

# menu



## NON ALCOHOLIC DRINKS

strawberry iced tea mocktail 6.95

berry lavender lemonade mocktail 6.95

hot spiced apple cider 6.95

house made lemonade or iced tea 4.50

local craft sodas 4.50

Not Too Sweet Root Beer . Not Too Sweet Spicy Ginger Ale .  
Dare Devil Orange Cream Soda

### juices

Klippers Organic Apple Cider . Organic Orange 5.95  
Pineapple . Cranberry . Pink Grapefruit 4.50

pop 3.50

Pepsi . Diet Pepsi . Ginger Ale . 7 UP . Soda

## COFFEE & TEA

Hot Sub oat milk +0.75

fair trade organic coffee

Filtered 3.95 . Double Espresso 4.25 . Americano 4.50  
Cappuccino 4.75 . Latte 5.25

london fog 5.25

silk road organic teas 4.50

Earl Grey . English Breakfast . Express Chai .  
Jade Spring Green . Angel Water Mint

Iced Sub oat milk +0.75

iced london fog 5.25 iced latte 5.25

## ROTATING LOCAL CRAFT TAPS

SLEEVE (16 oz) 7.95 PINT (20 oz) 9.95

local lager . local ale . rotating tap

## CANNED BEERS

gluten free beer (11 oz) 8

local non-alcoholic beer (11 oz) 7.50

rotating local craft cans Please check our boards!

## APPETIZERS

warm hickory smoked olives 9 *Vegan*

warm flatbread w/ hummus 8 *Vegan*

dough balls 8

Choose ONE dip: Garlic Butter or Balsamic Olive Oil

roasted cauliflower bites & ranch dip 12.50 *Vegan*

tomato bruschetta 11.50 *Request Vegan*

garlic prawns 14.50 

Served on cucumber slices with a lemon dill sauce

cheesy flatbread w/ dip 12 *Request Vegan*

Choose ONE Base: Cheesy Pesto . Cheesy Garlic

Choose ONE Dip: Roasted Garlic . Hummus . Balsamic Olive  
Oil . Spicy Marinara . Vegan Chili Aioli . Vegan Ranch

*Gluten Friendly* +4

rocky charcuterie plate 19

Local Cured Meats & Artisan Cheeses

Add Flatbread & Balsamic Olive Oil +5

harvest veggie plate 18 *Vegan*

Caramelized Onions . Roasted Zucchini & Cauliflower .  
Mushroom . Olives . Marinated Tomatoes . Hummus

Add Flatbread & Balsamic Olive Oil +5

## BC VQA WINES

GLASS 6 oz | GLASS 9 oz | BOTTLE 25.4 oz

### WHITES

good natured crisp chardonnay 10.25 | 15 | 39

gehringer brothers pinot gris 11.25 | 16 | 43

mission hill sauvignon blanc 11.50 | 16.75 | 44

quails gate rosé 12.25 | 17.75 | 47

### REDS

good natured merlot gamay blend 10.25 | 15 | 39

calliope cabernet merlot 11.50 | 16.75 | 45

sandhill syrah 13 | 19.25 | 49.50

kettle valley pinot noir 13 | 19.95 | 51

## COCKTAILS

long table gin & tonic (2 oz) 14

Long Table Gin . Sparkmouth Artisanal Tonic . Lime

long table vodka cranberry (2 oz) 14

Long Table Vodka . Cranberry Juice . Earl Grey Syrup . Soda

aperol spritz (3.5 oz) 13

Aperol . Sparkling Wine . Soda . Bitters . Orange Slice

berry mojito (2 oz) 14

Rum . Lime . Simple Syrup . Fresh Mint . Berry Puree . Soda

moscow mule (2 oz) 14

Long Table Vodka . Lime Juice . Craft Ginger Beer . Bitters

shaken lime margarita (2 oz) 14

Hornitos Plata Tequila . Cointreau . Simple Syrup .  
Lime Juice . Lime Wedge

iced sangría 12 (16 oz)

Choose from our house made white OR red

rocky caesar (2 oz) 14

Vodka . Clamato . Worcestershire . Tabasco .  
House Made Pickled Beans . Celery Salt Rim

