauce . Mozza . Italian Sausage . Beef
Pepperoni . Smoked Bacon . Cheddar . Banana
Peppers . Herbs

ARTISAN FLATBREAD PIZZAS

Specialty Flatbreads & Handcrafted

to 10 inches (6 slices) *Gluten Wise + 4.50*

V: *Vegetarian*

bacon & blue cheese 21

Garlic Oil Base . Mozza . Double Smoked Bacon .
Caramelized Onions . Cherries . Blue Cheese . Arugula

fig, bison & brie 23

Fig Jam . Smoked Bison . Mushrooms . Caramelized
Onions . Brie . Arugula

fire roasted 21 | V

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

teriyaki chicken 24

Garlic Aioli . Mozza . Roasted Teriyaki Chicken . Corn .
Sweet Onions . Roasted Mushrooms . Teriyaki Sauce .
Green Onions

honey hot chorizo 21

Organic Tomato Sauce . Mozza . Cured Chorizo .
Green Peppers . Red Onion . Bocconcini .
Chili Honey . Seasonal Greens

mediterranean 22

Organic Tomato Sauce . Mozza .
Cured Chorizo Sausage . Sundried Tomatoes .
Kalamata Olives . Feta . Oregano Oil . Herbs

west coast 22

Roasted Garlic Sauce . Mozza . Red Onions .
Capers . Smoked Salmon . Lemon Horseradish
Drizzle . Basil

CREATE YOUR OWN

**Starting with organic tomato sauce base &
Canadian mozzarella**

REGULAR 17 (6 slices) ***Gluten Wise* + 4.50**

LARGE 21 (8 slices)

classic toppings: +2 | +4 each topping

Beef Pepperoni . Banana Peppers . Cured Chorizo .
Artichokes . Italian Sausage . Seasoned Ground Beef .
Cherry Tomatoes . Caramelized Onions . Mushrooms .
Green Peppers . Red Peppers . Jalapeño . 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 . Baby Shrimp

cheese: +4 | +6 each topping

Mozzarella . Aged Cheddar . Bocconcini . Parmesan .
Asiago . Blue Cheese . Brie . Feta

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ADD A DIPPING SAUCE + 2 | V

Roasted Garlic . Smokey Siracha . Vegan Ranch