## SOUP & SALADS

Served with warm flatbread. *Request Gluten Friendly*

oli's bone broth 6

house made soups 7 | 10

Chicken Noodle . Feature . Tomato Basil *Vegan*

fresh herb salad 9.95 | 16.50 *Vegan*

Chef Grown Greens . Tomatoes . Cucumbers . Oranges .  
Restaurant Grown Sprouts . Fresh Herb Dressing

fig & goat cheese salad 10.95 | 18.50

Chef Grown Mixed Green . Red Onions . Tomatoes .  
Cucumbers . Goat Cheese . Sprouts . Fig Dressing

caesar salad 10.95 | 18.50 *Request Vegan*

Fresh Locally Grown Romain Lettuce . Roasted Chick Peas .  
Parmesan Cheese . House Made Caesar Dressing

nourish bowl 18.50 *Request Vegan*

Quinoa . Chef Grown Mixed Greens . Roasted Chickpeas .  
Red Onions . Fresh Carrot . Olives . Goat Cheese . Cucumber  
Fresh Beets . Cherry tomato . Lemon Maple Dijon Dressing

salad additions: Free Range Chicken +6 . Avocado +3 .  
Wild Smoked Salmon +7 . Sautéed Garlic Prawns +7

We add a 20% gratuity for tables of 8 people or more.



## TRADITIONAL FLATBREAD PIZZAS

Small 8 in      Regular 10 in      Large 13 in

*Gluten Friendly* +3    *Gluten Friendly* +4

**margarita** 15 | 21.25 | 31.50

Tomato Sauce . Parmesan . Tomatoes . Fior Di Latte .  
Balsamic Reduction . Basil

**classic** 15.25 | 21.75 | 34

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

**parma** 16.25 | 22.75 | 34.50

Tomato Sauce . Mozza . Cured Ham . Mushrooms . Mango .  
Arugula . Parmesan

**sundried tomato** 16.25 | 22.75 | 34.50 *Request Vegan*

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

**naturally meaty** 16.25 | 22.75 | 34.50

Tomato Sauce . Mozza . Spicy Organic Ground Beef .  
Kale . Italian Sausage . Onions . Tomatoes . Asiago Cheese

**beef pepperoni** 16.25 | 22.75 | 34.50

Tomato Sauce . Mozza . Pepperoni . Onions .  
Mushrooms . Tomatoes . Herbs

**farmers market** 17.25 | 24.75 | 37.50 *Request Vegan*

Tomato Sauce . Mozza . Fresh Seasonal Vegetables .  
Pesto . Goat Cheese

**genoa salami** 17.25 | 24.75 | 37.50

Tomato Sauce . Parmesan . Genoa Salami . Mushrooms .  
Cherry Tomatoes . Olives . Caramelized Onions .  
Fior Di Latte . Basil

**all canadian** 17.25 | 24.75 | 37.50

Tomato Sauce . Mozza . Beef Pepperoni . Bacon .  
Red Bell Peppers . Mushrooms . Onions . Cheddar .  
Green Onions

**pesto chicken** 17.35 | 24.75 | 37.50

Tomato Sauce . Mozza . Lemon & Pesto Chicken .  
Roasted Red Peppers . Onions . Pesto . Parmesan

## ARTISAN FLATBREAD PIZZAS

**Handcrafted to 10 inches.** *Gluten Friendly* +4

**forager** 22.75 *Request Vegan*

Garlic Cream . Parmesan . Mushroom Mix . Butternut Squash .  
Caramelized Onions . Fior Di Latte . Truffle Oil . Arugula

**apple rosemary bacon** 23.75

Garlic Cream . Parmesan . Kale . Rosemary Baked Apple .  
Double Smoked Bacon . Red Onion . Chili Aioli Drizzle

**fire roasted** 22.75 *Request Vegan*

Pesto . Parmesan . Zucchini . Mushrooms . Fior Di Latte .  
Red Bell Peppers . Basil . Balsamic Reduction

**fig & brie with prosciutto** 23.75

Fig Jam . Mushrooms . Caramelized Onions . Brie . Arugula .  
Local Prosciutto

**honey calabrese** 22.75

Spicy Tomato Sauce . Mozza . Spicy Calabrese .  
Red Bell Peppers . Onions . Fior Di Latte . Honey Drizzle

**hot hawaiian** 23.75

Pesto Sauce . Mozzarella Cheese . Pineapple . Chorizo .  
Red Onions . Jalapeños . Honey

**west coast** 23.75 

Garlic Cream Sauce . Mozza . Onions . Smoked Salmon .  
Capers . Lemon Dill Cream Sauce . Green Onions

**roasted pear and brie** 23.75 *Request Vegan*

Organic Fig Jam . Brie Cheese . Rosemary Pear .  
Caramelized Onions . Lemon Arugula

## CREATE YOUR OWN FLATBREAD PIZZA

**Build your own pizza from the sauce up!**

SMALL 11.75    REGULAR 15.75    LARGE 22

**choose your sauce:** Tomato Sauce . Pesto .

Garlic Oil . Garlic Cream Sauce . Fig Jam .

Spicy Organic Tomato Sauce

**choose your cheese:** Mozza . Parmesan . Fior Di Latte

Goat Cheese . Vegan Mozza . Vegan Smoked Gouda

**classic toppings:** +1 | 2 | 3

Artichokes . Cherry Tomatoes . Jalapeños . Mushrooms .

Kale . Olives . Red Bell Peppers . Sundried Tomatoes .

Roasted Peppers . Roma Tomatoes . Mango .

Caramelized Onions . Italian Sausage . Cured Ham .

Spicy Organic Ground Beef . Beef Pepperoni . Pineapple

**premium toppings:** +2 | 4 | 6

Genoa Salami . Hot Calabrese Salami . Pesto Chicken .

Bacon . Chorizo Sausage . Local Prosciutto Ham

**finishing touch:** +.75 | 1 | 2

Arugula . Basil . Mixed Herbs . Pesto . Parmesan . Asiago

## DIPS 1.75

**Choose from one of our house made dips:**

Roasted Garlic . Hummus . Vegan Chili Aioli .

Vegan Ranch . Spicy Marinara . Balsamic Olive Oil

## PASTAS

**Each dish is prepared fresh with organic pasta, house made chicken stock, seasonal veggies & local meats.**

*Gluten Friendly* +2

**chef's feature pasta** 24 *Request Vegetarian or Vegan*

Check our blackboards for the Chef's creation.

**mushroom linguine** 25 *Request vegetarian or vegan*

Organic Linguine . Creamy Sauce . Red Onions . Spinach .

Butternut Squash . Medley of Local Mushrooms . Parmesan .

Truffle Oil Drizzle . Lemon

**maple bacon three cheese penne** 25

Organic Penne . Double Smoked Maple Bacon . Leeks .

Three Cheese Cream . Caramelized onions.

**penne bolognese** 24

Organic Penne . Slow Cooked Organic B.C. Beef .

Tomato Sauce . Shaved Parmesan . Basil

**pasta additions:**

Free Range Local Chicken +6 . Sautéed Garlic Prawns +7 .

Chorizo +6 . Double Smoked Maple Bacon +6

## HOUSE MADE DESSERTS

**double chocolate brownie** 9.95

Served w/ house made ice cream. *Request Gluten Friendly*

**house baked cheesecake** 9.95 *Gluten Friendly*

**apple crumble** 9.95 *Vegan & Gluten Friendly*

Served w/ house made vegan coconut ice cream.

**house made ice cream** 7.50

Vanilla . Chocolate . Coconut Vanilla *Vegan*

Seasonal Sorbet *Vegan*

**affogato** 9.95

House Made Vanilla Ice Cream . Double Espresso .

Shaved Callebaut Chocolate

# kids menu

12 years & under



## DRINKS

house made lemonade 3

juice 3

Cranberry | Apple | Orange | Pineapple

shirley temple 3

local milk 3

local organic chocolate milk 3.95

## THREE COURSE KIDS MENU 16.25

### to start

Drink OR Veggie Monster Bowl

### mains

Mozza Pizza OR Pasta

### dessert

Warm Double Chocolate Brownie with Ice Cream  
OR

House Made Ice Cream

Vanilla . Chocolate . Coconut Vanilla *Vegan*

## STARTERS

veggie monster bowl 4.25

Carrots, Cucumbers, Cherry Tomatoes & Olives

side of avocado 3

house chicken noodle soup 5.95

## MAINS

mozza pizza 10.95 *Gluten Friendly Crust +3*

8" Organic Flatbread . Organic Tomato Sauce .  
Mozzarella or Vegan Mozzarella

Add Two Toppings of Your Choice.

simple pasta with mozzarella 10.50 *Vegan*

*Option & Gluten Friendly Option*

pasta w tomato sauce & mozza 10.95

*Gluten Friendly Option*

creamy macaroni & cheese 10.95

free range chicken with carrot sticks 8.50

*Gluten Friendly*

## SUNDAY PIZZA MAKING 4.30 – 6.45 pm

We can pizza make with up to four children per reservation.  
Thank you for your understanding and support.

pizza making 10.95 OR Three Course 16.25

Every Sunday kids can create their own pizza. Roll out  
their dough & add their favorite toppings.



## DESSERT

warm chocolate brownie 5.95

*Request Gluten Friendly*

one scoop of house made ice cream 4.95

Vanilla OR Chocolate OR Coconut Vanilla *Vegan*



# *kids brunch menu*



Served daily to 3 pm . 12 years & under

## DRINKS

house made lemonade 3

juice 3

Cranberry | Apple | Orange | Pineapple

shirley temple 3

local milk 3

local organic chocolate milk 3.95

## BRUNCH

belgian waffle 8

Belgian Waffle with House Made Berry Compote & Fresh Whip Cream

scrambler 9

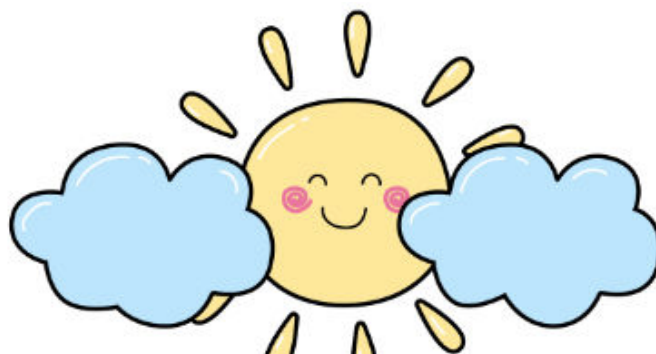
Two Local Organic Free Range Eggs Scrambled, Cheddar & Local Potato Home Fries

## SIDES

local double smoked bacon 3.50

toasted house made bun 3.50

Served with butter. Ask for organic jam.



# brunch menu



## OMELETTES

Created with two organic eggs & served with mixed greens & home fries.

**double smoked bacon omelette** 19.95

Double Smoked Bacon . Tomatoes . Red Onions . Mushrooms . Canadian Cheddar . Mozza

**avocado omelette** 19.95 

Mushrooms . Spinach . Pesto . Avocado . Mozza . Goat Cheese

**three cheese omelette** 17.50 

Canadian Cheddar . Mozza . Parmesan

## ROCKY BENNIES & WAFFLES

**eggs benedict** 21

Two Organic Poached Eggs Served on a House Made English Muffin . Hollandaise . Mixed Greens . Baked Home Fries

Served with your choice of:

Avocado . Spinach & BC Roasted Mushrooms . Smoked Salmon . Prosciutto

**sweet belgian waffles** 13 

Two Local Artisan Sweet Waffles . Berry Compote . Whipped Cream

## BRUNCH FLATBREAD PIZZAS

Handcrafted to 10 inches. *Gluten Friendly* +4

**pacific pizza** 23

Roasted Garlic Dill Cream . Kale . Parmesan . Red Onion . Ocean Wise Smoked Salmon . Two Scrambled Eggs . Crispy Capers . Microgreens

**market breakfast pizza** 22 

Tomato Sauce . Mozza . Spinach . Mushrooms . Zucchini . Red Onions . Pesto . Two Scrambled Eggs . Parmesan

**chorizo sausage benny pizza** 23

Spicy Tomato Sauce . Local Chorizo Sausage . Red Bell Peppers . Red Onions . Sundried Tomatoes . Mozzafina . Two Organic Poached Eggs . Hollandaise . Green Onions

## SIDES

**warm breakfast buns** 3.50

Served with butter. Request organic jam or honey.

**double smoked bacon** 5

**local potato home fries** 4

## SOMETHING DIFFERENT

**chorizo hash** 21

Chorizo Sausage . Red Bell Peppers . Onions . Spinach . Yukon Potatoes . Two Organic Poached Eggs . Hollandaise . Green Onions

**vegan hash** 19.50 *Vegan*

Roasted Cauliflower and Chickpeas . Red Bell Peppers . Red Onions . Spinach . Zucchini . Yukon Potatoes . Toasted Hemp Hearts . Green Onions

**scrambler** 18.95 

House Made English Muffin . Two Organic Eggs Scrambled . Splash of Whole Cream . Mushrooms . Red Bell Peppers . Avocado . Mixed Greens . Baked Home Fries

**ADD:** Sliced Double Smoked Bacon +4 . Smoked Salmon +4

**avocado toast & home fries** 16.50 *Vegan*

House Made English Muffin . Garlic Olive Oil . Tomatoes . Avocado . Sunflower Sprouts . Toasted Hemp Hearts . Balsamic Reduction . Mixed Greens . Baked Home Fries

## DRINKS

**hot**

**fair trade organic coffee** *Sub oat milk* +0.75

Filtered 3.50 . Double Espresso 4.25 .

Americano 4.25 . Cappuccino 4.50 . Latte 4.75

**boozy coffee** (1 oz) 8.50

Served with Baileys & Whipped Cream

**silk road organic teas** 4

Earl Grey . English Breakfast . Express Chai .

Jade Spring Green . Angel Water Mint

**london fog** 5.50 *Sub oat milk* +0.75

**organic hot chocolate** 5.50

**cold**

**iced latte** 5.50

**iced london fog** 5.50 *Sub oat milk* +0.75

**mimosa** (6 oz) 12

**rocky caesar** (2 oz) 13

# lunch menu



Served Monday – Friday 12 – 3 pm. Dine in only.

## FLATBREAD SANDWICHES 9.95

Served on our warm house made organic double fermented flatbread:

### cajun chicken

Cajun Chicken . Cheddar . Red Onions . Tomatoes . Pickled cabbage . Lemon Arugula . Chilli Aioli Mayonnaise

### brie, pear and prosciutto *Request Vegetarian*

Brie Cheese . Roasted Rosemary Pears . Lemon Arugula . Prosciutto . Balsamic Vinegar

### avocado & zucchini *Vegan*

Three-herb Pesto . Avocado . Arugula . Roasted Zucchini . Red Onion . Vegan Gouda

add a soup or salad 4.95

add home fries 4.00

## FLATBREAD PIZZAS 11.95

*Gluten Friendly* +3

### build your own 8 inch pizza

Our house made flatbread pizza base with organic tomato sauce, Canadian mozzarella and add two toppings of your choice.

### choose two toppings:

Artichokes . Cherry Tomatoes . Jalapeños . Pineapple . Mushrooms . Kale . Olives . Red Bell Peppers . Sun-dried Tomatoes . Roasted Peppers . Roma Tomatoes . Mango . Caramelized Onions . Italian Sausage . Cured Ham . Spicy Organic Ground Beef . Beef Pepperoni

## SOUP AND SALAD COMBOS 13.95

Choose from a house made soup and salad, served with warm flatbread request *Gluten Friendly*

Chicken Noodle Soup . Feature Soup .

Tomato Basil Soup *Vegan*

Fresh Herb Salad *Vegan* . Fig & Goat Cheese Salad .

Caesar Salad

# happy hour



3 - 5 pm & 8 pm - close

## CRAFT BEER . WINE . COCKTAILS

local craft beer (16 oz) 5

house red & white bc vqa wine (6 oz) 6

house made red or white sangria (12 oz) 6

moscow mule (2 oz) 8.50

aperol spritz (2 oz) 8.50

## HAPPY BITES

dough balls 7 *Request Vegan*

Organic dough balls with ONE Dip: Garlic Butter . Balsamic Vinegar & Olive Oil

warm hickory smoked olives 7

warm flatbread with house made hummus 6 *Vegan*

tomato bruschetta 9.95 *Request Vegan*

roasted cauliflower bites with house made ranch dip 9.75 *Vegan*

garlic prawns 11.95

Served on cucumber slices with a dairy free lemon dill cream

8 inch rocky margarita flatbread pizza 12.75 *Gluten Friendly* +3

Tomato Sauce . Parmesan . Tomatoes . Fior Di Latte . Balsamic . Basil

*Add chorizo sausage* +1

# \$30 three course menu



Served Tuesdays 4 p.m. – close

## CHOOSE ONE STARTER

### SALAD:

Fresh Herb Salad *Vegan* | Fig & Goat Cheese Salad

### SOUP:

Chef's Soup | Tomato Basil Soup *Vegan*

## CHOOSE ONE MAIN

### TRADITIONAL FLATBREAD PIZZAS – 8" *Gluten Friendly* + 3

Classic . Margherita *Vegan Option* . Parma . Sundried Tomato *Vegan Option* .

Naturally Meaty . Beef Pepperoni . Farmers Market *Vegan Option* .

Genoa Salami . All Canadian . Pesto Chicken

### ARTISAN FLATBREAD PIZZA – 10" + \$3.95 – 5.45

Forager . Fire Roasted . Fig & Brie . Honey Calabrese .

Apple Rosemary Bacon . Hot Hawaiian. West Coast . Brie & Pear *Vegan*

*Option*

### PASTA: *Gluten Friendly Pasta Option* + \$2

Chef's Pasta *Vegan Option* . Mushroom Linguini *Vegan Option* +1.95

Maple Bacon Three Cheese Penne +1.95 . Penne Bolognese +0.95

**ADD:** Local Free Range Chicken +6 . Sauteed Garlic Prawns +7

## CHOOSE ONE DESSERT

Warm Double Chocolate Brownie w/ Vanilla Ice Cream *Gluten Friendly Option*

Baked Cheesecake w/ Toasted Coconut Base *Gluten Friendly*

Apple Crumble w/ Coconut Ice Cream *Vegan & Gluten Friendly Option*

Seasonal Sorbet *Dairy Free & Gluten Friendly Option*